



angel faces 

2019

ANNUAL REPORT

MISSION STATEMENT

To provide healing retreats and ongoing support for adolescent girls and young women with burn/trauma injuries to achieve their optimum potential and develop meaningful relationships for themselves, their families, and their communities.



Table of Contents

2	Background
3	Why Angel Faces Exists
4	2019 Highlights
10	By the Numbers
11	Our Philosophy
12	Who We Touch
15	Our Therapists
17	Our Volunteers

Background

Angel Faces was established in 2003 by Lesia S. Cartelli, CEO and award-winning author of *Heart of Fire*. Cartelli was severely burned at age 9 in a gas explosion. She created Angel Faces to empower girls and young women to embrace their trauma and physical appearance with resilience and gratitude. By offering these young women many opportunities for growth and coping strategies, it helps foster their inner strength. Funding is secured from donors and grants from private foundations and corporations.



Lesia S. Cartelli, Founder & CEO



Lesia at age 9

www.LesiaCartelli.com

Why Angel Faces Exists

With medical advancements, survival rates are soaring, and patient's lives are saved but leaving them severely and permanently disfigured. Reintegrating back into school and society seems insurmountable to them. Due to limitations in our healthcare system, hospitals rely on programs such as Angel Faces to serve the needs of the psychological issues that arise from being disfigured.



2019 Highlights

01

Level I and Level II Retreats

In June, we led our Level I for adolescent girls (ages 14-18) and Level II for young women (ages 19-29) retreats simultaneously. Out of the many benefits that these retreats bring, running the programs jointly brings participants together as the young women become mentors to the girls, providing inspiration, encouragement, and motivation. The younger girls are a

reminder of how far the mentors have come in their healing journey.

This year, we introduced a new component to our sessions called “Pearls of Wisdom”. In this special and intimate ceremony, the Level II women were given pearl bracelets and tasked to create their own ‘pearls of wisdom’, or



2019 Highlights

01

Level I and Level II Retreats (cont'd)

thoughts, insights, and advice to share with the Level I girls. The pearls could be about a variety of insights including healing methods the used in dealing with their trauma, moving forward, and being themselves. This component proved especially powerful to both groups, helping to foster a lifelong bond.

Seventeen magnificent volunteers and three devoted board members were in attendance for the week. This retreat's theme was "Coming Home, Returning to the Heart."



"In many aspects I am still the same girl before I came to the Angel Faces retreat yet I walk away with a newfound confidence and one step closer to emotionally healing my wounds inside and out. "

- Kelsay, age 21, Iowa

2019 Highlights

02 Mentorship Training

Returning Level II participants are coached by Lesia to present their personal stories in a program called “Through Your Voice”. This program’s purpose is about training the presenter to effectively deliver their coping skills for going back to school, friendships, and the power of self-acceptance in a PowerPoint presentation. We help them prepare months in advance for their presentations which involves many open, painful, discussions and interviews about their trauma.

The process includes gathering photos of their accident, discussions with their family members and medical professionals. This peer-driven training is a crucial tool in building and recognizing their own resilience while learning leadership skills, thus preparing them for educational opportunities.

2019 Highlights

02

Mentorship Training (cont'd)

Through Your Voice is always a powerful event. One of our speakers this year was Fahima, age 22. Fahima had attended our retreats before but never shared her story of courage until this year. It is a story we only read about in a snippet of media, but this evening the story stood before us with a face and a broken voice. Fahima was critically burned in Iraq as an infant, her



home demolished with explosives, torpedoed in by the Taliban. Survival was rare, but she persevered throughout her young life to land at Angel Faces. Today, Fahima is engaged and living in Los Angeles.

Like with Fahima's story, these raw and real presentations also serve the younger girls in the audience with the message "She got through it, so can I!" This year we expanded this program in length and had more girls presenting.



2019 Highlights

03

Research

Introduction: We measured two projects within our programs this year. One focus being a new component of the therapy sessions titled “Ask the Doc” led by Leigh Ann Price, MD., also instrumental in measuring, monitoring, and taking detailed notes and assessments throughout the overall program. “Ask the Doc” was particularly important to our research, as the girls and women surprised us with their overall reactions. “White Coat Syndrome” was put to the test, after two days of questions and answers with a casually dressed doctor, the expected results were that when the doctor arrived on the third day with her pressed white coat and stethoscope, the girls would be nervous, afraid, and shut down. We were pleasantly and excitingly surprised when the participants became immediately engaged, showing their scars, asking involved and pointed questions about their injuries and burns.

Objective: To understand how adolescent patients engage with doctors and whether physician’s white coat and posture influence the patient’s willingness to engage.

2019 Highlights

03

Research (cont'd)

Conclusion: Subtle shifts in physician apparel, posture, and interaction may impact adolescent patient's willingness to engage in their care via asking questions. Future research applying "white coat syndrome" theory to behavioral presentations and engagement with care may be warranted.

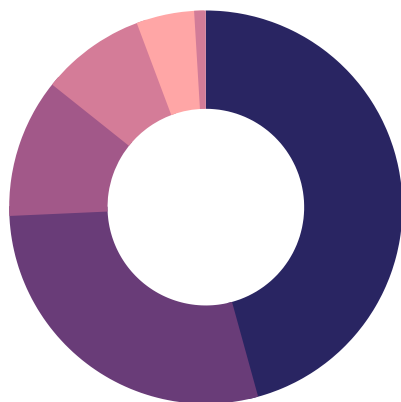
Click [here](#) and [here](#) to see posters.



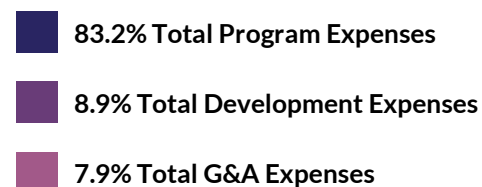
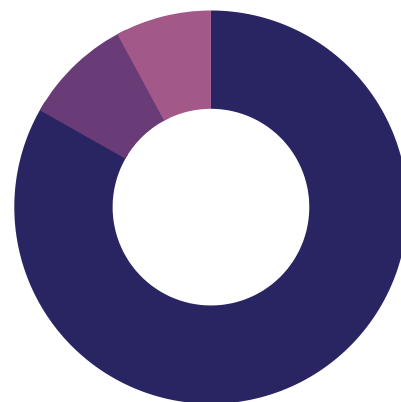
By the Numbers

2019

YTD CONTRIBUTIONS



YTD EXPENSE BREAKDOWN



Where do
our angels &
volunteers
come from?

United States: California, Michigan, Ohio, Texas, Arizona, Colorado, Maryland, Arkansas, Kansas, Oklahoma, Indiana, Tennessee, Florida, Georgia, Illinois, Kentucky, Wisconsin, New York, Utah, Massachusetts, New Jersey, Iowa, and South Carolina.

Abroad: Mexico, Ontario, Baja California, Colombia, Afghanistan, Russia, China, and England.

Volunteers: California, Florida, Massachusetts, Oregon, Ohio, New Jersey, Colorado, New York, Indiana, Oklahoma, Kansas, and Texas.

Our Philosophy

Angel Faces teaches self-responsibility. We teach the girls they are responsible for their healing and designing their future by utilizing the resources that are available to them. We teach that although they survived a traumatic event, their recovery is reflected by their willingness to create something good from their injury. We like to emphasize the message that the girls do not have to sink into the label of “Burn Survivor”, as it limits their own perception of themselves. They are encouraged to be so much more than just someone that has experienced trauma, and to be mindful of how we label ourselves.



Often when the girls ask why their injury happened to them, I respond, “*So you can transform your pain and create something good in the world, teaching others to love themselves*”.

~L. Cartelli

We need funding to:

Add additional retreat components to online curriculum.

Support and sustain our operations and advance research.

Add a Level II retreat to be held on the West Coast in the United States.

Who We Touch



Pink, 16

Los Angeles, California

Pink was severely burned in horrific fire in a music recording studio. She was trapped, her body engulfed in flames resulting 78% TBSA of her precious body. This was Pink's first year at Angel Faces. The day she arrived her shoulders bent forward, exhausted from her journey was much different than the close of the retreat where she moved on dance floor with grace and passion.



Who We Touch



Amaya, 16

Indianapolis, Indiana

Amaya was mauled by a dog at the age of two as her mother pushed her in a stroller. This was Amaya's first year attending the retreat. Watching Amaya gain self-confidence and courage was inspiring to watch throughout the week. Her bravery to embrace her story landed her on the cover of our brochure. We believe Amaya is well on her path to healing and look forward to many more retreats with her.



Who We Touch

Angela, 20

Tuscaloosa, Alabama

Angela sustained an electrical burn injury while selflessly rescuing victims out of a car. Angela heard a crash and raced to help get the driver and passenger out of their vehicle which had hit a utility pole.

Angela shared: *My experience at the retreat was breathtaking. I never experienced so much love and support. The retreat definitely helped me put my life and many situations back into perspective and I'm very thankful for the amazing people and endless friendships I was able to encounter.*





Our Therapists

Sara Gilman, Psy.D, LMFT

Sara Gilman (right) is co-founder of Coherence Associates, a group practice of mental health professionals with a mission of providing quality compassionate care in a collaborative team environment. Her 30+ years of experience includes being a Marriage & Family Therapist, as well as a former firefighter/EMT. She & her team are certified in evidence-based trauma informed treatments including EMDR Therapy & HeartMath tools. Dr. Sara inspires & challenges others to live fully & thrive following traumatic experiences in their lives.



Angel Faces is grounded in trauma-informed resources to help their participants grow beyond surviving to thriving & leading meaningful lives. I am honored to be a part of this organization.

- Dr. Sara G.



Our Therapists

Sarah Stoycos, Ph.D.

Sarah Stoycos (right) is a clinical psychologist who is currently a part of the Los Angeles County + USC Medical Center ICU. She specializes in working with trauma and stressor-related disorders with traumatically injured children, teens, and adults.



Prior to working at Angel Faces, I had been working in the Southern California Regional Burn Center ICU and Acute Floor where I witnessed the immense strength of people in the immediate aftermath of burn injury, but I was passionate about also being a part of longer-term recovery from burns. Being able to work with the girls at Angel Faces was an immense privilege that allowed me to see the strength, resilience, recovery, and community for women and girls beyond their acute hospital stay. There's nothing like being a part of a group of women dedicated to helping women and girls thrive like the team at Angel Faces!

- Dr. Sarah S.

Our Volunteers



Our volunteers are heart warriors! They join us from throughout the United States bringing their talents, love, compassion, and skills to our retreats and participants. They are medical doctors, nurses, firefighters, clinical research coordinators, professional makeup artists, massage therapists, child life specialists, occupational therapists, yoga instructors, photographers and so many other gifted professionals. Each one has a special place on the Angel Faces team and in our girls' hearts. Without these selfless devoted women, Angel Faces would not be where it is today.



angel faces 

770 S Rancho Santa Fe Rd #10,

Encinitas, CA 92024

T: 760.213.8005

www.AngelFaces.com

