



2019 ANNUAL REPORT

Changing How Military Families Heal



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MISSION

Believing that when one person serves the whole family serves, Project Sanctuary takes a human-centered, solution-based approach to helping military families heal and move forward in life. Through innovative long-term programming focused on connectedness, we restore hope and empower families to recover and thrive.

Changing How Military Families Heal



BREAKING THE CYCLE, RESTORING HOPE

The United States Armed Forces are entrusted to serve and protect our great nation. Many families who serve in our military have served for generations, making defending our nation's freedom a **family business**.

This was highlighted for us when the youth who attended our retreats and therapeutic youth programs grew up, enlisted and began deploying. At a recent couple's retreat, the point was driven home during a professionally lead activity when many couples self-disclosed that 90% of them had grown up in military homes. Their stories were similar; they grew up with veterans living with untreated Post Traumatic Stress (PTS), chaos, poverty and domestic unrest. They had joined the military, or married into the military, to escape or provide for siblings.

The at-risk families that apply for our services are unique, yet they have one very courageous thing in common: they are ready to break the cycle of poverty and abuse. They are asking for help to learn how to live with PTS and take control of their lives and financial futures. They want a better life for their children. We are honored to facilitate life-changing tools and watch family sufficiency become a reality for these very deserving families.

2019 was another year of growth and change. Project Sanctuary changed our fiscal year, creating a 9 month "year". We expanded our family support program to better provide case management services and we added Resource Weekends. Partnering with some of our culturally competent providers like Cohen Veteran Services, and Marcus Brain Institute for Health, we once again took action to fill an unmet need in our society, we listened, focused on the individual family, then we delivered the services they needed.

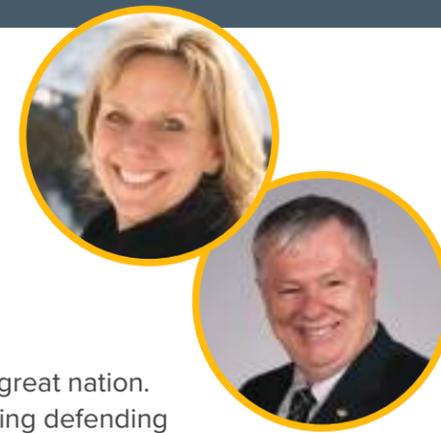
A new therapeutic retreat location was added in Maryland to better serve our North East families. We have also added two new locations for 2020. Our first coastal location is in southern Georgia, and also to better serve our families in the Pacific Northwest, we added a location just outside of Seattle.

I wish I could say that families do not need us anymore, that the wars are winding down... But that is not the case. The applications and requests for help continue to flood our inboxes as families continue to live and cope with deployments, with new diagnosis of PTS and Traumatic Brain Injuries.

We thank you for your ongoing passion and support for our critical mission. Thank you for helping to break the cycles of poverty and abuse, and thank you for helping us change how military families heal.

Heather Ehle, R.N.
Founder & CEO

Ron Testa
Project Sanctuary Board President



2019 9-MONTH IMPACT



- ★ Headquarters
- ★ Retreat locations
- ★ Military family served



FAMILY SUPPORT PROGRAM



Project Sanctuary's Family Support program is led by clinical staff dedicated to our families' long-term success.

Our program partners with other leading veteran service organizations to connect military families to the resources they need quickly and close to home.

In 2019, we piloted our first-ever Family Support Resource Weekend in Colorado Springs. This unique event put veterans and their families first and partnered with top veteran service organizations.

Families left the weekend empowered to reach their personal goals with an expanded network of resources and support.

In 2020, we'll expand these weekends to two additional cities as we focus on long-term, sustainable support services for all military families.

Outreach to **4,851** Families

193 Families Attended 24 Retreats/9 Months

6,200 Volunteer Hours

127 Families Received Family Support Services

Project Sanctuary aims to help every military family become self-sufficient, high-functioning members of society.

We do this by providing support across the four dimensions of wellness as identified by the Center for a New American Security's Veteran Wellness Model: Purpose; Basic Needs; Mental and Physical Health; and Social and Personal Relationships.

Believing everyone has the right to heal, Project Sanctuary's holistic approach heals the effects of war, treats families at their level of need, and enables service members to reintegrate into their families and communities in a healthy and sustainable manner, resulting in preservation of the family unit and strengthening of the community, the military, and the country.

SANTOS FAMILY



"When my husband, son and I attended earlier this year, we were in a dark zone. That retreat was the first step to heal; the wound was less than 3 months old when we were there in Colorado. There was so much I had yet to process. Since the retreat, we have taken advantage of the Give an Hour opportunity and we are turning over a new leaf as a family! I love my husband again and find renewed joy and greater patience as he works through his disabilities. **THANK YOU!**"

Empowered to reach goals



ALL BRANCHES AND ALL ERAS OF SERVICE



ALL TYPES OF FAMILIES, INCLUDING INDIVIDUALS

THERAPEUTIC RETREAT PROGRAM



MARTINEZ FAMILY RETREAT 178

“Our family was becoming distant due to trauma from deployments and family members passing away. The retreat helped us make breakthroughs with understanding each other. We left behind a lot of stress and anger. We were able to return home with a new sense of patience and a lot of understanding. We’re a better family because of the time we got to spend together, unplugged. We’ve never had such amazing conversations as the ones we had as a family at our retreat. Our communication as a family has improved tremendously. Thank you for making us feel like a family again!”

Forming deeper connections

Our therapeutic retreats focus on education, counseling, and recreation to reconnect military families.

These six-day experiences, hosted in seven states across the country, are designed by the Certified Therapeutic Recreation Specialists (CTRS) and the licensed counselors and social workers on Project Sanctuary’s staff. Every retreat also has a complementary curriculum for teens and kids programmed by our CTRS staff.

In 2020, we’ll launch our first retreat location in Washington and our second retreat location in Georgia.

2019 SUPPORTERS

STRATEGIC LEVEL \$10,000-\$34,999

Monfort Family
GH Phipps Construction Companies
First Command Financial Services
Prevent and Prevail
YMCA Blue Ridge Assembly
CD Humphrey Photography
Andre and Raelene Wilkie

Axia Energy II
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ZECO Equipment Co. LLC
PDC Energy
Mike and Julie Bock
AIMCO Properties, LP
Graham Williams

COMMAND LEVEL \$35,000+



The Boeing Company - Puget Sound
The Harry and Jeanette Weinberg Foundation, Inc
TREA Memorial Foundation
The Anschutz Foundation
YMCA - Snow Mountain Ranch

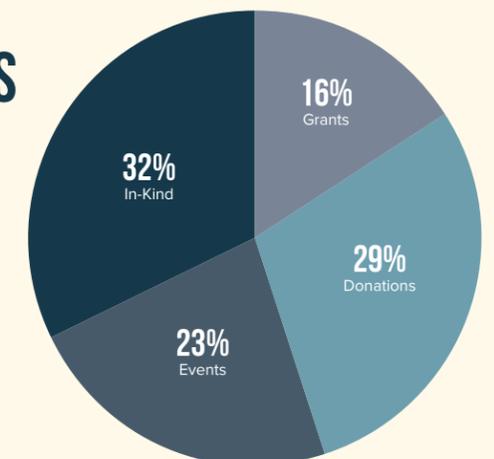
THANK YOU TO ALL OUR SUPPORTERS!



FINANCES

In 2019, Project Sanctuary changed its fiscal year structure, resulting in a shortened fiscal year. The shortened FY 2019 ran from Jan. 1, 2019 through Sept. 30, 2019. FY 2020 began Oct. 1, 2019 and will end Sept. 30, 2020.

9 MONTHS



EXECUTIVE TEAM

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Founder and CEO

JOHN STILWELL
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Operating Officer

AMY MCDERMOTT
Grants and Corporate
Sponsorships

MISSY HYATT, CTRS
Chief Programs Officer

THOMAS COSTELLO, LCSW
Chief of Family Support



**A SANCTUARY FOR MILITARY FAMILIES
DBA PROJECT SANCTUARY**

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