



2024  
ANNUAL  
REPORT

# Healing MILITARY FAMILIES





## DEAR FRIENDS AND SUPPORTERS,

As we reflect on 2024, we are reminded of the countless moving parts that make Project Sanctuary the life-changing organization it is today. This past year has been a masterclass in balance—running retreats across the country, transforming Patriot Pines into a welcoming retreat center for military families, and forging new partnerships with trusted, like-minded organizations. Through every challenge and transition, we have remained steadfast in our mission: to support military families in their journey toward healing and resilience.

Like any year, 2024 brought its share of challenges—staff turnover, logistical hurdles, and the continuous effort to stretch every resource to serve as many families as possible. But through each of these, we emerged stronger, with new faces bringing fresh perspectives and an even deeper commitment to the mission. This strength is a testament to our incredible team, our passionate volunteers, and our dedicated supporters who believe in the power of healing together.

As we look ahead to 2025, we are more excited than ever. With the guidance of our most robust and engaged Board of Directors to date, we are poised to grow our impact in new and meaningful ways. We will continue to expand our reach, refine our programs, and ensure that every military family who walks through our doors feels supported, valued, and empowered.

None of this would be possible without you—our families, staff, volunteers, donors, and partners. Your unwavering dedication fuels our work, and we are deeply grateful for the role you play in this journey. Together, we are building stronger military families and a brighter future for those who have served. Thank you for being part of our mission. We can't wait to see what we will accomplish together in the year ahead.

With gratitude,

Heather Ehle Ray  
**Founder & CEO**

Ron Testa  
**Chairman of the Board**



## MISSION

Project Sanctuary is a leading provider of therapeutic retreats and ongoing support for military families by reconnecting and empowering the entire family towards healing.

## VISION

Project Sanctuary believes that when one person serves the entire family serves and envisions a world where military families find healing, strength, and a lifeline to a more hopeful future together.

## VALUES

HONOR, INTEGRITY, EXCELLENCE,  
INCLUSIVITY, HOPE

## TAG LINE

*Healing Military Families*

# Board Members

AS OF DECEMBER 31, 2024

### RON TESTA

Chairman of the Board  
(Navy Veteran)

### MAJ. GEN BILL SPANGENTHAL, USAF, RET.

Vice Chair  
(Air Force Veteran)

### TODD AMEN

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### LIDA CITROËN

Secretary

### MARI AKERS

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(Marine Corp Spouse)

JODI EPPLER  
(Army Veteran)

### K.C. GROVES

AUDREY HOCKMAN  
(Air Force Veteran)

### TED LAVENDER

DON MARCUM  
(Navy Veteran)

### STEPHANIE OTERO

### JESS PEONIO

DR. JASMINE  
TOWNSEND



# Pursuing Wellness

## IGNITING TRANSFORMATION FOR MILITARY FAMILIES

Over the course of two years, Project Sanctuary advanced its data collection efforts around general family functioning and communication—gathering meaningful insights that allowed us to assess, analyze, and validate the effectiveness of our programming.

With a focused lens on at-risk military families we translated that insight into action. In 2024, Project Sanctuary piloted a new workshop for the adults at our therapeutic retreats entitled Pursuing Wellness. Through intentional program adjustments based on participant feedback, we refined our approach to better meet the evolving needs of those we serve.

These efforts culminated in the creation of Pursuing Wellness—a groundbreaking



workshop born directly from what families told us they needed. It's a bold, holistic initiative that addresses the emotional, relational, and financial well-being of military-connected families, helping them not just to cope—but to thrive.

At our therapeutic retreats, in Pursuing Wellness 1, participants embark on a journey of self-discovery, learning to recognize the hidden weight of trauma, understand the factors that impact their mental health, and embrace strategies that foster resilience, balance, and self-care. Through powerful group discussions, creative activities, and goal-setting exercises, families begin rewriting their stories—from surviving to truly living.

**“PROJECT SANCTUARY WAS AN AMAZING EXPERIENCE. WE WERE ABLE TO RECONNECT AFTER A LONG DEPLOYMENT IN A VERY RELAXING YET FUN AND INFORMATIVE SETTING. THE WORKSHOPS WERE STRUCTURED PERFECTLY, GIVING US TIME TO LISTEN AND CONSIDER OUR COMMUNICATION AND CONNECT”**

*— An Army Family,* October 2024







Pursuing Wellness 2 shifts the focus to financial empowerment, helping participants uncover the “why” behind their money decisions through the lens of their unique Money Habitudes. Couples explore financial behaviors, dismantle communication barriers, and co-create practical, achievable financial goals—building not just budgets, but trust and teamwork.

What makes Pursuing Wellness truly exceptional is its heart: a safe, supportive space where military families feel seen, heard, and uplifted. This program does not offer quick fixes—it offers tools for lifelong transformation. It's where healing begins, growth ignites, and futures are reclaimed.

“This was a powerful experience, and we will utilize the skills we learned here for the rest of our lives. The staff, volunteers, and the therapists were fun, engaging, and facilitated “REAL” open discussions that were comfortable. Many of us shared our story. You could feel that the staff genuinely cared. There were many hands-on tasks. I really wanted the sessions to go long. It was well structured and straight forward.

My kids were dreading this retreat. By day two they were having fun and growing. The family session we did at the end was tailored to our family and it was like the therapists had been working with our family for years. My family laughed together...it had been a long time. Now we enjoy being together and understand each other better. We learned that we are better together. Thank you, Project Sanctuary, for providing this family based, educational and one of a kind therapeutic experience. You are changing lives.”

– An Army Family, July 2024



# FAMILY SUPPORT

Led by a licensed Social Worker, Family Support provides personalized case management to all military connected families including veterans, active-duty, guard/reserve, spouse and caregivers in addition to pre- and post-retreat support.

270  
FAMILIES

REACHED OUT FOR HELP  
SPECIFICALLY FROM OUR FAMILY  
SUPPORT PROGRAM IN 2024

REPRESENTING  
871  
MILITARY FAMILY  
MEMBERS

## FINANCIAL ASSISTANCE PROVIDED TO FAMILIES IN NEED:

Travel Assistance: \$3,935  
Resources paid to families: \$3,600

*Support includes but is not limited  
to utilities, rent assistance,  
medical needs, etc.*

“My husband and I went to the retreat thinking that it would be a nice time away. We thought we would learn some skills for dealing with our teenage daughter. Honestly, we didn't think that we needed any help with our relationship. We were wrong. The way that we handled conflict was not healthy. The classes we took addressed that issue head-on. We both learned we have to compromise. We learned to share our appreciation and not just our frustrations with each other. It was such a great time.”

—Retreat participant, 6 month post-retreat follow up

## Impact

Of the service members that Project Sanctuary served in 2024, 77.4% reported having a service-connected health issue.

### TOP REPORTED HEALTH CONCERNS:

- Post Traumatic Stress Disorder
- Traumatic Brain Injury
- Depression
- Anxiety
- Suicide ideation or attempt
- Military sexual trauma



# Licensed COUNSELORS & SOCIAL WORKERS

Experienced Licensed Counselors and Social Workers lead dynamic, transformative workshops for both adults and teens, diving deep into mental health and emotional well-being. Throughout the week, they also offer personalized one-on-one sessions for individuals and families, providing support and guidance tailored to each person's needs. In 2024 Licensed Counselors spent **320 hours** with families during therapeutic retreats on personalized issues directly impacting their family.

## TOP TOPICS DISCUSSED INCLUDE:

- Communication
- Health/Wellness
- Parenting/Children
- Psychoeducation
- Trauma
- Purpose/Hope

**"WE WERE STRUGGLING WITH COMMUNICATION WITH EACH OTHER AND HAD BUILT UP BARRIERS PRIOR TO OUR RETREAT HOWEVER, WE NOW REALIZED THAT OUR FEARS WERE UNFOUNDED AND HAVE FOUND A RENEWED CONNECTION AND UNDERSTANDING OF EACH OTHER."**

*-A Navy Family*

Since 2021, our Licensed Counselors have spent **1,990 hours** in family counseling sessions during our therapeutic retreats.





## 2024 NUMBERS



## ALL TIME NUMBERS



9.4

Average Number of  
families per retreat

30.9

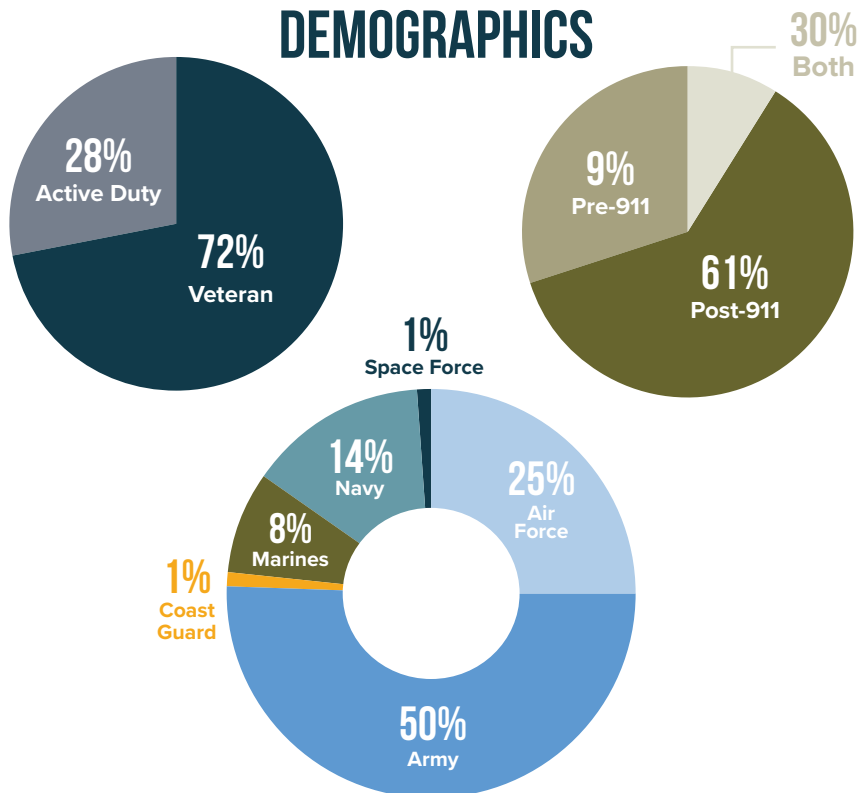
Average Number of  
individuals per retreat

# 2024 THERAPEUTIC RETREAT *Highlights*

## 898 APPLICATIONS IN 2024

Top self-reported mental health challenges of military family participants include anxiety, depression, and PTSD.

## PARTICIPANT DEMOGRAPHICS



## RETREAT CENTER PARTNERS

YMCA Snow Mountain Ranch - CO

Historic Banning Mills - GA

Epworth by the Sea - GA

Sandy Cove - MD

The Retreat at Balcones Springs - TX

Lakeview Conference Center- TX

Warm Beach Conference Center – WA

Since launching in Fall 2022, Project Sanctuary tracked meaningful progress in key areas that influence family connectedness—laying the foundation for stronger, healthier relationships.

This analysis was developed in collaboration with Dr. Jasmine Townsend, a Project Sanctuary Board Member and Associate Professor of Recreational Therapy at Clemson University in South Carolina. The first two years of data revealed promising outcomes:

## NOVEMBER 2022 — JANUARY 2025

### SURVEYS GIVEN IMMEDIATELY:

32.3% increase in positive perception of family communication & 18.2% decrease in problematic family functioning.

### 3 MONTHS POST-RETREAT:

24.4% increase in positive perception of family communication & 16% decrease in problematic family functioning.

### 6 MONTHS POST-RETREAT:

20.9% increase in positive perception of family communication & 10.2% decrease in problematic family functioning.

### 12 MONTHS POST-RETREAT:

23.8% increase in positive perception of family communication & 12% decrease in problematic family functioning.

### 18 MONTHS POST-RETREAT:

27.9% increase in positive perception of family communication & 14.7% decrease in problematic family functioning.

### 24 MONTHS POST-RETREAT:

29% increase in positive perception of family communication & 16.9% decrease in problematic family functioning.

“ATTENDING THE FAMILY RETREAT WAS A TRANSFORMATIVE EXPERIENCE FOR US. IT PROVIDED A UNIQUE OPPORTUNITY TO CONNECT WITH OTHER FAMILIES WHO SHARE SIMILAR CHALLENGES AND TRIUMPHS. THE SUPPORTIVE ENVIRONMENT ALLOWED US TO OPEN UP, SHARE STORIES, AND FIND STRENGTH IN OUR SHARED EXPERIENCES. THE ACTIVITIES WERE BOTH FUN AND MEANINGFUL, FOSTERING DEEPER BONDS BETWEEN FAMILY MEMBERS. WE LEFT FEELING REJUVENATED, MORE CONNECTED, AND EQUIPPED WITH TOOLS TO NAVIGATE OUR JOURNEY TOGETHER.”

*-Retreat Participant,*

Immediate Post-Retreat Survey

The following average scores were reported for the 2024 retreat season in the wrap-up survey:

Project Sanctuary met my expectations:

**4.84/5 (98%)**

Project Sanctuary staff supported my experience:

**4.86/5 (97%)**

Leaving the retreat, I had a renewed sense of confidence/hope:

**4.69/5 (94%)**

My overall experience was healing:

**4.71/5 (96%)**

I would recommend Project Sanctuary to military families:

**4.94/5 (99%)**

The recreation activities enhanced our retreat experience & connection with our family:

**4.80/5 (97%)**





## 2024 RAND CASE VOLUNTEER OF THE YEAR

In 2020, we said goodbye to a beloved friend and Project Sanctuary's longest-serving board member, Rand Case. To honor his incredible legacy of service and heart, we created the Rand Case Volunteer of the Year Award—an award that celebrates those who truly embody our mission, recognize the deep needs of our military families, and give of themselves with unwavering dedication. Nominated by our staff and board, this year's honor goes to extraordinary volunteers who have made a lasting impact: Ann and Kurt Sorys.

"Kurt and Ann have been incredible volunteers throughout the years, consistently going above and beyond what we could ever expect. No task is too big or too small—from shoveling snow to lending a hand in the kitchen, they're always ready to step in wherever they're needed." said Scott Harper, Project Sanctuary retreat manager. "Their dedication and heartfelt passion for Project Sanctuary and its mission shine through in everything they do."

Below Ann and Kurt share why they are such passionate volunteers for Project Sanctuary and why they chose to get involved.

### HOW DID YOU GET CONNECTED TO PROJECT SANCTUARY?

I work for a company in Omaha that is near Offutt Air Force Base. One of our customers asked if we would distribute a flyer for a charity golf tournament to be held at the base. The beneficiary of this charity tournament was Project Sanctuary. My wife saw the flyer and investigated Project Sanctuary on the web site and found out about the volunteer opportunities in Colorado. We are outdoor enthusiasts, and Colorado is one of our go to places. So, the idea of what could be called a 'meaningful working vacation' appealed to us. We signed up shortly thereafter.

### WHAT IS YOUR FAVORITE OR MOST MEANINGFUL VOLUNTEER EXPERIENCE?

One of the most meaningful experiences my wife and I have had because of volunteering was a relationship that we developed with one of the families on our first retreat. We kept in touch with them over time, visited them on a few occasions, and got to see the long-term positive benefits that the retreat had on the family.

### WHAT IS YOUR FAVORITE PART OF VOLUNTEERING THAT KEEPS YOU COMING BACK?

Ann and I keep coming back because of the people we work with, both staff and families. Spending the better part of a week with a group of people allows you to develop connections that you wouldn't otherwise get from a shorter encounter. We've met people from all over the country with all sorts of varied life experience.

### WHAT WOULD YOU SAY TO THOSE CONSIDERING VOLUNTEERING?

Volunteering has allowed my wife and I the opportunity to be of service to those families that have served our country. The appreciation and gratitude that the families have expressed is worth a lot more than the time and effort that is asked for in return. For anyone considering volunteering, this is a great opportunity for non-military couples like us to show appreciation to those families that have sacrificed on our behalf.

# WITH *Heartfelt* GRATITUDE

The impact of Project Sanctuary is made possible by the incredible generosity of our volunteers and donors, who give so much of themselves every single day. In 2024, your time, talent, and treasures helped bring hope and healing to military families across the country. We honor each and every one of you who stood beside us in this mission. Every contribution—big or small—has created meaningful change and reminded our families that they are never alone. Thank you for being the heart of what we do.

## 2024 VOLUNTEERS

Clifton Blanks  
Maryl Burch  
Paul & Rebecca Ceciliani  
Rebecca Christy  
Lauren Ciccarelli  
Eugenena Coleman  
Benjamin Colon-Hellstrom  
Colleen & Sherwood Diggs  
Angela Dorsey  
Wilfredo Febres  
Tyan Geissler  
Jared & Jesse Hansen  
Andrew & Audrey Hockman  
Thomas Houdek  
Karen House  
Ken Jacobsen  
Wendy Karczewski

Andrea Kirkland  
Amy Kreimeyer  
Project Linus  
Jacob Lombard  
Juan Lopez  
Donielle Madden  
Dan & Lee Mahoney  
Don & Elizabeth Marcum  
Christina McCulley  
Jalid & Rosalinda Mencia  
Jason Mugg  
Casey Muhlestein  
Jamir & John Munn  
Jennifer Nash  
Maria Niriel  
Kim Ortega  
Winter Park Christian  
Church Retreat

Ann & Doug Petersen  
Lynn Shore  
Ann & Kurt Sorys  
Alisa & Bill Spangenthal  
Patrick Sullivan  
Joann Terry  
Linda & Ron Testa  
Joseph & Misty Tokarsky  
Maryalicia Verdecchia  
Gini Warren  
Leroy Williams  
Matthew Willis  
Esther Worman



“OUR FAMILY DID THE RETREAT 3 YEARS AGO AND NOW BEING 1-YEAR EMPTY NESTERS, WE ARE NOW ABLE TO GIVE BACK. SERVING CAN BE FLEXIBLE BASED ON YOUR LIMITATIONS AND SKILLS. I CONTINUE TO LEARN MORE AND RECEIVE THINGS THAT I CAN APPLY TO MY DAILY LIFE. SO, UNPLUG FROM THAT COMPUTER AND IPHONES. COME JOIN ME AND LET’S GO ON ADVENTURE SERVING OTHER MILITARY FAMILIES.” — *Donielle*



**"PROJECT SANCTUARY WAS A BLESSING FOR MY FAMILY AND ME. WE WENT IN THINKING THERE WAS NOTHING LEFT TO SALVAGE. HOWEVER, THE PROJECT SANCTUARY RETREAT AND STAFF HUMBLLED US IN SHOWING US VALUABLE TOOLS TO REKINDLE AND HEAL OUR MARRIAGE AND HOW TO NAVIGATE PARENTHOOD DURING THIS CHALLENGING TIME. WE ARE FOREVER GRATEFUL FOR THIS OPPORTUNITY AND WILL SPREAD OUR KNOWLEDGE OF SUCH AN AMAZING EXPERIENCE WITH PROJECT SANCTUARY!"**

*- An Air Force Family,*  
November 2024

**"Project Sanctuary was an amazing experience. We were able to reconnect after a long deployment in a very relaxing yet fun and informative setting. The workshops were structured perfectly, giving us time to listen and consider our communication and connection while also having a balance of free time and scheduled activities. It was a perfect week of reconnecting that was so needed. Thank you!"**

*- An Army Family,*  
October 2024

## 2024 MONTHLY AND RECURRING as of December 2024

*Donors*

John Altemueller	Benjamin and Joanna Lievestro	Richard and Patricia Rhinesmith
Tamera Benejam	Craig Liguori	Jeff Richardson
Indya Benton	Suzanne Long	Tamila Romeis
Laura Berman	Kim Long	Matthew Rose
Dave and Debbie Brooks	Donielle Madden	Annette Rowland
Cheryl Buckley	Dan and Lee Mahoney	Cathy Rubin
Richard Canino	Timothy and Kathryn Malinski	Claudia and Anthony Ruoti
John and Therese Cermak	Kristina March	Robin Sacks
Vanessa Chambers	Jeanne Mathews Connally	Shane Schmutz
Mary Coan	Kendall Matthews	Holly and James Shook
Tim and Peg Custer	Kristy and Raymond McCormick	Lynn Shore
Jan Danziger	Christopher McLoughlin	Lance Shore
Jennifer Dawe	Henry Milich	Robert Silva
John and Wendy DeBusk	Wes and Kelly Mlcak	Gary Sjurset
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Ethan Hokanson	Kris Pancoast	John Weitzer
Heather Holden	Jerry & Graziella Panetta	Frank and Rochelle Wheeler
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Corry Juedeman Prestidge	Zachary Pruitt	Jack and Kate Wyman
John Kafer	Louie Ray	Christopher Young
Brad and Jennifer Kelsey	Erika Reilley	
William Kepley		
Jane Klingensmith		
Kurt and Corey Langenwalter		
James Langlois		

*If your name is not properly listed or we've made an unintentional error, please contact [tracy@projectsanctuary.us](mailto:tracy@projectsanctuary.us) to update your information.*

# 2024 Major Donors & Financials

## \$50,000+

99.5 The Mountain Radiothon  
Anonymous  
May & Stanley Smith Charitable Trust  
Naval Postgraduate School Alumni Association and Foundation, Inc.  
The Anschutz Foundation  
The Bob & Renee Parsons Foundation  
The Harry and Jeanette Weinberg Foundation, Inc.  
The Milanovich Trust

Rocky Mountain Oil & Gas Poker Classic  
Ronald and Linda Testa RS&H  
Shannon and Brad Case  
Tee It Up For The Troops  
Veterans United Foundation

## \$5,000-9,999

Amy Davison  
BAS Family Fund  
Battle Betties NFP  
Bill & Alisa Spangenthal  
CoServ Charitable Foundation  
Gerald Oppenheimer Family Foundation  
Grand Design RV Rally  
La Plata Electric Association  
Lida Citroen- LIDA360  
Mari Akers  
Patterson Drilling  
RCS Energy Services  
Rotary Club of Parker  
Adam & Jamie Sayers  
Stan Zuege  
Strom Family Charitable Fund  
The Gregg Family Foundation  
XConnect, LLC  
ZECO Equipment Co. LLC

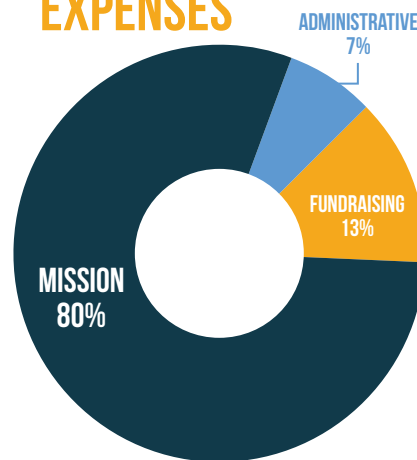
## \$10,000-49,999

AIR Communities  
Altitude Energy Partners  
American Truck Business Services, LLC  
Anonymous  
Anschutz Family Foundation  
Chatham Financial Foundation  
Chip Terry Fund for First Responders, Inc  
Disabled American Veterans Charitable Service Trust  
ERF Foundation  
Lockheed Martin Space  
Nordson Corporation Foundation  
PB&J Family Fund  
Permian Basin Oil & Gas Poker Classic  
Payback Foundation  
Prevent and Prevail

“Since we left the retreat we continue the family game night each week and we also pick a Saturday activity twice a month. Our communication as a family is much better. The kids feel comfortable telling us how they feel about different situations that arise. And we have opened up to them about how we feel in certain situations. Overall the tools we received from the sessions at the retreat have really brought us together. Thanks for the work you do Project Sanctuary!”

— An Air Force family,  
3 month post-retreat survey

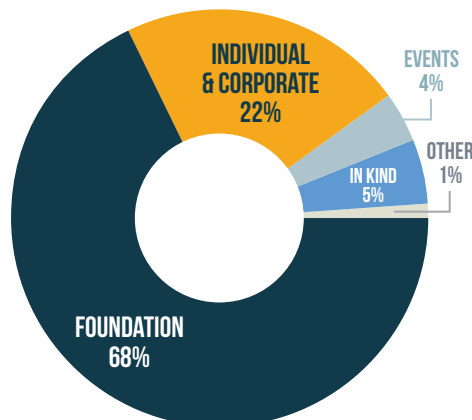
## EXPENSES



**Mission:** \$1,820,744  
**Administrative:** \$156,432  
**Fundraising:** \$291,738

**TOTAL:** \$2,268,944

## REVENUE



**Foundation:** \$2,328,970  
**Individual & Corporate Contributions:** \$763,752  
**Events:** \$141,467  
**In kind:** \$161,021  
**Other Income:** \$49,742

**TOTAL:** \$3,444,952





# *A Dream Realized*

## **PROJECT SANCTUARY'S FOREVER HOME IN PAGOSA SPRINGS, CO**

In 2023, Project Sanctuary achieved a historic milestone: acquiring a permanent 42-acre retreat center in Pagosa Springs, Colorado. This achievement marks a major evolution in our capacity to serve military families, providing a year-round sanctuary for healing, connection, fostering resilience, and growth.

This dream was set in motion by Fred and Linda Milanovich, whose \$1 million lead gift honored founder and Chief Executive Officer Heather Ehle Ray's long-standing vision to create a dedicated retreat space for military families. Their commitment established the foundation for Project Sanctuary's forever home.

The vision expanded through a meaningful partnership with the Bill Ackerman Estate. A military veteran with a heart for supporting children, Mr. Ackerman's legacy is honored through a second \$1 million investment, which played a critical role in securing the property.





Further capital support from Project Sanctuary's Board of Directors finalized the acquisition and launched the transformation of the property.

In 2024, the site began to come alive:

- **A custom-built playground** was constructed to ensure every military child who visits can experience the joy and healing nature of recreation.
- **Groundbreaking began on our Tiny House Village**, which will offer families a peaceful and private space for rest and reflection during retreats.
- **Our inaugural therapeutic retreat was held in August 2024.** Alumni couples were welcomed for a special reunion and pilot experience of our new programming. Their participation and insights helped us refine and elevate future therapeutic retreats at Patriot Pines.

With this permanent home, Project Sanctuary can expand access, increase program frequency, and deepen program impact, offering military families a place of belonging and renewal for generations to come.

Stay up-to-date with Patriot Pines  
progress: [projectsanctuary.us/  
capitalcampaign](https://projectsanctuary.us/capitalcampaign)



## LEADERSHIP TEAM

**HEATHER EHLE RAY**  
Founder and CEO

**JJ TABONE**  
Chief Administrative Officer

**MISSY HYATT**  
Chief Programs Officer

**CHRISTOPHER PIERCE**  
Chief Development &  
Marketing Officer

**SHAWN MOORE, LMSW**  
Director of Family Support



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Project Sanctuary Staff

### A SANCTUARY FOR MILITARY FAMILIES DBA PROJECT SANCTUARY

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Federal Tax ID #26-1410596



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