

FY2023 IMPACT REPORT

OCTOBER 1, 2022 thru
SEPTEMBER 30, 2023



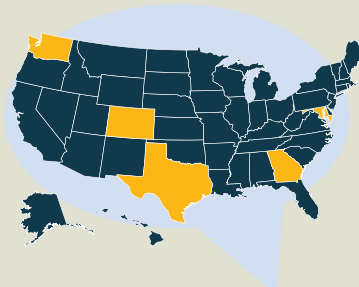
HEALING Military FAMILIES



18 RETREATS

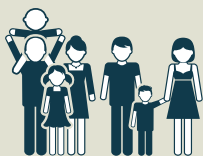
ALL TIME
since 2007

285 retreats
2,252 families
8,764 individuals



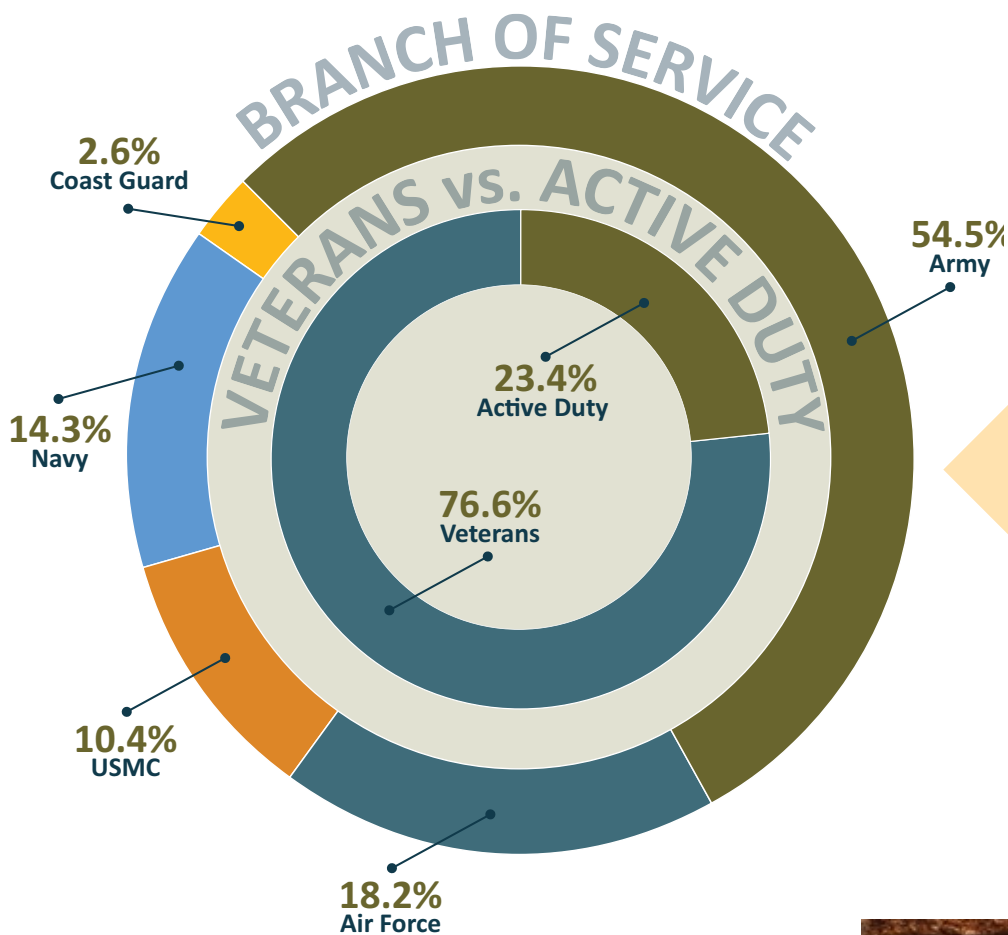
37 STATES
Represented

198 FAMILIES
704 Individual Lives Impacted



7 RETREAT CENTER
Partners in 5 States

Colorado, Georgia, Maryland, Texas, Washington



**OF THE SERVICEMEMBERS
PROJECT SANCTUARY SERVED
OVER THE PAST YEAR,
85.7% SELF-REPORTED
A SERVICE-CONNECTED
INJURY AND 54.5%
SELF-REPORTED PTSD
AND 91.6% SELF-REPORTED
A MENTAL HEALTH CONDITION.**

Message FROM THE WEEKS FAMILY

MAY 2023

“My spouse had just returned from deployment two weeks before the retreat. The communication and family dynamics were suffering even before deployment. We learned communication skills and had conversations that we had not had in over a year. The kids had good quality time with dad and met friends that had experienced the same things they have gone through. My marriage is better now than before the retreat. And the best it's been in years. Thank You for all the love that was poured into us.”

Most Impactful Workshop – Relationship Reset.

“Communication was one of the hardest things in our marriage. Our leaders of this class were fun and honest about life problems. We loved their teaching and learned so much.”

Thoughts on Youth Program.

“The kids enjoyed it so much and it wasn't just baby-sitting – it was a learning experience for them and I loved that.”



FAMILY SUPPORT

Project Sanctuary Family Support Program provides personalized case management to all military connected families, including veterans, active duty, guard / reserve, spouse, caregivers and children's needs. Connection with families begins the moment a family reaches out for help. Family Support staff walk families through the registration process, connect with every family prior to their retreat arrival to prepare them for their experience and immediately following their retreat experience. While there are designated timeframes a Family Support team member will reach out to families to check in, families are able to reach out for assistance anytime.

291 Unique Cases



148

Graduate Family Cases
for Ongoing Needs

Areas
of
Assistance

Health & Wellness
Food Insecurity **FINANCES**
RECREATIONAL INTERESTS
MENTAL HEALTH
VETERAN BENEFITS
Healthcare Benefits
Caregiver Support
Legal Assistance

Service Dog
Peer Support
Childcare

Message FROM THE ROSADO FAMILY

MARCH 2023



“As a family that attended this retreat we can say that it changed our lives, and gave us the tools to continue our journey as a family. Thank you so much, for the loving, tender care that this place has to offer. I can say that my relationship with my kids, and spouse is much deeper than before. God bless every and each one of you, and may Project Sanctuary continue to with their mission, and continues reaching out America's heroes, our Veterans!!

Thoughts on Teen Program: The teen program was excellent, the facilitators are great, and my kids were happy with the activities that they participated. Life Outside the Nest (financial class), was a topic between them after class. Is an eye opener for teens that are thinking on becoming adults, living on their own, and decision, and responsibilities that they will have to assumed when they become independent. In general they had a great time with the outdoor activities, as well as in classroom environment.”

“Your organization has truly helped my family multiple times now and has never missed the mark. I'm more than thankful for you all and what you do. I don't know how I could have done it without you and your support through the years. Big and small, every action, e-mail, or phone call has far more impact than I could explain. Thank you.”

McGrew Family

HEALING MILITARY Families

Intentional Focus

LONG-TERM OUTCOMES FOR FAMILIES

Since 2020, Project Sanctuary has been the recipient of the CDC Foundation's Veteran Suicide Prevention Evaluation (VSPE) grant two separate times. The first project focused on what we evaluate and how we evaluate the outcomes of our program. This process also led us to the decision to identify two new validated surveys focused on general family functioning and family communication, which we launched in the Fall of 2022. The second grant (2023) focused on our process evaluation and service delivery model. As a national non-profit offering program in five states across the country with various staff leading our workshops, it was imperative we ensure that the content being delivered is consistent regardless of who is facilitating. This standardization of content delivery ensures the best possible outcomes for the military families we serve.

The General Family Functioning and Family Communication Scale surveys are given retrospectively on the last evening of the retreat whereby families reflect on their answers prior to attending the retreat and post-retreat. The retrospective survey decreases the burden on our veterans (especially those suffering from PTSD or TBI), through the completion of one survey while at the retreat with staff on hand to answer technical questions, versus completing a pre-retreat survey at home. Families will continue to receive the same surveys at 3-, 6-, 12-, 18-, and 24 months post-retreat. We have already received survey data three- and six-months post-retreat from our initial pilot fall 2022 surveys – our initial findings demonstrate the positive impact of our therapeutic programming.

LONG TERM Outcomes

Results below are from retreats held from November 2022 – September 2023:

Conclusion of retreat survey data (on-site survey)

34.3% increase in positive perception of family communication

21.7% decrease in problematic family functioning

Three months post-retreat data

30.3% increase in positive perception of family communication

16.4% decrease in problematic family functioning

Six months post-retreat data

22% increase in positive perception of family communication

9% decrease in problematic family functioning



We look forward to re-engaging Clemson University to do a deep dive into our data to better understand and articulate the long-term impact of Project Sanctuary programming and how strengthening the family connections is leading to positive change for our military families.



OUR VOLUNTEERS

Volunteer support throughout the week of the therapeutic retreat is an important part of the success of our youth program and the support of families over time.



More To Say BY OUR FAMILIES

Hoffman Family, April 2023

“Project Sanctuary helped our family in so many ways! We didn’t know what to expect when we came. However, the experience exceeded any expectation we could have imagined! My husband and I have let go of the past and have learned how to communicate and have fun. Our kids have learned how to express their feelings, communicate, and have fun again. Our entire family has learned how important spending quality time having fun is to our success and strengthening our family team. We are forever grateful to Project Sanctuary!”

Halvorson Family, June 2023

“Project Sanctuary came into our lives at a low time of our marriage. We were in a rut. While they did not get us out of said rut, they helped by giving us tools to begin to get out of the rut ourselves. After all, it is said give a man a fish and he will eat for a day. Teach a man to fish and he will eat for a lifetime. The tools we were given will enable us to nourish one another for a lifetime.”

Mellenthin Family, June 2023

“Project Sanctuary has been a defining experience that has provided an overdue time to stop, breathe, reflect, and learn all while enjoying the family we created. It has become a special place in our hearts as a whole and we are so thankful and excited to see our family heal and thrive in the coming days, months and years. Our gratitude will never be enough for the gift we received. Thank you!”

Mulder Family, July 2023

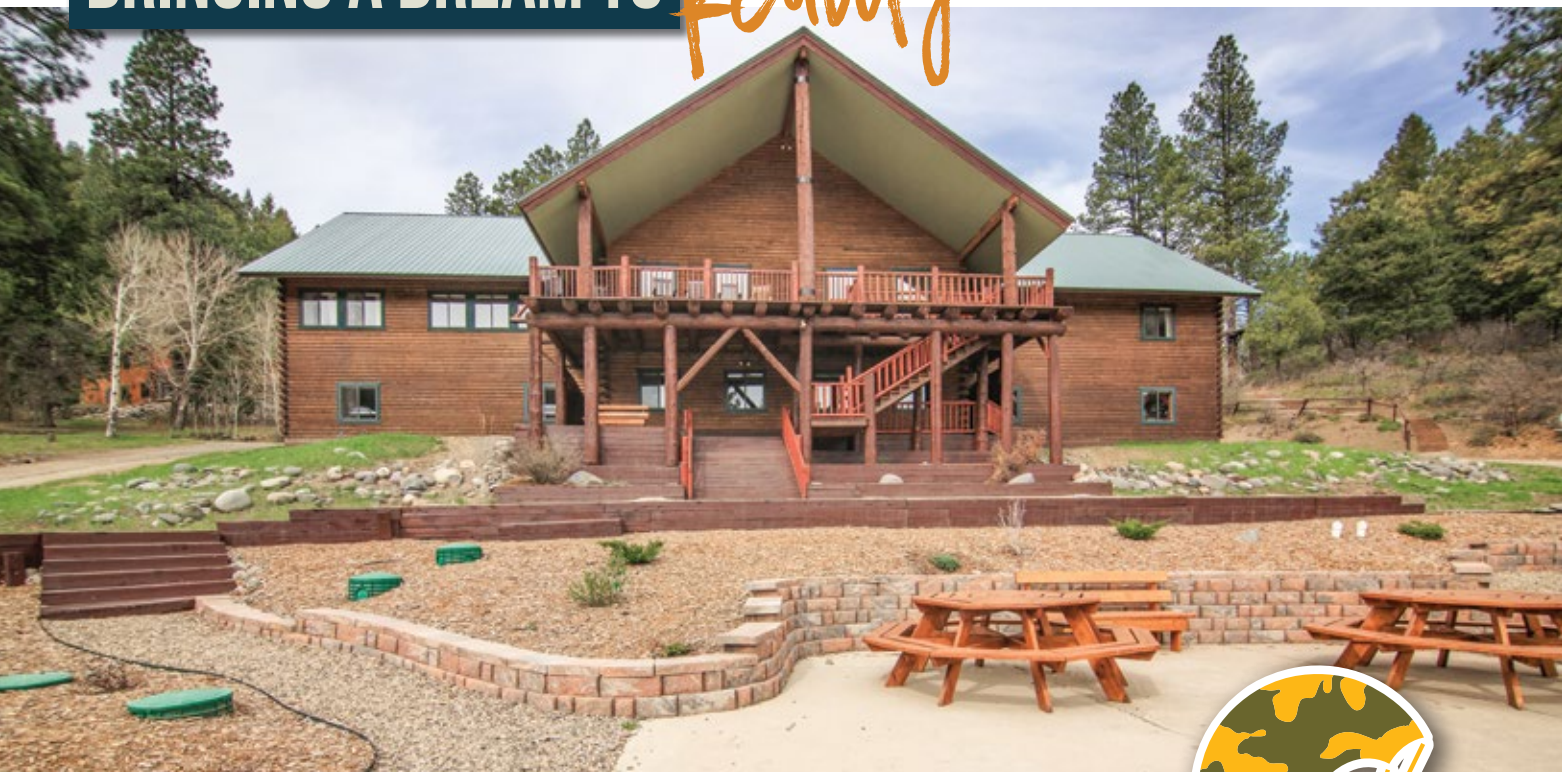
“I’ve been to a lot of retreats that are a getaway with no programming. This was the opposite. Project Sanctuary was an intensive time to be with my family as we all worked on dealing with trauma. Thanks for the experience! We are a healthier family because of this retreat.”

Laibly Family, August 2023

“Project Sanctuary gave my family a safe place where we could all reconnect and receive the tools to rebuild our lives. PTSD wrecked havoc on my family for so long. Attending project sanctuary gave all of us a chance to learn how to communicate, to heal, and the hope and strength to go forward.”



BRINGING A DREAM TO *Reality*



Project Sanctuary has long dreamed of securing a retreat center dedicated for military families to reconnect, heal and build stronger family bonds. In the summer of 2023, Project Sanctuary went under contract on a retreat center in Pagosa Springs, Colorado which will soon be the home base for our organization. With rising costs to rent facilities and challenges securing dates in times that are easier for families to travel, this new asset will be a long-term investment not only for the organization, but for military families for years ahead. To learn more about this project and to stay up to date, please visit

<https://projectsanctuary.us/capital-campaign/>



**Naming
Opportunities
Available**

