

A close-up, vertical photograph of the stars and stripes of an American flag, serving as the background for the entire page.

# ★ ★ ★ PERMISSION TO START DREAMING



• FDN •

# 2019 ANNUAL REPORT

*Dear Friends,*

We are pleased to present the Permission to Start Dreaming Foundations' Annual Report. 2019 marked enormous growth and bolstered our goals in continuing to provide positive impact to the lives of our veterans, first responders and their families. Our programs and outreach efforts are being recognized, thanks to your support. The goal through our Mind, Body and Spirit workshops, monthly Huddles, and the launch of a nationally recognized veteran and first responder wellness program, is something we take pride in. We give tools and opportunities to turn struggle into profound strength for those who are challenged with anxiety, depression, PTSD, and suicidal ideation. It is because of your financial support and encouragement that we are in the position to expand these strength based and scientifically proven programs to the lives of our veterans and first responders in the Pacific Northwest.

As we begin to serve an even larger population of first responders and law enforcement, we will hopefully start to see a reduction in the numbers of the suicide epidemic for those men and women serving in our communities. PTSD, anxiety, and depression know no boundaries. Those on the front lines are seeing and feeling the negative effects in a growing and dangerous environment. Whether down range or in our very own cities. In 2019, we grew attendance at our monthly Huddles, offered dynamic courage and leadership workshops, delivered the Warrior PATHH program to local veterans and first responders, and provided inspiration and knowledge from "tip of the spear" speakers at our annual Prayer breakfast.

Support for these kinds of programs has never been more critical. Our ambitious strategic plan and annual fundraising goals are only achieved with your continued generosity, dedication, and volunteerism. We have great concern for those who serve our communities and country. They continue to face head on, the enemies who want to rob us of our freedom and safe communities. We know for certain that if these invisible injuries go untreated, the harder it is for them and their families to heal, and the more damaging it will be overall to our nation. On behalf of the Permission to Start Dreaming Foundation's Board of Directors and Staff, please accept our sincerest thank you and gratitude for your investments in 2019.

With heartfelt gratitude and respect,



Leslie Mayne, Founder



# OUR HISTORY



United States Army Private First Class Kyle Marshall Farr, of the 240th Quartermaster Unit SSA Platoon which supported the 169th Support Battalion during Operation Iraqi Freedom was an infantryman. When he returned home, he was treated for Post Traumatic Stress and diagnosed with Traumatic Brain Injury at both Walter Reed and Perry Point VA Hospital in Maryland.

At 27, Kyle's life was cut short. He died from an overdose in a Baltimore hotel room on March 7, 2009, the first night of being discharged from his treatment. He was laid to rest in Hamilton, VA where he spent most of his childhood.

Born out of tremendous grief and a determined desire to help other veterans, his mother, Leslie Mayne, along with her family and friends determined to honor Kyle's memory and service to his country by seeking better outcomes for other returning veterans. The Race for A Soldier in Gig Harbor, WA was created in 2011 and the beginning of a movement that is bringing hope and healing for our veterans, helping them make peace with their past and develop programs that foster "post traumatic growth."



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Race Co-Director

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## MELISSA HUSTON

Marketing

## RACHEL BRAATEN

Media

## BOB MAYNARD

Grant Writing



# 2019 PARTNERS



**≥ \$15,000**

William A Looney Foundation

TOTE Maritime Alaska, LLC

Subaru of Puyallup, Inc

Aero Precision, LLC

Washington Patriot Construction

**\$14,999  
to  
\$10,000**

Defense Marketing Group

Skookum Contract Services

Best Western Wesley Inn

Cheverolet Buick GMC of Puyallup, Inc

Wounded Warrior Project

**\$9,999  
to  
\$5,000**

Liz Morkil

Ben Seher

Dennis Driscoll

Laborworks Industrial Staffing Specialists, Inc

Metagenics

Heritage Bank

Mariners Care

Tacoma Screw Products, Inc

Mike Mitchell - Rockin' Rhythm & Blues Festival

**\$4,999 to \$2,500**

SERVPRO of Gig Harbor/North Tacoma

Cyrus Bonnet - Soldiers Agent, Inc

Bay Equity, LLC

Burk Mechanical, LLC

Burnett Real Estate Company, LLC

Cross Country

Rainier Arms, LLC

The Dimmer Family Foundation

Megan Higgs

Kristine Mauss

Barbara Creighton

Suzanne Kirsch & Rob Lane

Frank Hill

Bo Mullen

Hawkins-Poe

Seattle Seahawks

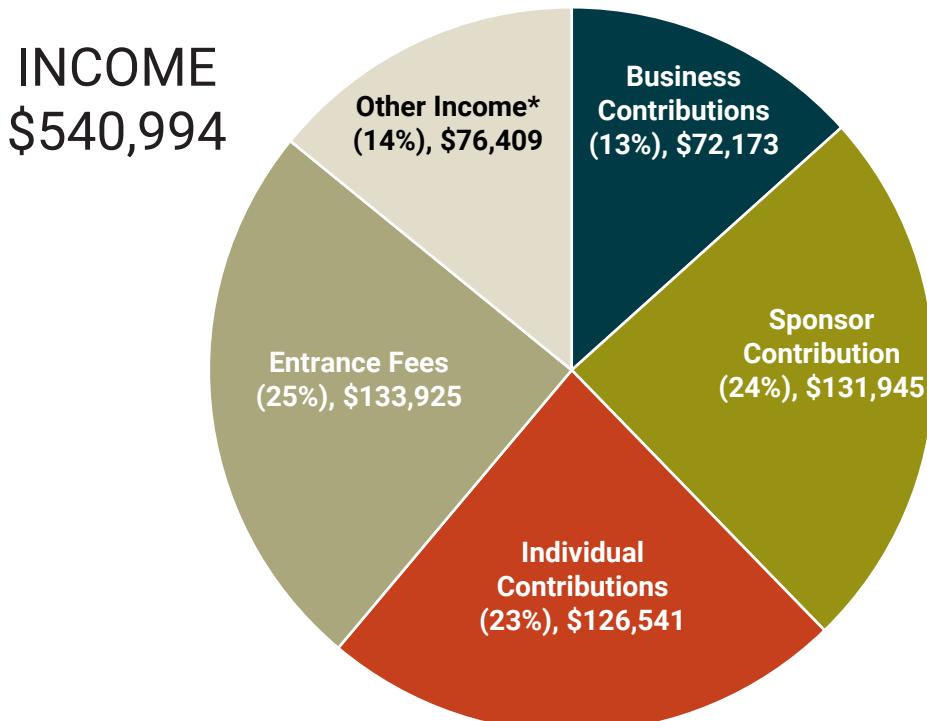
Matthew Lockmon

Harbor 05, LLC

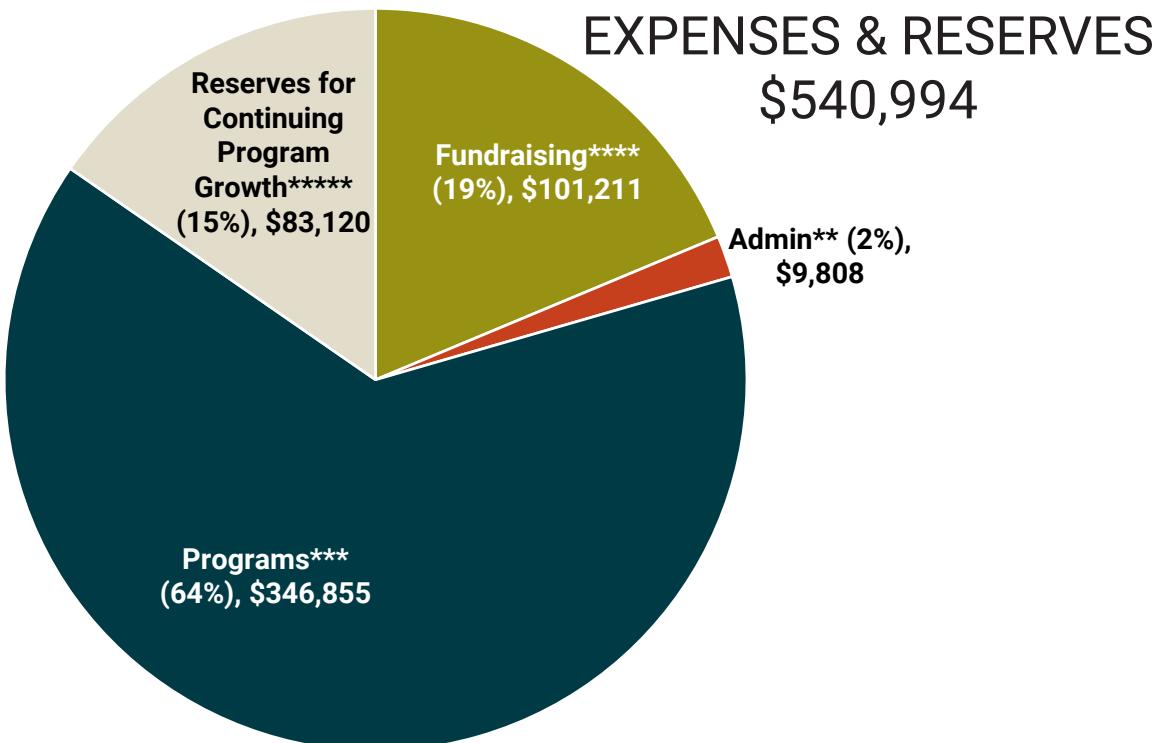
RPM Mortgage, Inc

Washington Water Service Company

# 2019 FINANCIALS



\*Sales - Merchandise, Gifts in Kind - Goods, Foundations Contributions



\*\* Advertising & Marketing HR, Office Expense, Professional Services (Accounting & Tax)

\*\*\* Postage, Mailing & Printing, Insurance, CRM Software, Advertising & Marketing, Information Technology, Office Expense, Dues & Subscriptions, Printing & Mailing, Travel & Meetings, Independent Contractors, Storage Fees, Event Expenses

\*\*\*\* Depreciation, Payroll Expense, Advertising & Marketing, Office Expense, Professional Services, Dues & Subscriptions, Postage & Mailing Services, Travel & Meetings

\*\*\*\*\* Funding not spent in 2019 - applied to growth of our programs in 2020 and beyond. See last page of annual report for special announcement.

## DIRECT IMPACT

As a mother and military member who has lost her son an Army veteran to suicide because of PTSD and the trauma of war; the Permission To Start Dreaming Foundation has given me hope that there are real opportunities for Post Traumatic growth and healing right here in the PNW. This organization has found real alternative programs and follow up care, to give tools to combat hopelessness, and make positive changes in veterans, active duty, and first responders. When I reached out after my loss, with open arms of compassion, they brought me in and gave me hope.

**Saudi McVea | Mother | Airman**

Before knowing about the foundation, I was living with PTSD and had accepted that my life was the best it was ever going to be. I was struggling and had no support group that really understood what it was like to live with Post Traumatic Stress. The foundation opened new possibilities that helped foster new hope within me. Thanks to them, I've attended Bolder Crest Retreat in Arizona, had my dog accepted into All American Assurances Dogs training program, ran races, and volunteered to serve in our community and give back. I've been inspired to help others realize that we have hope and that there is a way to achieve Post Traumatic Growth.

**Able Hernandez | Veteran**

The Permission to Start Dreaming Foundation has had a direct impact on the lives combat veterans with PTSD through our local and national programs. They are partners in our efforts to develop alternative methods for overcoming PTSD through empowering both local and national vet run projects. The Permission to Start Dreaming Foundation is what all veteran service organizations should strive to be: in the trenches empowering veterans through local community support.

**Josh Brandon | Veteran**

Teaching resilience through my personal story of 9/11 survival to the heroes who picked up the flag when we were down and out is one of the most rewarding ways I can respect & remember the lives of my friends who were taken too soon. Permission to Start Dreaming Foundation is a great way to reach our heroes who need to hear that story. I hope it helps them see the light of a beautiful life.

**Tim Brown | Retired NYC Fire Fighter**

For the Seattle Seahawks, Permission to Start Dreaming has educated us on the nature of PTSD problems and solutions, and provided us with a way to give back to service members and their families. It has been invigorating to be involved in the Foundation's professional and effective support of service men and women who have given so much to our country.

**Mike Flood | Vice President of Community Outreach, Seattle Seahawks**

I have dealt with the Permission to Start Dreaming Foundation on several levels and I think the most amazing thing that the organization does is one of the hardest things to do in this field. Leslie and her team have learned how to connect the civilian populace to veterans and vice-versa. In a culture where there is a certain level of discomfort when these two disparate groups meet, Leslie has cracked the code and helped both groups understand how to communicate and take care of one another. This is a talent few other organizations have and is why I support them whenever I have the opportunity.

**James Hatch | Veteran, Spikes K9 Founder**

# HOW YOU CAN HELP

The Permission to Start Dreaming Foundation endeavors to raise awareness for the significant challenges our military and first responders face. The trials of overcoming trauma and emotional injuries from actual experiences on the job is often lost on the average citizen until they became more informed. We see our events as a great opportunity to enlighten and illuminate. Pull for A Soldier, Swing for a Soldier, Prayer Breakfast and Race for A Soldier have earned the reputation of "igniting the hearts" in our Pacific Northwest community. In 2019, we saw a substantial increase in number of volunteers and participants.

The foundation is also committed to finding programs and tools that help the emotional, physical and spiritual wellbeing of our veterans and first responders. Strength based programs that focus on the mind, body and spirit can offer a lasting impact. We want to ensure that this remarkable community of heroes can live a life of passion and purpose beyond their careers of service. We invite you to be a part of our mission. There are several opportunities for you to donate your time and talents. In doing so, it helps us help those who courageously and selflessly protect our towns and country.



## 2019 ACCOMPLISHMENTS

- ★ Grew our monthly "Huddle" meetings to two locations, serving veterans and first responders and providing a space to encourage healing and connection.
- ★ Held a well-attended Courage and Leadership Summit in December 2019 directed towards LEOs, first responders and military. It featured Jay Dobyns | Retired Special Agent and Veteran Undercover Operative with the United States Bureau of Alcohol, Tobacco, Firearms and Explosives, and Mike Washington | Seattle Fire Fighter, and addressed the critical issues our law enforcement, first responders and military face.
- ★ Delivered a Wellness workshop in September 2019 to 30 first responders and veterans led by James Hatch, Former Navy SEAL, Author, and founder of Spikes K9 Fund
- ★ Sent 4 Pacific Northwest veterans and first responders to participate at Boulder Crest Warrior PATHH (Progressive and Alternative Training for Healing Heroes) retreat program in Arizona and Virginia.
- ★ Put on four major community outreach events: Race for a Soldier, Pull for a Soldier, Swing for a Soldier and Prayer Breakfast.
- ★ Developed strong relationships with nationally recognized programs and leaders in the mental health and wellness community that focus efforts and causes for our veterans and first responders and law enforcement officers.
- ★ We provided financial assistance for 12 equine assisted counseling sessions for a veteran in great need. When traditional counseling was not working or relatable to him, this approach resulted in tremendous growth and evidence of healing through this alternative method.

# COURAGE & LEADERSHIP SUMMIT IMPACT STORIES



Mike Washington  
Seattle Fire Fighter

*"Mr. Washington's transparency makes his amazing journey/story 1000% legit!"*

*"Outstanding!"*

*"Great Speakers!"*

*"Loved his honesty and story."*

*"More people need to hear his presentation."*

*Thank you so much for what you are doing. First responders need this. The stigma for help must change. NPO's like this one are the change we are needing to see."*

*"Excellent information that hit home!"*

*"Enjoyed his message!"*

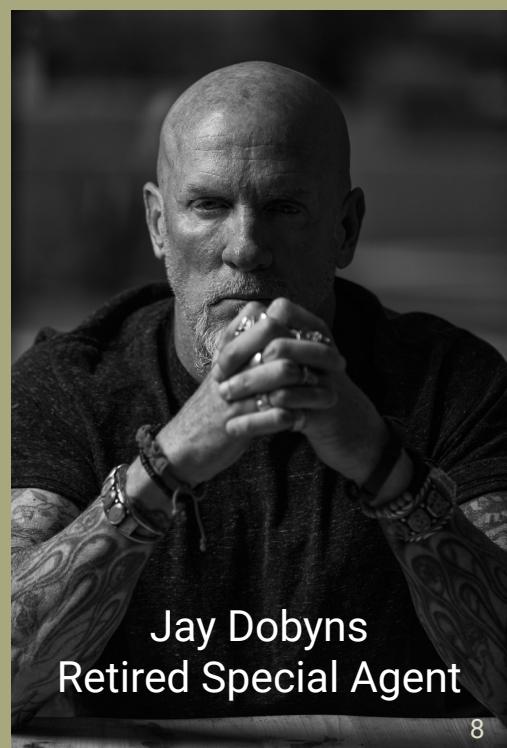
*"Very relevant intel."*

*"Excellent Day!"*

*"Great information. Great Speakers."*

*"Wonderful being amongst fellow warriors, Thank you!"*

*"Awesome, Brave, Courageous, Gracious, Thank you!"*



Jay Dobyns  
Retired Special Agent

## Statement from Ken Falke, Boulder Crest Chairman and Co-Founder



In June 2017, after four years of research, development, and delivery, Boulder Crest completed the development of the nation's first-ever curriculum designed to cultivate and facilitate Posttraumatic Growth (PTG). The curriculum effort, Warrior PATHH, is an 18-month program that begins with a 7-day intensive and immersive initiation, and enables combat veterans struggling with PTSD or combat stress to transform their struggle into a deep and abiding sense of growth and strength. A critical part of the curriculum effort is an 18-month longitudinal study, conducted by Dr. Richard Tedeschi (the father of the science of Posttraumatic Growth) and Dr. Bret Moore (a twice-deployed Army psychologist). With six months of data in hand, it is now clear that Warrior PATHH delivers results that far surpass the traditional mental health system and allows combat veterans to live the great lives they deserve at home - full of passion, purpose, and service.

The completion of the curriculum effort, made possible by The Marcus Foundation, allows Boulder Crest to begin scaling Warrior PATHH, through partnerships with leading nonprofit organizations. A key partner in this effort is the Permission to Start Dreaming Foundation in Gig Harbor, Washington, and we are heartened and inspired by their effort to build community, cultivate support, and deliver programs to combat veterans in need in the Pacific Northwest. As a demonstration of our support and commitment, Boulder Crest delivered the first Warrior PATHH program in Washington State in September of 2017. We look forward to deepening our relationship with the PTSD Foundation, supporting their efforts, and training their team to deliver Warrior PATHH to thousands of combat veterans in the coming years. We salute the hard work of Leslie Mayne, Christer Bradley and everyone else involved in this incredible journey.

Ken Falke  
Chairman and Co-Founder  
Boulder Crest



# PATHH IMPACT STORIES

I have really enjoyed the Huddles. It's been a real pleasure getting to know my fellow veterans and first responder community. I didn't realize how much I was needing that connection until I started going. The monthly meetings gave me something to look forward to that was just for me. I really liked that it was a safe space just for people who served, to bond and to support one another. I've made great friendships with some amazing people. Thank you for offering this type of service and caring for the military/first responder population.

**Julie Sole, Veteran | Huddle attendee | PATHH Alumni**



I am so honored to have attended BCR in Jan 2020. This program has had a profound impact on me and has given me hope and a different perspective as to how I meet struggles in my life. The 7 day retreat was filled with emotions, training and hope for personal growth and change in all aspects. The PATHH guides were amazing and the program is run with purpose. BCR continues to impact me in my daily life as it is just the beginning of my 18 month journey. The daily practices for grounding, regulation and connection; so that I can respond versus react to my struggles have been a god send. I thought I (veterans/1st responders)

needed tools in my pocket so that I could handle things as they come up; but what I learned and cherish the most it's the daily practices in life that will help me become the person I want to be. The understanding of "what has happened" in my life gives me the knowledge to honor the son I lost and live my best life. Thank you Permission To Start Dreaming Foundation for providing me the opportunity of a life time as an attendee of Warrior PATHH; now to live it.

**Saudi McVae | PATHH Alumni**

Thank you, thank you, thank you!!! I can not thank enough times for your help in getting me to BCR. WP was by far the best thing I have gone to. I truly now can say I am on my way to PTG rather than just putting a band aid over the deep wounds of PTSD! With being blessed to attending Swing for a soldier meeting you and hearing your story! Doing the Run for a soldier and learning about Permission To Start Dreaming. It has change my outlook on the light at the end of the tunnel! It it's a great feeling to know that my struggles can be used for good rather than keep me in a cold dark place! You are truly an inspiration to continue to give back all that you can for first responders and veterans with struggles that seem endless! I am forever grateful for your guidance and the biggest heart you have for us!

**Ignacio Cruz | Huddle attendee | PATHH Alumni**



# WHAT IS NEXT?

The Permission to Start Dreaming Foundation is very proud and excited to announce that we are partnering with Boulder Crest Retreat to bring Warrior PATHH to the PNW permanently starting in June 2021.

A relationship that began in 2013 has resulted in being able to deliver a long term strength-based program that will enrich the lives of hundreds of post 9/11 combat veterans and first responders in our area. Warrior PATHH is the nation's first ever program designed to cultivate and facilitate post-traumatic growth (PTG) in combat veterans and enable these remarkable Warriors to transform times of deep struggle into profound strength and life-long growth. Over the course of 18 months, beginning with 7 days of intensive training and intentionality, Warrior PATHH students are able to make peace with their past, learn to live in the present, and begin planning for a great future.

The "NW Passage" Warrior PATHH program will offer hope and healing not only to combat veterans but also to our first responders in the near future. After they have protected their country and community, they deserve to find a life full of passion, purpose and service here at home.

We are grateful and give thanks to the years of support from all of our community partners, corporate sponsors, individual donors and compassionate allies who have led us to this remarkable outcome.

*To care for those "who shall have borne the battle" and for their families and survivors*  
-Abraham Lincoln

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Gig Harbor, WA 98335**



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