



# 2020 ANNUAL REPORT

*PROVIDING HOPE AND HEALING TO THOSE WHO SERVE*

Dear Friends,

*As we look back on the unprecedented year that was 2020, it is with gratitude that we were able to persevere through the challenges and meet the needs of our community of heroes here in PNW.*

*Mental health struggles represent the largest cause of disability in the world, adversely impacting families, work-place, and communities, costing the US over \$60 billion annually.*

*Half of those who might benefit from treatment will never seek it. The remainder will struggle to connect with their mental health provider or find appointments impossible to obtain.*

*It is imperative that we transform our mental health system from one of pathology to progress, trauma to thriving, struggle to strength. The Permission to Start Dreaming Foundation is helping to smooth the way and bring hope and healing to our veterans and first responders.*

*We are pleased to present a review of the year and what, with your support, we were able to accomplish despite the challenges.*

*With gratitude,*



Leslie Mayne  
Founder



## 2020 in Review

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We began the year with excitement and enthusiasm as we had just finalized one of the most significant partnerships for the Foundation. We were selected by Boulder Crest Foundation to bring their landmark program, Warrior PATHH, to the Pacific Northwest.

While the program wouldn't officially begin for another year, we had much to do in preparation and financial commitment which was our primary focus. It was important for the foundation to secure an office space to accommodate staff which were subsequently hired to help run the PATHH program as well as the Foundation. Our schedule was filling up with our annual and monthly events, where we anticipated promoting the Warrior PATHH program. Then in March we were faced with a challenge like we had never seen.

The Covid-19 pandemic created a "perfect storm" that threatened the mental health of many veterans, particularly those with PTS or Traumatic Brain Injury. Just half-way through the year, 40% of adults reported struggling with mental health or substance abuse. At the foundation we knew that it was more important than ever to continue to provide a safe haven and the programs that help heal our community's heroes.

We are grateful that, while we had to either scale back or cancel some events, we kept connected to this community that has been such a support and encouragement to us.

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*To review the Permission to Start Dreaming Foundation financial information, please visit [www.ptsdfoundation.org](http://www.ptsdfoundation.org)*

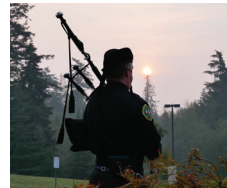
Our **Monthly Huddles** were adapted to meet the health recommendations to safely assemble to share a meal and encourage one another in the journey to post traumatic growth. Participants continue to confirm to us the benefit they receive from these meetings is invaluable. We even saw some of our highest attendance during 2020, which affirmed to us that our Huddles certainly meet a need in our community.



July – **Swing For A Soldier** – After much consideration, we moved ahead with this beloved annual golfing event. It was moved to the beautiful Gold Mountain Golf Club and held on their two courses in order to accommodate safe distancing guidelines. Even though it was somewhat scaled back, 144 golfers along with Family, Friends and Volunteers enjoyed a glorious day to honor and support our veterans and first responders.

September – The Foundation hosted its first ever **Virtual Race For A Soldier**. In spite of the challenges and creative venue, over 300 runners ran the marked course, crossed the finish line to receive their running shirt and finisher medal. Thank you to all who participated and donated their time and resources to celebrate the 10th Annual Race For A Soldier, the event that started it all.

The **Annual Prayer Breakfast**, which is one of our most important events that gives us to the opportunity to bring the community together to thank them for the support they provide to us. It was an inspiring morning filled with music, testimonies and encouragement. Emily Compagno, our emcee, commented “What a powerful, prayerful, and infinitely moving day – I will never forget the impact. (The) foundation has changed and saved lives.”



**OVERCOME Workshop** – Retired Navy Seal Jason Redman presented his **Pointman for Life Training** program to a group of 35 attendees that explored ways to set their course for success and overcome the ambushes that attempt to derail us in the journey to health and healing.

October – **Moral Trauma in Modern Conflict Workshop** presented by Major (Ret.) Josh Mantz. This virtual webinar introduced methods to cultivate resilience in high-stress environments, especially designed for law enforcement professions.

December – We celebrated the Holiday season and the end of a very challenging year with the **Christmas Pop-Up Shop** that featured veteran owned businesses who provided a variety of items for our gift giving pleasure.



## 2021 Plans

**Warrior PATHH** - We were able to conduct two Mobile Team Trainings and send two of our local veterans to the Warrior PATHH program in 2020. Those two now serve as Guides for our PNW program. Beginning early in 2021 we started setting the groundwork for the full implementation of the partnership with Gary Sinise Foundation Avalon Network and Boulder Crest Foundation to bring the signature program to this community.



Will M. - Veteran (anesthesia/combat nurse), Warrior PATHH Guide: *"My journey was 8-9 years of wicked nightmares, every night. I have not had a nightmare since I went to Warrior PATHH."*

Dirk – Veteran, Warrior PATHH Guide: *"After you leave PATHH you are on a trajectory with the skill sets and habits that allow you to operate at peak efficiency and I am confident that I can provide for my family."*

Saudi – Veteran, Gold Star Mom, Warrior PATHH Guide: *"Bringing PATHH to the PNW is transformational to veterans, law enforcement, fire fighters who have had a really bad year and are hurting. It is a really big community that needs it. This program truly saves and impacts lives...I believe that if my son had this, my son would be alive today"*

Toby - Veteran, Warrior PATHH Program Director: *"Not only does Warrior PATHH change the lives of these great warriors, but the great things they are going to do for their communities and the state of Washington and beyond"*

Will L. - Veteran, Warrior PATHH Guide: *"None of us are going to save the world singlehandedly, but I want to do my part in making it a better place"*

The Permission To Start Dreaming Foundation is a 501(c)(3) nonprofit organization and is entirely funded through private donations from individuals, foundations and corporations.

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