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**PERMISSION**  
— TO START —  
**DREAMING**

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# 2021 ANNUAL REPORT

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*PROVIDING HOPE AND HEALING TO THOSE WHO SERVE*

*Dear Friends,*

*It is with a full heart that I look back on 2021. When we first came together over ten years ago it was with the dream to bring hope to those who suffer from the invisible wounds that afflict our nation's veterans and first responders.*

*This past year we experienced the fruit of our labor, through our partnership with the Boulder Crest Avalon Network and the delivery of the first Warrior PATHH program in the Pacific Northwest. This has set the course to provide this strengths-based, peer to peer training to worthy warriors each month and to begin their journey from posttraumatic stress to posttraumatic growth.*

*I am grateful to a Board of Directors that stepped up to face the challenges that we encountered during the year. This included not only building back after the setbacks of the lockdown but setting the vision for the years to come by planning strategically to equip the foundation to reach those goals. By the end of 2021 the search for our first Executive Director was reaching its final stages.*

*While the foundation was celebrating a season of growth and encouragement, our nation was facing the end of a 20-year war in Afghanistan, the effects of which will be with us for years. This is a sober reminder that our work is more important now more than ever.*

*We are grateful to all those who have come with us on this journey, celebrate all that has been done and look forward to where we are going.*

*With gratitude,*

*Leslie Mayne*  
Leslie Mayne, Founder



## **2021 in Review**

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The motto of Warrior PATHH proclaims, "Transforming Struggle into Strength". If I'm honest, I want the strength, but I'd rather pass on the struggle. Struggle is painful. In struggle, we are confronted with our weakness, our limitations, our failures, and our pain. Even Jesus, the suffering servant, found himself praying to God, just hours before his arrest and crucifixion, "Father, if it's your will, take this cup of suffering away from me".

Struggle seems to be the means by which we humans are formed and shaped into the kind of people we were meant to be. Through struggle we discover the depths for which we were created. Our purpose is revealed. Our character formed. Our compassion and empathy expanded.

And much like Frodo in the Lord of the Rings, we cannot journey on this epic quest alone. We need help. We need community. We need people invested in us, who are for us. In my own journey of struggle, the best community has been the one comprised of those shaped by struggle themselves. They endure with me. They mourn with me. They weep with me, and they push me forward. BUT, they will not allow me to wallow in self-pity or take on the mantle of victim.

This is the purpose of the Permission to Start Dreaming Foundation: forming a community of suffering servants who bring hope and healing to combat veterans and first responders stepping out on this journey of transformation. As we close out the year, I am amazed by the blessings heaped on this Foundation, but the blessing is not just for us, but for those we seek to serve. Will you join us? Will you help another 100 men and women turn struggle into strength in the coming year? I cannot think of a better way to use your time, talents, and money. Join us today.

*Justin Uhler*  
President, Board of Directors

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

## 2021 Highlights

This year was a time of growth and coming back after the challenges of the previous year. The Foundation experienced several firsts:

The **Warrior PATHH Program** was fully implemented in the Pacific Northwest with the establishment of the team that are dedicated to leading their peers on the journey to posttraumatic growth. Beginning in July, we had the privilege to graduate 94 Warrior PATHH Alumni. Toby, Dirk, Saudi, Will L., Tanya and Will M. serve tirelessly each month to guide their fellow warriors on the path to wellness.



We celebrated our first **Women in Service Appreciation Night**, honoring our female active duty and veteran military and first responders. It was a great evening of food and fellowship, we were pleased to welcome Alfie Alvarado-Ramos, the Director of the Washington State Department of Veterans Affairs and friend of the Foundation.

We are grateful that we were able to hold our regular schedule of live, in-person events: **Monthly Heroes Huddles, Matters of the**

**Heart for Spouses, Swing for a Soldier, Prayer Breakfast, Race for a Soldier** and **Pull for a Solider**. The community has again come together to support the Permission to Start Dreaming Foundation and our mission to bring an “epidemic of hope” to those who serve.

And we couldn’t do any of this work without you - our faithful donors and friends, who have come along with us on this journey. You have volunteered at our events, prayed with us at the breakfast and served as sponsors to make it all happen. We were especially blessed this year by our friends at **Subaru of Puyallup** and their generous donation of beautiful new van.



The year ended with a special holiday treat when **MORSO Bistro** opened their doors to special friends for VIP seating to view the Gig Harbor Annual Lighted Boat Parade and dine from their holiday menu. We are grateful to all who came to enjoy the festivities and to support our community of heroes. Of course no Christmas would be complete without a visit from Santa and his joyful Elf who distributed endless cheer.

**Thank you for making 2021 a year of gratitude for all that you have entrusted to us.**





## 2022 Plans

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- ★ To begin 2022 our attention is hyper-focused upon the internal development of our Foundation structure and correlative expansion of our capabilities to serve.
- ★ Within this calendar year we will not only hire our first Executive Director, but we will also identify and engage a Community Outreach and Volunteer Coordinator, a Grant and Development Manager, and formalize the volunteer host position for our monthly Heroes Huddle as well.
- ★ Our Warrior PATHH team will accomplish its first calendar year of full, independent program delivery and administration to twelve cohorts of veterans and first responders, ensuring that life-changing post-traumatic growth education in our region reaches well beyond all previous limits.
- ★ As our 2022 fourth quarter approaches, we will find ourselves heavily engaged in consultation and initial strategic planning efforts to begin a capital campaign that will launch in 2023 and allow us to build the facilities we require to deliver the service and support our veterans and first responders deserve.

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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. TAX ID: 27-5251886  
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