

Dear Friends,

Faith is not the absence of fear - it is the presence of **courage**. I can truly say that this past year I was blessed to witness both exemplified in those that have come alongside us. First, through our Board of Directors, who had the courage to step out in faith and, after a diligent thoughtful process, hire our first executive director, Steve Easton.

While Steve is no stranger to the foundation, actively serving on our Board for two years, he had the courage to leave a very successful career to step into the role to lead the foundation. I am privileged and humbled to work next to him as we share a common faith – both spiritual and in our mission to provide hope and healing to those who serve.

As you'll read about in the following pages, 2022 saw some milestones that we clearly can celebrate. I saw the need for this foundation when our family experienced the loss of Kyle, knowing that our veterans deserved much better. It is bittersweet that this past September we were awarded a grant from the Veteran's Administration to provide the Warrior PATHH program aligned with their goal to address suicide prevention among veterans. We are grateful that the VA recognized the gap in their service delivery to our nation's heroes and also that they acknowledged the value that the Warrior PATHH program has in closing that gap.

Moving forward into the year, my prayer is that we all have the courage to take steps of faith in whatever community you have been called to serve. I am also grateful that you have chosen to partner with us.

With gratitude,





"Well done is better than well said." Those words from Benjamin Franklin fairly succinctly summarized our drive in 2022 and our understanding that if we are to serve those we must, a plan of action – married to resulting action – must shape who we are and what we do. After all, the lives we intend to impact are being lived as we plan, struggle in the lives of those who have volunteered to shield us from harm is continuing without pause for any static planning time that might be set aside.

The time is always now for continued progressive action and there can be no pause or withdrawal from this fight – learning to do well as we do what we have accepted responsibility for is our way forward and so, in 2022, we learned as we worked, perfected as we pushed forward, and allowed our experiences to craft our wisdom while we charted our course ahead.

To begin 2022 our attention was hyper-focused upon the internal development of our Foundation structure and correlative expansion of our capability to serve. Within the calendar year we not only hired our first Executive Director, but we also identified and engaged a Community Outreach & Volunteer Coordinator, a Grant & Development Manager, and formalized the volunteer host position for our monthly Heroes Huddle as well. Our Warrior PATHH team accomplished 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 reached well beyond all previous limits.

At the time of this report, we will find ourselves heavily engaged in consultation and initial strategic planning efforts to begin a capital campaign launch that will allow us to build the facilities we require to deliver the service, and support, our veterans, first responders, and their families deserve.

Steve Easton Executive Director

To review the Permission to Start Dreaming Foundation financial information, please visit www.ptsdfoundation.org

2022 Highlights

Warrior PATHH -The year began with our Warrior PATHH program fully in place and ended with a complete year of 12 sessions and graduating 89 participants who are well on their way in their journey to health and wellness. The impact of this program continues to show improvement in participants' ability to resolve struggle along with a marked decrease in the posttraumatic stress checklist, as well as increasing posttraumatic growth. Without PATHH "my future would have been grim. I was miserable living inside my head. Not able to forgive myself I feel that over this week I've made more progress than I have made in years trying different approaches." Warrior PATHH Alumni

In September, we were honored to be awarded the **Veteran's Administration Staff Sergeant Parker Gordon Fox Suicide Prevention Grant** in recognition of the success of the Warrior PATHH program in upstream suicide prevention. We are grateful that this grant has allowed the Foundation to expand our education and outreach efforts throughout the Pacific Northwest. The initial funding is for one year with the potential for renewal up to three years.

Heroes Huddle - We confirmed a regular host for these monthly meetings that include a meal and safe place of fellowship. "The community is what stands out to me and keeps me coming back. Being around other people who understand what dedicating yourself to serving others really entails – the good and the bad – helps me to feel comfortable discussing what is on my mind, when I feel like it, and just generally helps me connect with other people without some of the communication or understanding barriers that frequently exist. I don't just go for me...it helps all of us to connect and I care about others who have served as well." Huddle Attendee

Matters of the Heart for Spouses - We've had the opportunity to offer these events a little more frequently this past year. "Before the foundation started MOTH meetings, I felt alone and scared navigating my young family through my husband's battle with PTSD. I frequently wondered if this was our new normal, would I ever get the man I married back, and could I ever be happy again. The women in MOTH answered all these questions for me and gave me hope for a better future. I'll forever be grateful to MOTH—without them, I would not have the happy and healthy family that I prayed for endlessly." MOTH Attendee

Post Traumatic Growth Education & Outreach - We began providing PTG introduction and education to local police and fire in cohorts of 20-25." If you don't even know it can happen... it probably won't happen. That's why learning about how we can learn from ourselves, our own lives – the good and the bad, is the key to beginning to change trajectory. Just knowing that others who have walked in my shoes are thriving because of their struggles and the wisdom they've gained gives me the hope I need to explore for myself..." 40-year-old Male, PTG Training Attendee











Events - A full calendar of our annual events were held this past year beginning with the **Swing For A Soldier** and a record number of golfers attending. The **Prayer Breakfast** and **Race For A Soldier** Weekend was an inspirational time to honor and remember our community heroes who give all to protect and serve us. The **Pull for a Soldier** began a healthy competition between the Gig Harbor first responders when the GHPD and GHFD tied and will continue to challenge one another as the brotherhood serving our community. A special Holiday **Permission to Start Painting** and Karaoke Night rounded out 2022 with a fun evening of art and song to celebrate the season and uncover hidden talents.

We couldn't be more grateful to you for your support at events and for our programs and look forward to continuing in the years to come.

2023 Plans

- ★ 12 Warrior PATHH classes with 3-4 of those cohorts dedicated specifically to female veterans and first responders.
- Extension of posttraumatic growth (PTG) instruction beyond local police and fire agencies, moving into neighboring Washington counties and into Oregon.
- Exploration of the opportunity to implement PTG training for active-duty soldiers, especially those navigating a transition out of the military directly providing that instruction in conjunction with training and support already offered on base.
- Expand our reach within veteran, veteran service organization, and first-responder support networks by teaching blocks of PTG instruction to those working outside our organization but in parallel with our mission: police and fire chaplain academy instruction.
- Continued open and active partnership with the members of our teams of influence: Seattle Seahawks Taskforce 12, Avalon Action Alliance, Staff Sargent Fox Grantees to consult, collaborate, advise, and pro-actively share our processes, connections, and structure to further those parallel efforts and more deeply weave the fabric of support underneath tour parallel efforts.

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