



PERMISSION

— TO START —

DREAMING

• **FDN** •

ANNUAL IMPACT STATEMENT

2024

66 *The most beautiful people we have known are those who have known defeat, known suffering, known struggle, known loss, and have found their way out of the depths. These persons have an appreciation, a sensitivity and an understanding of life that fills them with compassions, gentleness, and a deep loving concern."*

- Elisabeth Kübler-Ross

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Contact Information:
253-432-6502
3733 Rosedale St NW #100
Gig Harbor, WA 98335
info@ptsdfoundation.org
www.ptsdfoundation.org



As I reflect on 2024, I'm filled with an overwhelming sense of pride in the organization that the **Permission to Start Dreaming Foundation** has become. I share my thoughts with you on the prior year with gratitude for lessons learned on the journey thus far, and immense confidence in our ability to achieve even bigger dreams in the years to come.

We continue to deliver the **Warrior PATHH** (Progressive & Alternative Training for Helping Heroes) program to the Veteran and First Responder communities with great success. In 2024, we had our largest group of Warrior PATHH graduates ever and I am pleased to share with you that exactly 100 students successfully completed the program! This science-backed, data-driven training designed to cultivate Post-Traumatic Growth, allows our team to provide students suffering from post-traumatic stress, depression, anxiety, and suicidal thoughts with tools they can use to turn some of their biggest struggles into their greatest strength.

In addition, our Foundation served 2,500+ community members through our amazing events, all made possible by over 700 incredible volunteers. Our Flagship event that is in large part responsible for where we are today, **Race for a Soldier**, has become a beacon of remembrance for so many. I conceived of the Race many years ago during a rudderless time in my life while going through a period of indescribable grief. As many of you know, I lost my son Kyle—an Army veteran struggling with PTSD—to suicide. The Race is one of many things that keeps my sons memory alive in my heart, and I feel immensely blessed that it now offers so many others that have experienced this kind of loss, the opportunity to do the same.

Recognizing that great things cannot be achieved alone, I remain humbled and deeply grateful for our exceptional Board of Directors and the Foundation team that I'm always proud to call our **"Dream Team"**. In 2024, our Board not only grew in numbers but also in strength—guiding us with patience, perseverance, and fearless leadership. We are also blessed by faithful and invaluable partners, including the **Boulder Crest Foundation** and the **Avalon Action Alliance**. As we enter our fifteenth year as the Permission to Start Dreaming Foundation, we do so with an unwavering sense of purpose, deep trust in each other and our network, and the steadfast support of our community.

We hope you will join us as we continue to grow, change lives, and do amazing things **together!**

With gratitude for the permission to dream big,

Leslie Mayne - Founder

A handwritten signature in black ink that reads "L. Mayne".

HOPE AND HEALING

IN 2024



OUR MISSION



We help veterans and first responders throughout the Pacific Northwest to access effective, long-term solutions to transform Post-Traumatic Stress into Post-Traumatic Growth.

OUR VISION



Is for every veteran, first responder and their families, a fulfilled life within reach of their dreams: our hope is for every American the will to make it a reality.

"Challenge the 'I don't belong here' thoughts, we want to listen!"

-Program Participant

66 I have a purpose now. I want to live but not just that, I want to thrive! Only I can make that change! I want it so badly and I've seen changes already in how I'm thinking - I have a completely different outlook on life. I can be vulnerable and open and honest. I can cry and it isn't a weakness as my past trauma told me. I am an amazing man with an amazing heart...I'm ready to pour from a full cup each and every day instead of an empty cup!!"

WE ASKED:

THINK ABOUT HOW THIS WEEK HAS IMPACTED YOU. DESCRIBE THE WAYS IN WHICH YOU HAVE CHANGED AND GROWN OVER THE LAST SEVEN DAYS.



"I have developed a new confidence in myself that I am FULLY equipped to handle anything that life throws at me."

"The magic cannot be explained. I want everyone to know this was the best decision I have ever made for myself. 99

-2024 PATHH Participants



REAL TRANSFORMATION HAPPENS AT
PATHH

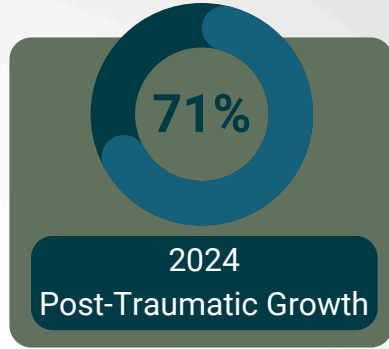
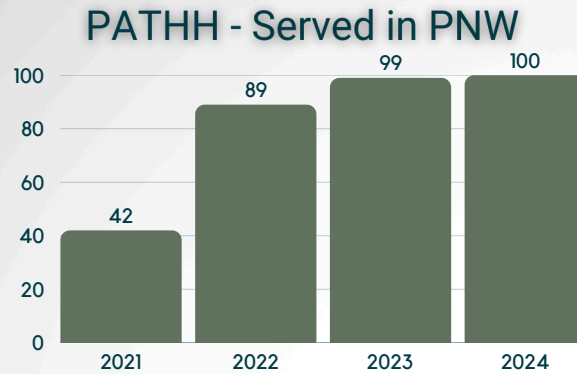


WARRIOR PATHH IN THE PNW

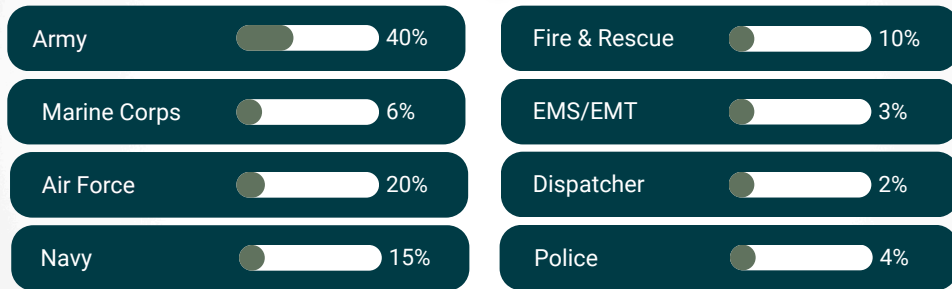
BY THE NUMBERS



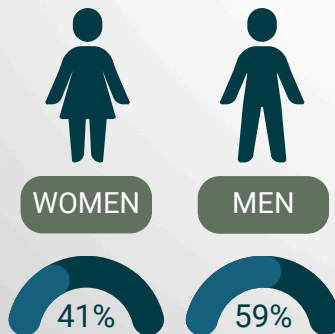
PATHH SERVICE REPORT



Service Type - 2024



Gender - 2024

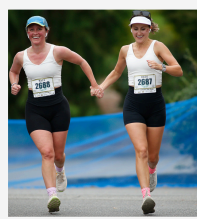
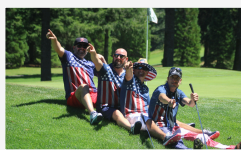


More About Post-traumatic Growth:

"Where do I start! This has been the best [time] of my life since my PTSD diagnosis. You guys have reached inside of me and helped me re-structure my life by demonstrating that there is more to me than I was aware of. Thank you!"

SCAN to read more about
PTG and the PTGI-X





WWW.PTSDFOUNDATION.ORG/EVENTS

2024 IMPACT

THROUGH EVENTS



**GOLFERS**
SWING FOR A SOLDIER
350

14TH ANNUAL PRAYER
BREAKFAST

275 
ATTENDEES

RACE FOR A SOLDIER
RUNNERS

1613

**110**
SHOOTERS
PULL FOR A SOLDIER

75 **STRUGGLE**
WELL
PARTICIPANTS

SERVED **HEROES**
102 
HUDDLE

MATTERS
OF THE **HEART** **20**
SPOUSES SERVED

VOLUNTEERING SHOULD BE AS EASY AS IT IS REWARDING!



TWO SIMPLE STEPS
TO VOLUNTEERING!

1. REGISTER
2. PICK A SHIFT

BE A FORCE FOR GOOD IN YOUR
COMMUNITY TODAY



2024 IMPACT

THROUGH VOLUNTEERISM



100 VOLUNTEERS
SWING FOR A SOLDIER

MONTHLY



17
HUDDLE
VOLUNTEERS

14TH ANNUAL PRAYER
BREAKFAST



20
VOLUNTEERS



25
VOLUNTEERS
PULL FOR A SOLDIER

RACE FOR A SOLDIER



400
VOLUNTEERS

WARRIOR PATHH



150
VOLUNTEERS

WARRIOR PATHH

We ended the year with 100 graduates, each showing consistent results that highlight their life-affirming post-traumatic growth. On average, participants experienced:

- **A 44% increase in their ability to process and resolve past trauma**
- **A 56% decrease in symptoms of post-traumatic stress, as measured by the Post-Traumatic Stress Disorder Checklist (PCL)**
- **A 67% increase in the Post-Traumatic Growth Inventory (PTGI), which assesses five domains of growth: appreciation of life, new possibilities, personal strength, connection with others, and spiritual/existential change**
- **A 30% decrease on the Depression, Anxiety, and Stress Scale (DASS)**

We have completed year two of the VA Staff Sergeant Fox Suicide Prevention Grant Program, an initiative that is enhancing partnerships with VSOs and VA service access. The VA Report to Congress shows a slight decline in veteran suicide—progress, but more work remains. We now await confirmation on the program’s continuation beyond its three-year pilot phase.



We are deeply grateful for our PATHH team’s dedication, the participants who choose growth, and the alumni volunteers who continually serve!

STRUGGLE WELL

We hosted the Struggle Well program in the Pacific Northwest for the first time. Led by our partner, Boulder Crest Foundation, this training teaches resilience principles and their practical application in veteran and first responder communities.

2024 YEAR IN REVIEW:
POST-TRAUMATIC GROWTH



FOUNDATION EVENTS

In 2024, **Race for a Soldier** grew significantly, with registrations up 19% and Virtual Runners rising 130% to 161 across 28 states. We're honored to celebrate its 15th anniversary this year.

At this year's **14th Annual Prayer Breakfast**, we debuted a law enforcement panel, where four professionals shared insights on community building. A former Washington State Trooper offered this encouragement:

“**When you see someone not smiling, ask them how they are doing. And continue to walk with them—every one of us deserves a few minutes.**”

-Prayer Breakfast Panelist

This year's **Pull for a Soldier** featured our first all-youth team and two all-female teams. Despite a muddy morning, the event was a great success, ending with sunshine for the awards.

As part of **Matters of the Heart** – our Spouses initiative – we hosted the 5th Annual Permission to Paint and Karaoke Night in December 2024. This cherished tradition brings female warriors and spouses together for creativity, connection, and song.

We are honored to serve our nation's heroes, made possible by the dedicated individuals and organizations supporting us. Their impact extends beyond donations, fostering hope and healing. Here are a few stories celebrating 15 years of unwavering support.



Tessera (formerly Skookum) creates opportunities for people with disabilities and veterans by prioritizing its people. Sharing our values, they've supported the Foundation's events and programs for over a decade. Beyond financial contributions, Tessera promotes Warrior PATHH to employees and enables their participation. A recent graduate expressed deep gratitude for the life-changing experience, which brought lasting positive change.



HARNISH AUTO FAMILY - SUBARU of PUYALLUP

Harnish Auto Family—Subaru of Puyallup—has supported us since our first Race for A Soldier, playing a key role in our mission. Their generosity goes beyond financial sponsorships, providing resources like the race's lead vehicle and dedicated volunteer teams. Twice, they included the Foundation in Subaru's national Share the Love promotion, directing customer donations to us. In 2021, they gifted a 15-passenger van, now crucial in transporting Warrior PATHH participants on their journey to post-traumatic growth.

FREEMAN LAW FIRM, Inc.



Freeman Law Firm, Inc.
Your Personal Injury Attorneys

Freeman Law Firm champions justice through compassionate advocacy and client empowerment, measuring success by their impact on clients and the community. Since 2020, their giving-back program has allowed clients to direct firm-funded donations to one of seven nonprofits, including our foundation. We are grateful for their generosity, which is making a profound difference for veterans and first responders.



2024

DONOR IMPACT IN



ROSE MANITZ

is a Gold Star Mother who reached out to the foundation in 2017 after losing her son, Steven, a U.S. Marine veteran who struggled with post-traumatic stress. Seeking answers, she and her daughter connected with the Foundation, finding a shared purpose with Leslie. That year, Rose joined Race for a Soldier and has returned annually. Traveling from Michigan with family and friends, she plays a key role in the Annual Prayer Breakfast as well. Her unwavering support, time, and talents demonstrate the profound impact one person can make.

MICKEY TRAUGUTT & WA PATRIOT CONSTRUCTION



CEO of Washington Patriot Construction, a U.S. Army veteran, and one of the first Warrior PATHH graduates in the Pacific Northwest, Mickey exemplifies post-traumatic growth. As past president and current treasurer of the Foundation's Board, his commitment runs deep. His company, built on soldierly values—Lead, Build, Serve, and Live with Respect and Integrity—demonstrates these principles through unwavering support. Each year, Washington Patriot Construction serves as a sponsor, volunteer force, and key resource, strengthening our ability to serve those who served us.

WHAT'S NEXT?

WE INVITE YOU TO JOIN US AS A **VALIANT IMPACT PARTNER**



**SCAN NOW TO BECOME A VIP
AND MAKE YOUR IMPACT!**





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• FDN •



PTSDFoundation.org

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

TAX ID: 27-5251886

3733 Rosedale Street, Suite #100 Gig Harbor, WA 98335

Web: PTSDFOUNDATION.ORG

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