

**Cumulative and Annual Program Evaluation Report
(July 11, 2016 – December 31, 2018)
Veterans Alternative Wellness Program**

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1.0 INTRODUCTION

This report provides a summary of cumulative performance for the Veterans Alternative Wellness Program during the period **July 11, 2016 through December 31, 2018**. In addition, annual results are presented for **calendar year of 2018**, as well as limited results for other non-veteran wellness retreats conducted (e.g. **Gold Star Mothers**). As background, the Veterans Alternative Center, housed in Holiday FL, is under contract with the Florida Department of Children and Family Services (DCF) to provide behavioral health care services to veterans and immediate family members who are facing life challenges that stem from emotional difficulties associated with military combat service and military sexual trauma. This includes challenges and difficulties with civilian transition and daily life functioning including but not limited to symptoms of post-traumatic stress disorder (PTSD), depression, anxiety, chronic pain, and substance use. The services provided (described below) are provided during a 5-day wellness retreats administered at the Veterans Alternative Center in Holiday, FL.

Some of the features of the wellness program that facilitate recruitment of veterans in need of services and optimize the overall retreat experience include:

- Services are provided free-of-charge and are open to Combat Veterans as well as veterans who have experienced Military Sexual Trauma (MST).
- Services are open to spouses/significant others of veterans.
- Research-proven modalities are provided in a respectful, collective, and holistic manner.
- All activities and results that occur are confidential and have no bearing on current medical diagnoses or disability ratings.

2.0 SERVICES PROVIDED

The services provided at the wellness retreats include a blend of evidence-based therapies and complementary and alternative therapies designed to provide a holistic healing experience for the retreat participant. Whereas there is some flexibility and tailoring of the modalities provided, the primary therapeutic modalities offered and provided include:

Accelerated Resolution Therapy (ART)



- An evidence-based psychotherapy that achieves benefits rapidly (usually within 1-5 sessions), as compared to conventional therapy protocols.
- Changes the manner in which negative images and memories are stored in the brain using a process known as imagery rescripting and memory reconsolidation.
- No need to disclose details of traumatic experiences verbally or in writing, and no homework or outside work is required.
- Most veterans experience some benefit within the first session.



Integrative Restoration (iREST)

- Guided meditation practice designed to relieve triggers that Veterans experience from Combat and MST in order to help transition back to civilian life.
- Currently being utilized by a growing number of healthcare organizations,



<p>including the VA, DoD, and other hospitals, homeless centers, and addiction treatment facilities.</p>	
<p>Guided Yoga</p> <ul style="list-style-type: none"> ▪ Designed to facilitate recovery from physical and emotional effects of trauma. ▪ <u>Gentle Yoga</u> -- low intensity form of yoga with relaxed pace and suitable for those trying to get active again and/or recover from illness or injury. ▪ <u>Hatha Yoga</u> -- Traditional standing and seated poses with a focus on proper breathing techniques. ▪ <u>Power Yoga</u> -- Fitness-based approach to yoga that uses sun salutations and emphasizes strength and flexibility. 	
<p>Other Physical Fitness</p> <ul style="list-style-type: none"> ▪ TRX Tactical Trainer -- Comprehensive deployable training solution. ▪ Includes ropes, kettle bells, squat bars, pull up bars, and more. ▪ Field-tested gear provides complete training solution for all branches of the military and first responders. 	

3.0 PROGRAM EVALUATION RESULTS

The Veterans Alternative Wellness Program makes use of a comprehensive and rigorous program evaluation component. The program evaluation includes quantification of services provided in addition to independent empirical assessment of the extent to which the program achieves the desired aims of significantly increasing the success of Veteran and family transition after Combat and military service. This occurs through the use of reliable and valid measures of psychological and physical health. As part of enrollment in the wellness program, all veterans and immediate family members who attend the program are asked to complete a battery of self-report instruments at the beginning of the wellness retreat, at the end of the wellness retreat, and at 1-, 3-, and 9-months post completion of the wellness retreat. Results presented in this report refer to the pre- and post-retreat assessments, as well as data from the last follow-up assessment that was obtained. In addition, limited information is provided in this report for spouses of veterans who attended the wellness retreats along with other outreach activities (e.g. retreat for Gold Star Mothers) during the performance period.

During the cumulative period July 11, 2016 to December 31, 2018, a total of 70 retreats were conducted (**table 1a**). This included 68 veteran wellness retreats with 231 veterans served, 33 veteran wellness retreats in which 48 spouses attended, one retreat that served 7 Gold Star Mothers, and one off-site program at Saint Leo University in which 19 “Steel Mags” women who support the Special Forces Regiment and Green Berets they love were served.

During the annual period December 1, 2018 to December 31, 2018, a total of 28 retreats were conducted (**Table 1a**). This included 27 veteran wellness retreats with 99 veterans served, 22 veteran wellness retreats in which 30 spouses attended, and one retreat that served 7 Gold Star Mothers.

Table 1a. Listing of Veterans, Spouses, and Other Persons Served

Time Period	Source	# Retreats	# Served
July 11, 2016 – December 31, 2018	Veteran	68	231
July 11, 2016 – December 31, 2018	Spouse	33	48

July 11, 2016 – December 31, 2018	Gold Star	1	7
July 11, 2016 – December 31, 2018	Steel Mags	1	19
Total			305
December 1, 2018 – December 31, 2018	Veteran	27	99
December 1, 2018 – December 31, 2018	Spouse	22	30
December 1, 2018 – December 31, 2018	Gold Star	1	7
December 1, 2018 – December 31, 2018	Steel Mags	---	---
Total			136

As seen in **Table 1b**, veterans have rated different components of the wellness program on a 1 to 5 scale with 1 corresponding to “Unsatisfactory” and 5 corresponding to “Very Satisfactory.” Overall, satisfaction has been very high with all components of the wellness program for both males and females since its inception, as well as during calendar year 2018 (**Table 1c**).

Veterans Alternative Program Evaluation Report
Table 1b - Overall Evaluation of Retreat Program
All Elements Rated on a 1 to 5 Scale
Results Overall and by Gender of Veteran
Time Period July 11, 2016 - December 31, 2018

Characteristic	Total (N=224)	Female (N=33)	Male (N=191)
Retreat Evaluation (1 to 5): Length of Retreat, mean, SD	4.5, 0.9	4.5, 0.8	4.4, 0.9
Retreat Evaluation (1 to 5): Accommodations, mean, SD	4.8, 0.6	4.7, 0.6	4.8, 0.6
Retreat Evaluation (1 to 5): Food, mean, SD	4.8, 0.6	4.8, 0.6	4.8, 0.6
Retreat Evaluation (1 to 5): Location, mean, SD	4.7, 0.8	4.8, 0.5	4.7, 0.8
Retreat Evaluation (1 to 5): Veterans Alternative staff, mean, SD	4.9, 0.4	4.9, 0.4	4.9, 0.4

Characteristic	Total (N=224)	Female (N=33)	Male (N=191)
Retreat Evaluation (1 to 5): Atmosphere of the center, mean, SD	4.8, 0.7	4.9, 0.4	4.7, 0.7
Retreat Evaluation (1 to 5): Overall rating - retreat activities and services, mean, SD	4.7, 0.7	4.6, 0.7	4.7, 0.7
Retreat Evaluation (1 to 5): ART, mean, SD	4.7, 0.7	4.7, 0.7	4.6, 0.7
Retreat Evaluation (1 to 5): iRest, mean, SD	4.8, 0.6	4.7, 0.6	4.8, 0.5
Retreat Evaluation (1 to 5): Yoga, mean, SD	4.5, 0.9	4.7, 0.7	4.5, 0.9
Retreat Evaluation (1 to 5): Kali, mean, SD	4.2, 1.1	3.9, 1.3	4.3, 1.1
Retreat Evaluation (1 to 5): PT (physical training), mean, SD	4.3, 1.1	4.1, 1.4	4.3, 1.0
Retreat Evaluation (1 to 5): Music therapy, mean, SD	4.4, 1.0	4.6, 0.7	4.4, 1.1
Retreat Evaluation (1 to 5): Equine therapy, mean, SD	4.4, 1.0	4.7, 0.7	4.4, 1.0

Veterans Alternative Program Evaluation Report
Table 1c - Overall Evaluation of Retreat Program
All Elements Rated on a 1 to 5 Scale
Results Overall and by Gender of Veteran
Time Period December 1, 2018 - December 31, 2018

Characteristic	Total (N=99)	Female (N=15)	Male (N=84)
Retreat Evaluation (1 to 5): Length of Retreat, mean, SD	4.4, 0.8	4.5, 0.9	4.4, 0.8
Retreat Evaluation (1 to 5): Accommodations, mean, SD	4.7, 0.7	4.7, 0.6	4.7, 0.7
Retreat Evaluation (1 to 5): Food, mean, SD	4.7, 0.6	4.8, 0.6	4.7, 0.6
Retreat Evaluation (1 to 5): Location, mean, SD	4.7, 0.8	4.9, 0.4	4.6, 0.8
Retreat Evaluation (1 to 5): Veterans Alternative staff, mean, SD	4.8, 0.6	4.9, 0.5	4.8, 0.6
Retreat Evaluation (1 to 5): Atmosphere of the center, mean, SD	4.8, 0.7	4.9, 0.3	4.7, 0.8
Retreat Evaluation (1 to 5): Overall rating - retreat activities and services, mean, SD	4.7, 0.8	4.8, 0.6	4.7, 0.8
Retreat Evaluation (1 to 5): ART, mean, SD	4.5, 0.9	4.5, 0.9	4.5, 0.9
Retreat Evaluation (1 to 5): iRest, mean, SD	4.7, 0.7	4.5, 0.8	4.7, 0.7
Retreat Evaluation (1 to 5): Yoga, mean, SD	4.4, 1.0	4.6, 0.7	4.3, 1.1
Retreat Evaluation (1 to 5): Kali, mean, SD	4.0, 1.1	4.0, 1.0	4.0, 1.2
Retreat Evaluation (1 to 5): PT (physical training), mean, SD	4.4, 0.9	., .	4.4, 0.9
Retreat Evaluation (1 to 5): Music therapy, mean, SD	4.4, 1.1	4.6, 0.8	4.3, 1.1
Retreat Evaluation (1 to 5): Equine therapy, mean, SD	4.4, 1.0	4.6, 0.7	4.3, 1.0

Tables 2a and 2b list the mean number of services provided per veteran cumulative and for calendar year 2018. As seen, the most frequent service provided was Accelerated Resolution Therapy (ART) with an average of 4.8 to 4.9 sessions delivered per veteran. The cumulative aggregate number of sessions provided for the different therapeutic modalities are depicted in **Figure 1a**. As seen, a total of 1,104 sessions of ART and 923 sessions of yoga were delivered to veterans. A separate retreat known as the 2017 Steel Mags Summer Summit was conducted exclusively for spouses of Green Berets. For this retreat, 17 spouses were served with a total of 55 and 49 ART and yoga sessions delivered, respectively. In calendar year 2018, veterans received a total of 489 sessions of ART, 483 sessions of integrative restoration (iRest), and 356 sessions of yoga (**Figure 1b**).

**Veterans Alternative Program Evaluation Report
Table 2a- Services Provided at the Retreat Program
Results Overall and by Gender of Veteran
Time Period July 11, 2016 - December 31, 2018**

Characteristic	Total (N=224)	Female (N=33)	Male (N=191)
Number of ART sessions, mean, SD	4.8, 0.6	4.9, 0.5	4.8, 0.6
Number if iREST sessions, mean, SD	3.7, 1.4	3.6, 1.5	3.7, 1.4
Number of Yoga sessions, mean, SD	4.0, 1.1	4.2, 1.0	3.9, 1.2
Number of Kali sessions, mean, SD	0.6, 1.0	0.8, 1.2	0.5, 0.9
Number of physical therapy sessions, mean, SD	0.7, 1.3	0.7, 1.3	0.7, 1.3
Number of Other activity sessions, mean, SD	6.4, 4.9	6.5, 5.0	6.3, 4.9

**Veterans Alternative Program Evaluation Report
Table 2b- Services Provided at the Retreat Program
Results Overall and by Gender of Veteran
Time Period December 1, 2018 - December 31, 2018**

Characteristic	Total (N=99)	Female (N=15)	Male (N=84)
Number of ART sessions, mean, SD	4.9, 0.3	5.0, 0.0	4.9, 0.3
Number of iREST sessions, mean, SD	4.9, 0.4	5.0, 0.0	4.9, 0.4
Number of Yoga sessions, mean, SD	3.6, 0.9	3.8, 0.8	3.5, 0.9
Number of Kali sessions, mean, SD	3.6, 0.9	3.8, 0.8	3.5, 0.9
Number of physical therapy sessions, mean, SD	0.4, 1.2	0.2, 0.8	0.5, 1.3
Number of Other activity sessions, mean, SD	10.3, 4.8	10.7, 4.8	10.2, 4.8

- Number of retreats conducted: 68
- Number of veterans served: 231
- Activity sessions delivered (chart below):

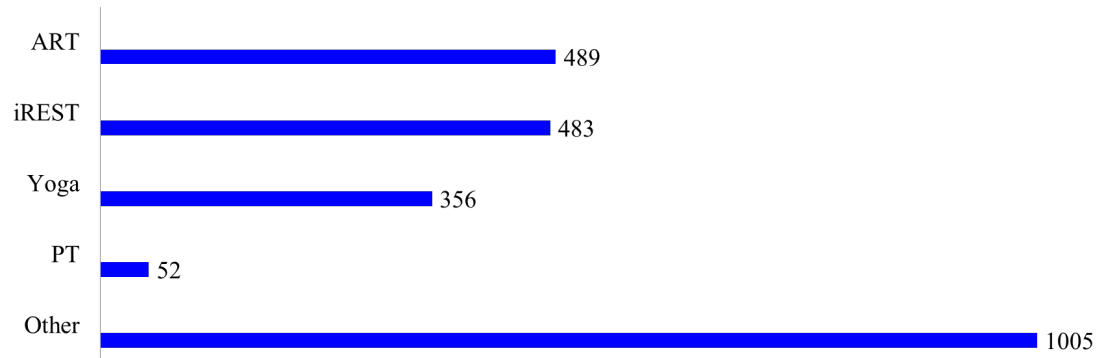


- Total number of sessions delivered: 4,601

Figure 1a. Aggregate Number of Veteran Sessions Provided per Therapeutic Modality

(July 11, 2016 – December 31, 2018).

- Number of retreats conducted: 27
- Number of veterans served: 99
- Activity sessions delivered (chart below):



- Total number of sessions delivered: 2,385

Figure 1b. Aggregate Number of Veteran Sessions Provided per Therapeutic Modality

(December 1, 2018 – December 31, 2018).

Demographic characteristics for all veterans served are listed in **Table 3a** overall and stratified by gender. As seen, the majority of males and females were between the ages 30 to 49. Male veterans appeared to have overall lower educational attainment than female veterans as well as more deployments. Previous trauma history was high among both female and male veterans, with 79% of female veterans reporting a history of sexual assault compared to 14% among male veterans. In contrast, trauma due to IED blast or combat explosion was much more frequent in male than in female veterans (80% vs. 15%).

Veterans Alternative Program Evaluation Report
Table 3a - Demographic Characteristics of Retreat Participants
Results Overall and by Gender
Time Period July 11, 2016 - December 31, 2018

Characteristic	Total (N=224)	Female (N=33)	Male (N=191)
Age in years, %			
18 to 29	10.8	3.2	12.2
30 to 39	38.2	38.7	38.1
40 to 49	22.2	32.3	20.4
50 to 59	15.6	16.1	15.5
60 to 69	9.9	9.7	9.9
70 or older	3.3	0.0	3.9
Race, %			
Black/African American	12.6	16.7	11.9
White	84.0	80.0	84.7
Asian	1.5	0.0	1.7
American Indian/Alaskan Native	1.9	3.3	1.7
Ethnicity, %			
Hispanic	15.4	17.9	15.0
Non-Hispanic	84.6	82.1	85.0
Years of education completed, %			
Less than 12	3.3	0.0	3.9

Characteristic	Total (N=224)	Female (N=33)	Male (N=191)
12 to 14	45.8	29.0	48.6
15 to 16	29.7	35.5	28.7
17 to 18	13.2	16.1	12.7
19 or more	8.0	19.4	6.1
Marital status, %			
Married/Living with someone	44.3	25.8	47.5
Single	22.2	35.5	19.9
Separated	7.5	6.5	7.7
Divorced	23.1	25.8	22.7
Widowed	2.8	6.5	2.2
Primary military service, %			
Army	59.4	51.6	60.8
Army Reserves	2.4	3.2	2.2
Navy	8.5	9.7	8.3
Marine Corps	11.8	6.5	12.7
Marine Corps Reserves	0.5	0.0	0.6
Air Force	8.5	16.1	7.2
Air Force Reserves	0.5	3.2	0.0
National Guard	7.5	6.5	7.7
National Guard Reserves	0.9	3.2	0.6
Number of deployments, %			
None	5.7	19.4	3.3
One	36.8	35.5	37.0
Two	25.9	25.8	26.0
Three	8.0	9.7	7.7
Four or more	23.6	9.7	26.0
Length of longest deployment, %			
Less than 6 months	8.7	17.9	7.3
6 months to 9 months	27.2	28.6	27.0
9 months to 12 months	29.1	32.1	28.7
12 month to 18 months	31.6	14.3	34.3

Characteristic	Total (N=224)	Female (N=33)	Male (N=191)
More than 18 months	3.4	7.1	2.8
Trauma - Witness death or execution, %			
No	26.7	58.6	21.4
Yes	73.3	41.4	78.6
Trauma - IED blast or combat explosion, %			
No	29.0	85.2	20.2
Yes	71.0	14.8	79.8
Trauma - Witness major injuries (non-lethal), %			
No	18.6	53.6	13.1
Yes	81.4	46.4	86.9
Trauma - Physical assault, %			
No	62.0	42.9	65.6
Yes	38.0	57.1	34.4
Trauma - Sexual assault, %			
No	75.4	20.7	86.3
Yes	24.6	79.3	13.7
Trauma - Other, %			
No	56.9	34.8	60.8
Yes	43.1	65.2	39.2
Current Medication - Pain, %			
No	45.5	36.7	47.0
Yes	54.5	63.3	53.0
Current Medication - Depression, %			
No	35.1	30.0	35.9
Yes	64.9	70.0	64.1
Current Medication - Anxiety, %			
No	35.5	30.0	36.5
Yes	64.5	70.0	63.5
Current Medication - Seizures, %			
No	94.3	96.7	93.9
Yes	5.7	3.3	6.1

Characteristic	Total (N=224)	Female (N=33)	Male (N=191)
Current Medication - Sleep, %			
No	34.6	30.0	35.4
Yes	65.4	70.0	64.6

Demographic characteristics among veterans for calendar year 2018 were relatively similar to those presented for the cumulative time period (previous **table 3a**). As seen in **table 3b**, during calendar year 2018, the majority of males and females were between the ages 30 to 49. Female veterans were much more likely to be single than male veterans (43% vs. 17%), more likely to have experienced physical assault (69% vs. 34%) or sexual assault (69% vs. 19%), while less likely to have witnessed death or execution (50% vs. 81%) or have experienced IED blast or combat explosion (25% vs. 81%).

Veterans Alternative Program Evaluation Report
Table 3b - Demographic Characteristics of Retreat Participants
Results Overall and by Gender
Time Period December 1, 2018 - December 31, 2018

Characteristic	Total (N=99)	Female (N=15)	Male (N=84)
Age in years, %			
18 to 29	6.5	0.0	7.7
30 to 39	33.7	28.6	34.6
40 to 49	26.1	35.7	24.4
50 to 59	18.5	21.4	17.9
60 to 69	10.9	14.3	10.3
70 or older	4.3	0.0	5.1
Race, %			
Black/African American	14.8	14.3	14.9
White	79.5	78.6	79.7
Asian	2.3	0.0	2.7

Characteristic	Total (N=99)	Female (N=15)	Male (N=84)
American Indian/Alaskan Native	3.4	7.1	2.7
Ethnicity, %			
Hispanic	14.9	16.7	14.7
Non-Hispanic	85.1	83.3	85.3
Years of education completed, %			
Less than 12	2.2	0.0	2.6
12 to 14	51.1	42.9	52.6
15 to 16	27.2	42.9	24.4
17 to 18	17.4	7.1	19.2
19 or more	2.2	7.1	1.3
Marital status, %			
Married/Living with someone	51.1	35.7	53.8
Single	20.7	42.9	16.7
Separated	3.3	7.1	2.6
Divorced	22.8	14.3	24.4
Widowed	2.2	0.0	2.6
Primary military service, %			
Army	65.2	64.3	65.4
Army Reserves	3.3	0.0	3.8
Navy	6.5	0.0	7.7
Marine Corps	10.9	7.1	11.5
Air Force	5.4	14.3	3.8
National Guard	7.6	7.1	7.7
National Guard Reserves	1.1	7.1	0.0
Number of deployments, %			
None	4.3	7.1	3.8
One	35.9	35.7	35.9
Two	25.0	21.4	25.6
Three	6.5	14.3	5.1
Four or more	28.3	21.4	29.5
Length of longest deployment, %			

Characteristic	Total (N=99)	Female (N=15)	Male (N=84)
Less than 6 months	5.6	7.7	5.2
6 months to 9 months	25.6	23.1	26.0
9 months to 12 months	31.1	46.2	28.6
12 month to 18 months	35.6	15.4	39.0
More than 18 months	2.2	7.7	1.3
Trauma - Witness death or execution, %			
No	23.9	50.0	18.9
Yes	76.1	50.0	81.1
Trauma - IED blast or combat explosion, %			
No	26.4	75.0	18.7
Yes	73.6	25.0	81.3
Trauma - Witness major injuries (non-lethal), %			
No	18.0	42.9	13.3
Yes	82.0	57.1	86.7
Trauma - Physical assault, %			
No	60.3	30.8	66.2
Yes	39.7	69.2	33.8
Trauma - Sexual assault, %			
No	72.7	30.8	81.3
Yes	27.3	69.2	18.8
Trauma - Other, %			
No	60.3	36.4	65.4
Yes	39.7	63.6	34.6
Current Medication - Pain, %			
No	36.3	38.5	35.9
Yes	63.7	61.5	64.1
Current Medication - Depression, %			
No	36.3	46.2	34.6
Yes	63.7	53.8	65.4
Current Medication - Anxiety, %			
No	37.4	38.5	37.2

Characteristic	Total (N=99)	Female (N=15)	Male (N=84)
Yes	62.6	61.5	62.8
Current Medication - Seizures, %			
No	96.7	100.0	96.2
Yes	3.3	0.0	3.8
Current Medication - Sleep, %			
No	31.9	23.1	33.3
Yes	68.1	76.9	66.7

Table 4a provides symptom levels reported by veterans at the start and end of the weekly retreat. As seen, very large, significant symptom reductions were reported for PTSD, perceived stress, depression, anxiety, pain, and sleep dysfunction. In addition, based on the 20-item PCL-5 (PTSD) Checklist and a cut-point score of ≥ 33 , 79.7% of veterans screened positive for PTSD at the start of the retreat compared to 29.6% at the end of the weekly retreat. The substantial reductions in symptoms of PTSD, depression, anxiety, perceived stress, pain, and sleep dysfunction are graphically depicted in **Figures 2-7**. **Figure 8** depicts self-reported resiliency scores at the beginning and end of the weekly wellness retreat.

Veterans Alternative Program Evaluation Report
Table 4a - Symptom Status of Retreat Participants
Before and at the End of the Retreat
Time Period July 11, 2016 - December 31, 2018

Characteristic	1. Start of Retreat (N=212)	2. At End of Retreat (N=212)	p-value
PCL5 (PTSD) score (total), mean, SD	47.3, 16.3	26.0, 16.3	<0.0001
PCL5 Intrusion subscale score, mean, SD	10.6, 4.9	6.5, 4.5	<0.0001
PCL5 Avoidance subscale score, mean, SD	5.0, 2.1	2.7, 2.1	<0.0001
PCL5 Mood Cognition subscale score, mean, SD	16.7, 6.6	8.7, 6.2	<0.0001
PCL5 Arousal subscale score, mean, SD	14.9, 5.0	8.1, 5.4	<0.0001
Provisional PTSD diagnosis based on PCL-5, %	75.9	28.6	<0.0001
PTSD cutpoint diagnosis (PCL5 score ≥ 33), %	79.7	29.6	<0.0001
Perceived Stress Scale Score (total), mean, SD	24.3, 6.3	14.6, 7.1	<0.0001
Brief Symptom Inventory (BSI) score (total), mean, SD	31.4, 15.4	14.6, 12.7	<0.0001
BSI Somatization subscale score, mean, SD	8.0, 5.4	4.2, 4.3	<0.0001
BSI Depression subscale score, mean, SD	11.9, 6.6	5.0, 4.8	<0.0001
BSI Anxiety subscale score, mean, SD	11.4, 6.0	5.4, 5.0	<0.0001
Connor Davidson Resilience score (total), mean, SD	22.3, 7.0	25.7, 7.1	<0.0001
Average pain in past week (0 to 10 scale), mean, SD	4.9, 2.5	3.6, 2.5	<0.0001
Pain Outcomes Quest: Mobility subscale, mean, SD	14.1, 8.5	13.1, 7.8	0.008
Pain Outcomes Quest: ADL subscale, mean, SD	4.2, 6.7	3.3, 6.6	0.02
Pain Outcomes Quest: Vitality subscale, mean, SD	15.8, 5.2	13.0, 5.6	<0.0001
Pain Outcomes Quest: Negative Affect subscale, mean, SD	25.9, 10.6	15.4, 10.0	<0.0001
Pain Outcomes Quest: Fear subscale, mean, SD	-1.0, 3.5	0.0, 2.9	0.0004
Pain Outcomes Quest: Total Score, mean, SD	59.0, 22.4	44.9, 22.4	<0.0001
Sleep Dysfunction Score, mean, SD	25.5, 13.8	18.6, 12.1	<0.0001

Characteristic	1. Start of Retreat (N=212)	2. At End of Retreat (N=212)	p-value
Marital Adjustment Score (100 is average), mean, SD	89.2, 33.9	97.5, 30.9	0.001

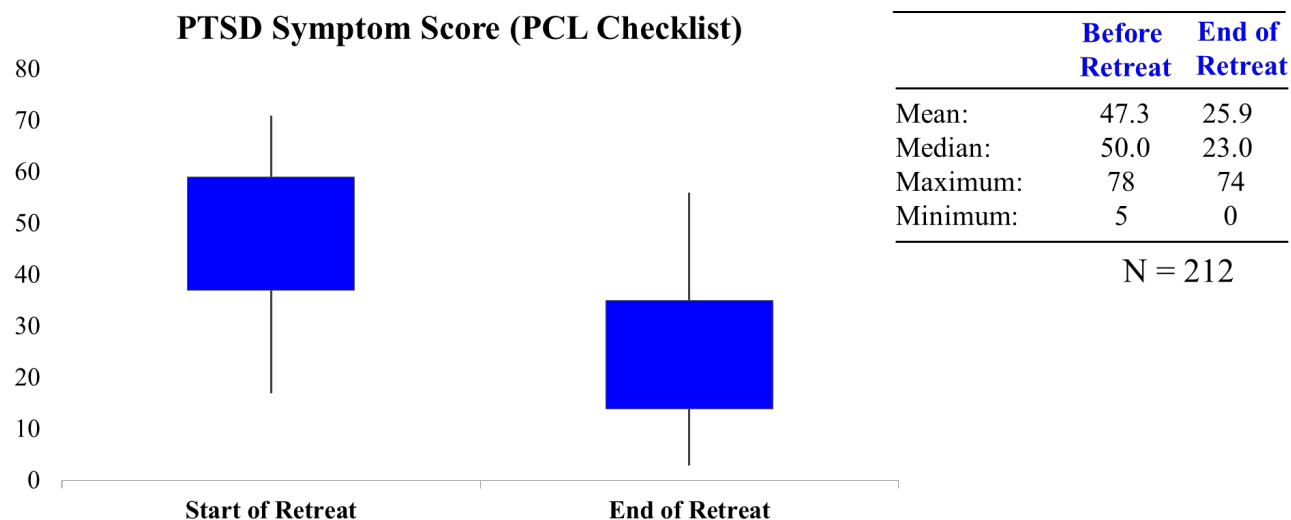


Figure 2. Box Plot of Distribution of PCL-5 (PTSD) Scores Before and at the End of the Retreat Program (Cumulative Time Period: July 11, 2016 – December 31, 2018).

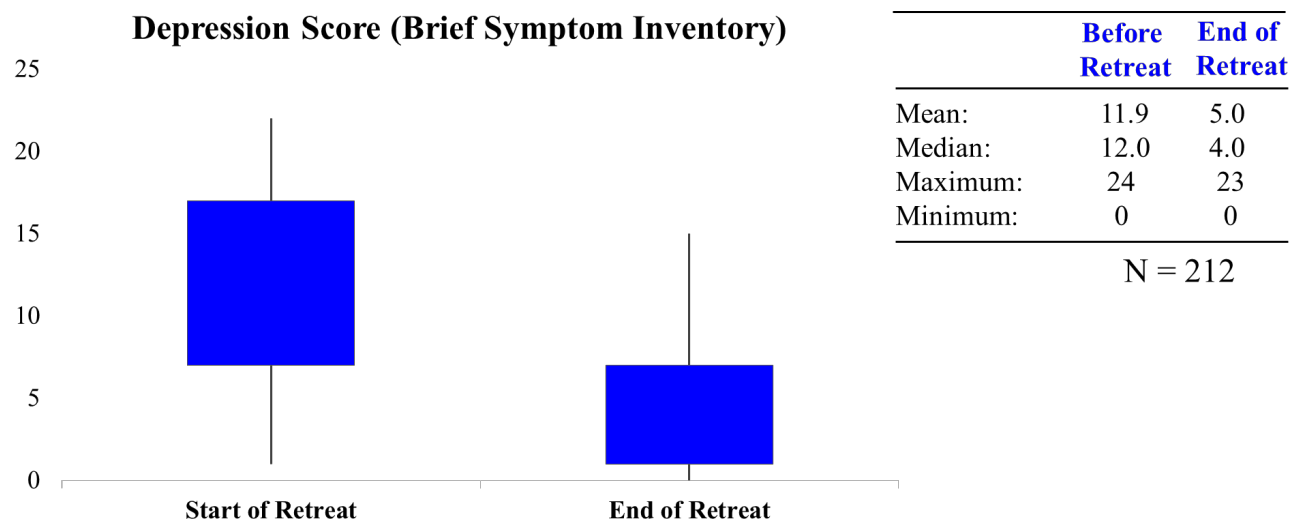


Figure 3. Box Plot of Distribution of Depression Scores Before and at the End of the Retreat Program (Cumulative Time Period: July 11, 2016 – December 31, 2018).

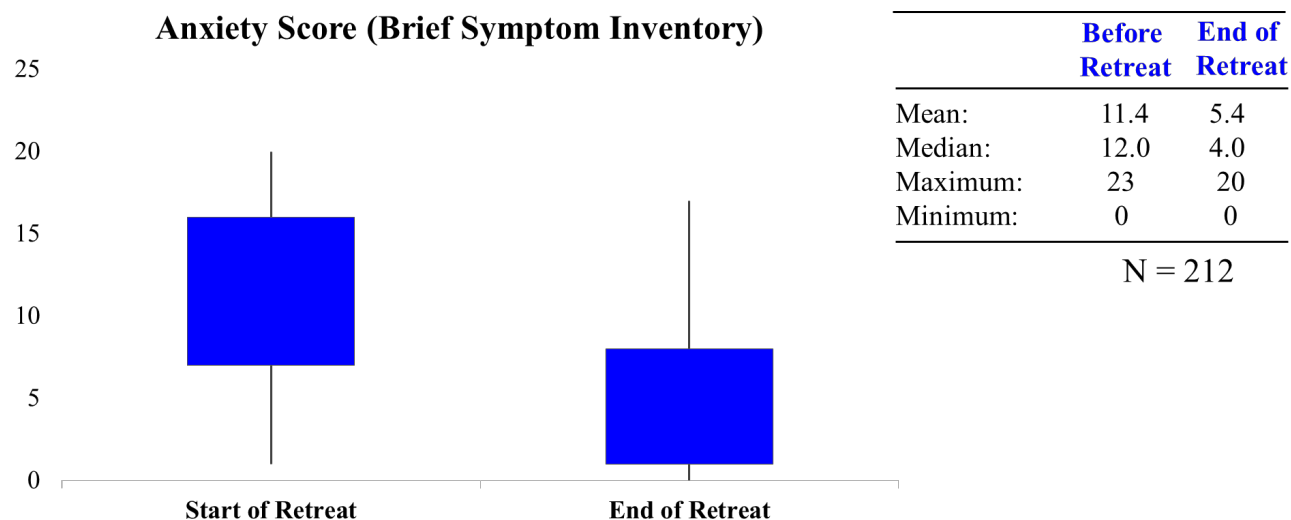


Figure 4. Box Plot of Distribution of Anxiety Scores Before and at the End of the Retreat Program (Cumulative Time Period: July 11, 2016 – December 31, 2018).

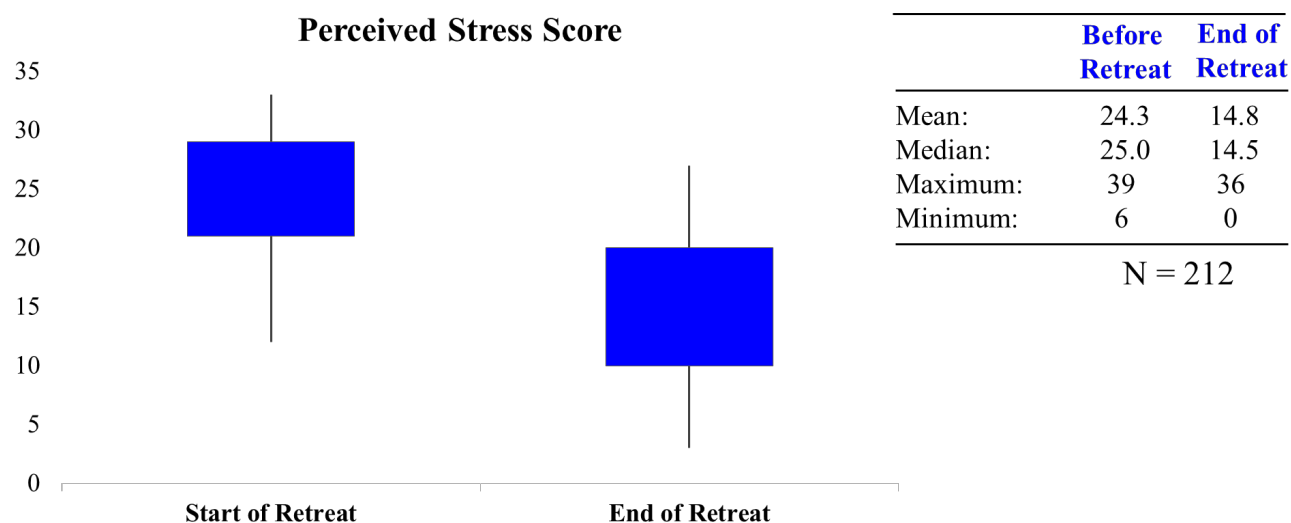


Figure 5. Box Plot of Distribution of Perceived Stress Scores Before and at the End of the Retreat Program (Cumulative Time Period: July 11, 2016 – December 31, 2018).

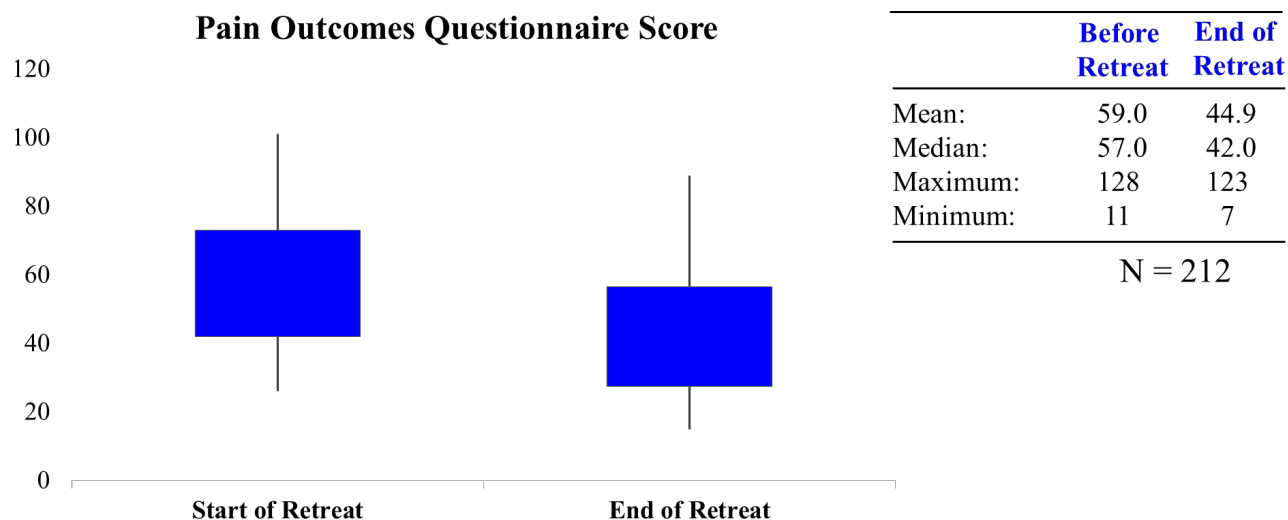


Figure 6. Box Plot of Distribution of Pain Scores Before and at the End of the Retreat Program (Cumulative Time Period: July 11, 2016 – December 31, 2018).

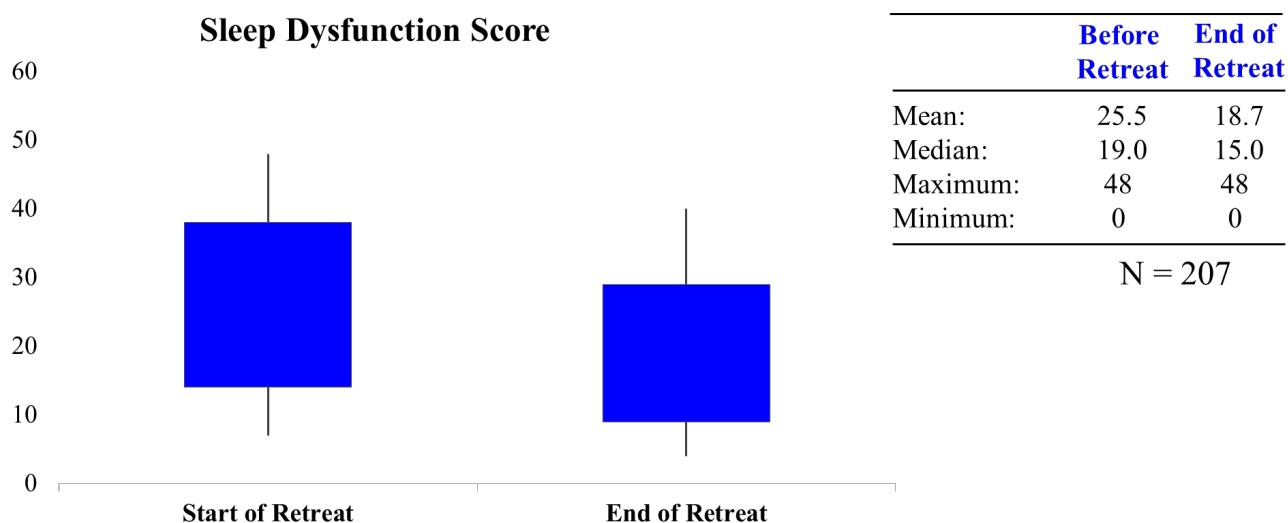


Figure 7. Box Plot of Distribution of Sleep Dysfunction Scores Before and at the End of the Retreat Program (Cumulative Time Period: July 11, 2016 – December 31, 2018).

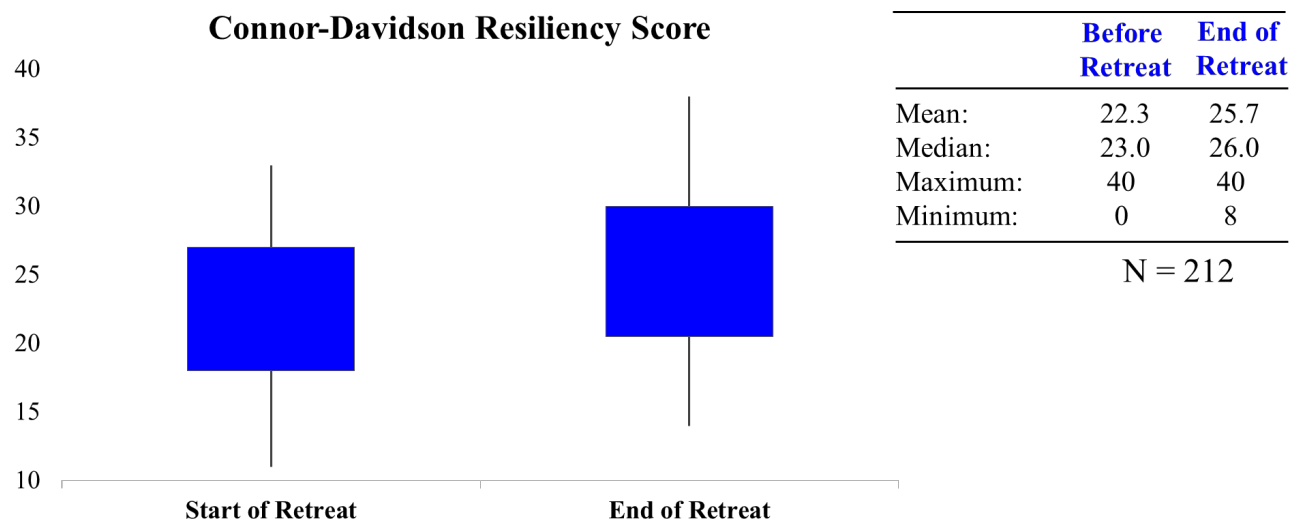


Figure 8. Box Plot of Distribution of Resiliency Scores Before and at the End of the Retreat Program (Cumulative Time Period: July 11, 2016 – December 31, 2018).

Table 4b provides symptom levels reported by veterans at the start and end of the weekly retreat for calendar year 2018. As seen, very large, significant symptom reductions were reported for PTSD, perceived stress, depression, anxiety, pain, and sleep dysfunction. In addition, based on the 20-item PCL-5 (PTSD) Checklist and a cut-point score of ≥ 33 , 82.6% of veterans screened positive for PTSD at the start of the retreat compared to 30.2% at the end of the weekly retreat. The mean score on the 20-item PTSD checklist at the start of the retreat (47.7), as compared to at the end of the retreat (26.7), corresponds to an average reduction of 44% in symptoms of PTSD.

Figures 9-15 mirror those presented for all veterans served (**previous figures 2-8**), showing in calendar year 2018 large reductions in symptoms of PTSD, perceived stress, depression, anxiety, pain, and sleep dysfunction.

Veterans Alternative Program Evaluation Report
Table 4b - Symptom Status of Retreat Participants
Before and at the End of the Retreat
Time Period December 1, 2018 - December 31, 2018

Characteristic	1. Start of Retreat (N=92)	2. At End of Retreat (N=92)	p-value
PCL5 (PTSD) score (total), mean, SD	47.7, 14.5	26.7, 15.9	<0.0001
PCL5 Intrusion subscale score, mean, SD	10.5, 4.5	6.4, 4.2	<0.0001
PCL5 Avoidance subscale score, mean, SD	5.3, 2.0	2.7, 2.1	<0.0001
PCL5 Mood Cognition subscale score, mean, SD	16.5, 6.0	8.9, 6.3	<0.0001
PCL5 Arousal subscale score, mean, SD	15.4, 4.6	8.6, 5.4	<0.0001
Provisional PTSD diagnosis based on PCL-5, %	81.5	32.3	<0.0001
PTSD cutpoint diagnosis (PCL5 score ≥33), %	82.6	30.2	<0.0001
Perceived Stress Scale Score (total), mean, SD	23.7, 5.6	14.7, 6.6	<0.0001
Brief Symptom Inventory (BSI) score (total), mean, SD	31.1, 14.4	15.2, 14.0	<0.0001
BSI Somatization subscale score, mean, SD	8.3, 5.2	4.5, 4.7	<0.0001
BSI Depression subscale score, mean, SD	11.4, 6.3	5.2, 5.4	<0.0001
BSI Anxiety subscale score, mean, SD	11.4, 5.5	5.5, 5.1	<0.0001
Connor Davidson Resilience score (total), mean, SD	21.8, 6.6	25.5, 6.9	<0.0001
Average pain in past week (0 to 10 scale), mean, SD	5.2, 2.3	3.9, 2.5	<0.0001
Pain Outcomes Quest: Mobility subscale, mean, SD	15.3, 9.2	14.6, 8.6	0.44
Pain Outcomes Quest: ADL subscale, mean, SD	5.2, 6.9	4.2, 7.5	0.21
Pain Outcomes Quest: Vitality subscale, mean, SD	15.9, 4.9	13.6, 5.7	<0.0001
Pain Outcomes Quest: Negative Affect subscale, mean, SD	26.6, 10.4	15.8, 10.1	<0.0001
Pain Outcomes Quest: Fear subscale, mean, SD	-1.0, 3.7	-0.1, 2.8	0.06
Pain Outcomes Quest: Total Score, mean, SD	62.1, 21.9	48.0, 23.8	<0.0001
Sleep Dysfunction Score, mean, SD	36.7, 9.4	28.1, 9.8	<0.0001

Characteristic	1. Start of Retreat (N=92)	2. At End of Retreat (N=92)	p-value
Marital Adjustment Score (100 is average), mean, SD	89.7, 35.8	97.7, 29.8	0.15

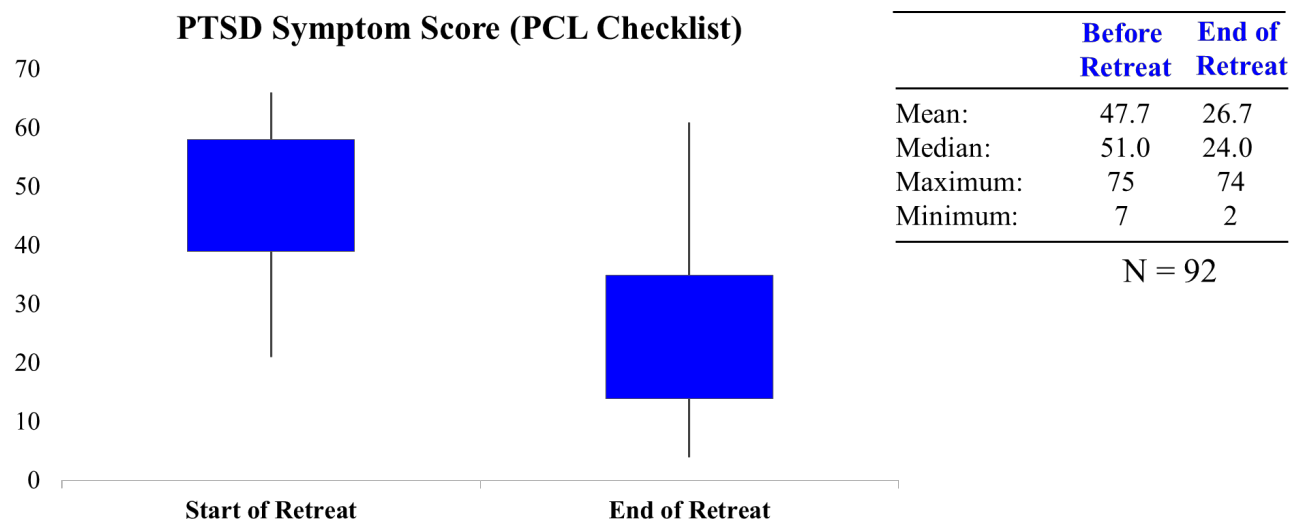


Figure 9. Box Plot of Distribution of PCL-5 (PTSD) Scores Before and at the End of the Retreat Program (Annual Time Period: December 1, 2018 – December 31, 2018).

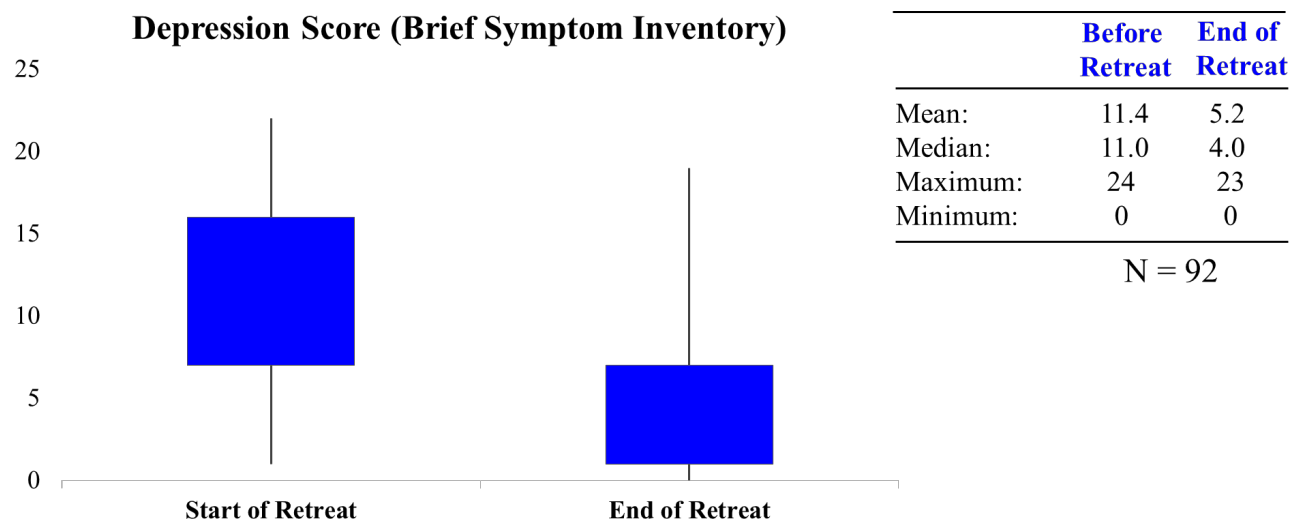


Figure 10. Box Plot of Distribution of Depression Scores Before and at the End of the Retreat Program (Annual Time Period: December 1, 2018 – December 31, 2018).

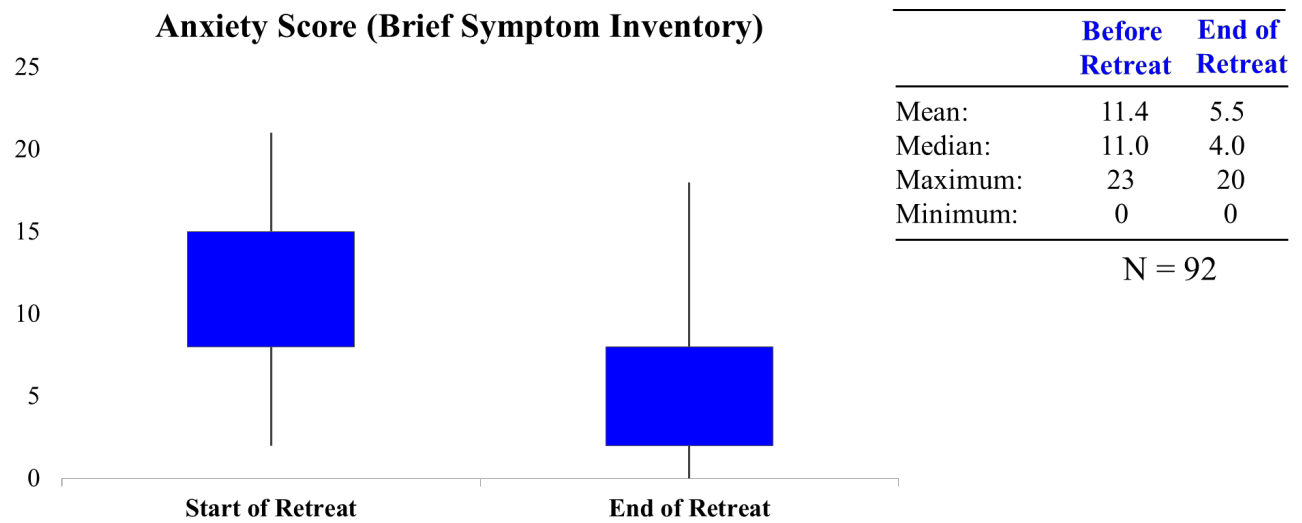


Figure 11. Box Plot of Distribution of Anxiety Scores Before and at the End of the Retreat Program (Annual Time Period: December 1, 2018 – December 31, 2018).

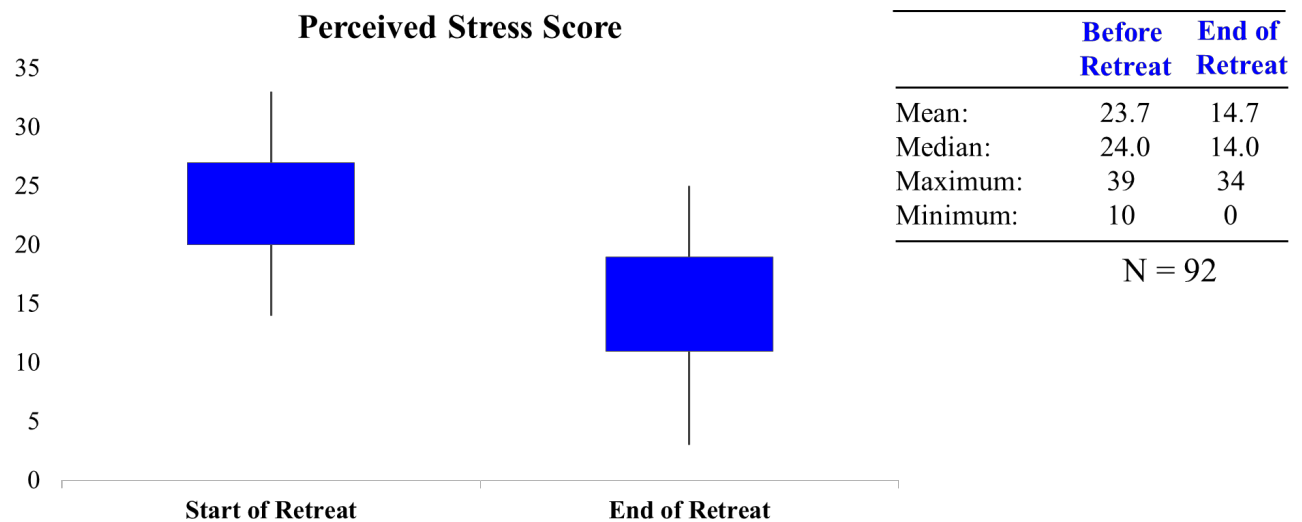


Figure 12. Box Plot of Distribution of Perceived Stress Scores Before and at the End of the Retreat Program (Annual Time Period: December 1, 2018 – December 31, 2018).

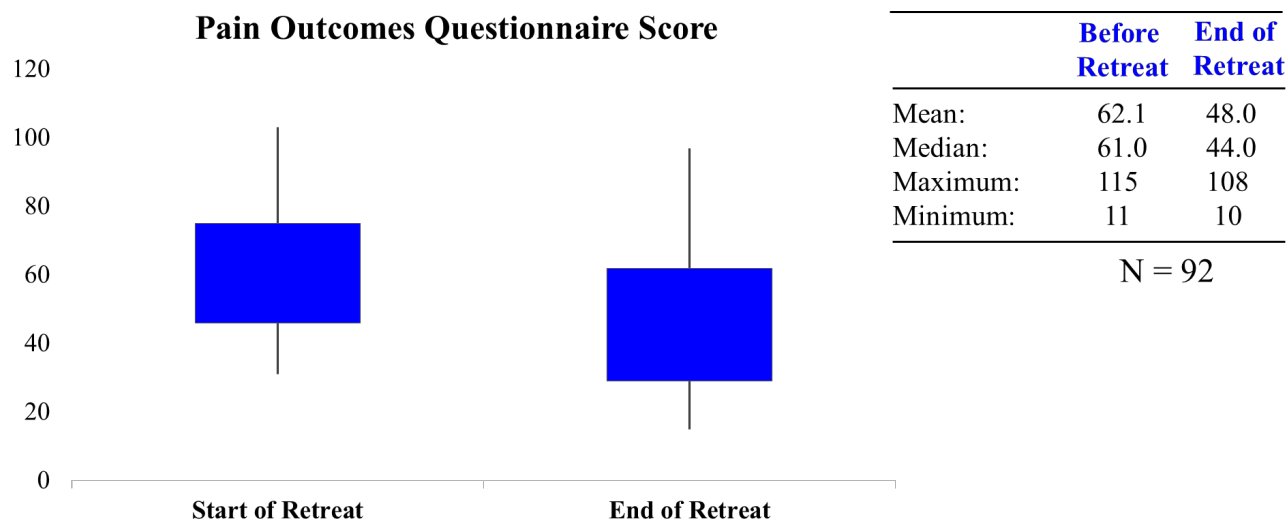


Figure 13. Box Plot of Distribution of Pain Scores Before and at the End of the Retreat Program (Annual Time Period: December 1, 2018 – December 31, 2018).

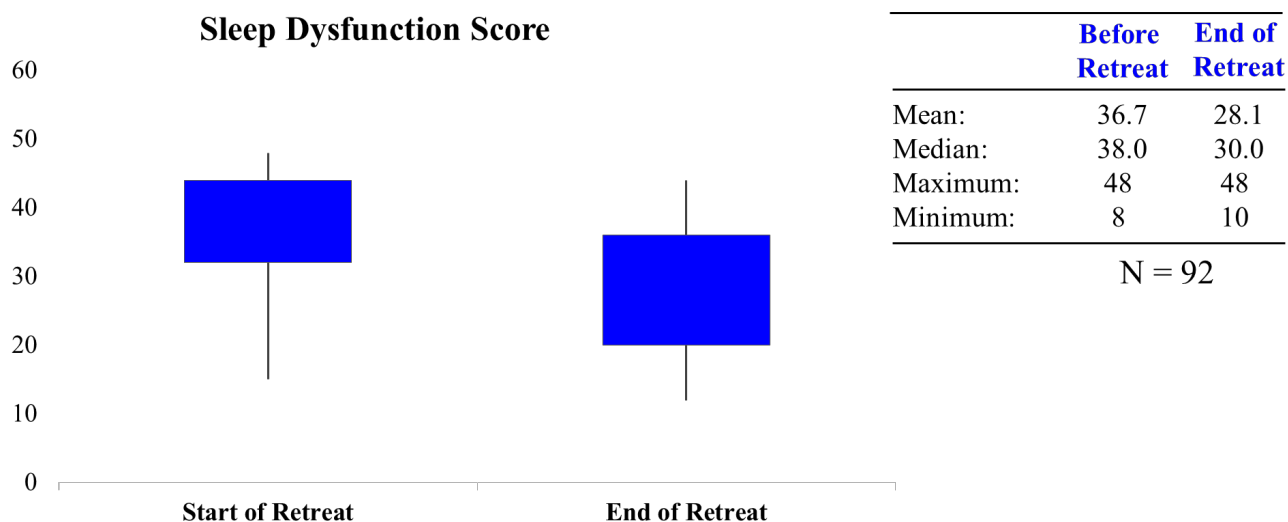


Figure 14. Box Plot of Distribution of Sleep Dysfunction Scores Before and at the End of the Retreat Program (Annual Time Period: December 1, 2018 – December 31, 2018).

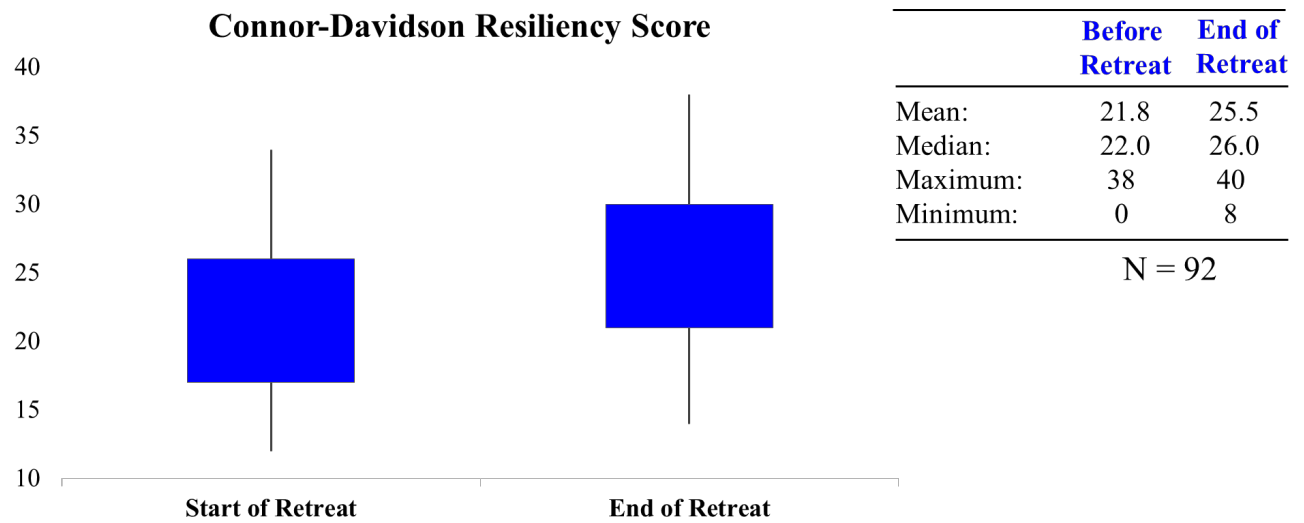


Figure 15. Box Plot of Distribution of Resiliency Scores Before and at the End of the Retreat Program (Annual Time Period: December 1, 2018 – December 31, 2018).

Table 4c provides symptom levels reported by female veterans at the start and end of the weekly retreat. As seen, very large, significant symptom reductions were reported for PTSD, perceived stress, depression, anxiety, pain, and sleep dysfunction. In addition, based on the 20-item PCL-5 (PTSD) Checklist and a cut-point score of ≥ 33 , 68.6% of female veterans screened positive for PTSD at the start of the retreat compared to 21.2% at the end of the weekly retreat. The mean score on the 20-item PTSD checklist at the start of the retreat (42.2), as compared to at the end of the retreat (24.8), corresponds to an average reduction of 44% in symptoms of PTSD.

Veterans Alternative Program Evaluation Report
Table 4c - Symptom Status of FEMALE Retreat Participants
Before and at the End of the Retreat
Time Period July 11, 2016 - December 31, 2018

Characteristic	1. Start of Retreat (N=32)	2. At End of Retreat (N=32)	p-value
PCL5 (PTSD) score (total), mean, SD	42.2, 15.6	24.8, 16.2	<0.0001
PCL5 Intrusion subscale score, mean, SD	9.8, 4.5	7.0, 4.5	0.008
PCL5 Avoidance subscale score, mean, SD	4.9, 2.0	2.8, 2.0	<0.0001
PCL5 Mood Cognition subscale score, mean, SD	14.3, 7.2	7.6, 6.0	<0.0001
PCL5 Arousal subscale score, mean, SD	13.2, 4.9	7.4, 5.9	<0.0001
Provisional PTSD diagnosis based on PCL-5, %	65.6	21.2	0.0003
PTSD cutpoint diagnosis (PCL5 score ≥ 33), %	68.8	21.2	0.0002
Perceived Stress Scale Score (total), mean, SD	23.0, 6.6	13.5, 7.4	<0.0001
Brief Symptom Inventory (BSI) score (total), mean, SD	27.5, 16.4	15.0, 12.7	<0.0001
BSI Somatization subscale score, mean, SD	7.3, 5.1	4.6, 4.3	0.008
BSI Depression subscale score, mean, SD	9.3, 6.8	4.7, 4.4	<0.0001
BSI Anxiety subscale score, mean, SD	10.9, 6.7	5.7, 5.3	<0.0001
Connor Davidson Resilience score (total), mean, SD	24.2, 6.1	25.6, 6.2	0.05
Average pain in past week (0 to 10 scale), mean, SD	4.8, 2.5	3.6, 2.3	0.004

Characteristic	1. Start of Retreat (N=32)	2. At End of Retreat (N=32)	p-value
Pain Outcomes Quest: Mobility subscale, mean, SD	12.9, 7.6	12.2, 5.8	0.14
Pain Outcomes Quest: ADL subscale, mean, SD	1.9, 2.9	1.2, 2.8	0.14
Pain Outcomes Quest: Vitality subscale, mean, SD	15.7, 5.3	13.2, 5.4	0.03
Pain Outcomes Quest: Negative Affect subscale, mean, SD	23.0, 10.1	14.9, 10.5	<0.0001
Pain Outcomes Quest: Fear subscale, mean, SD	-0.8, 4.2	0.2, 2.9	0.23
Pain Outcomes Quest: Total Score, mean, SD	52.7, 15.2	41.8, 16.4	<0.0001
Sleep Dysfunction Score, mean, SD	24.1, 13.9	17.8, 10.6	<0.0001
Marital Adjustment Score (100 is average), mean, SD	96.8, 36.4	95.2, 37.9	0.45

Table 4d provides symptom levels reported by male veterans at the start and end of the weekly retreat. As seen, very large, significant symptom reductions were reported for PTSD, perceived stress, depression, anxiety, pain, and sleep dysfunction. In addition, based on the 20-item PCL-5 (PTSD) Checklist and a cut-point score of ≥ 33 , 81.7% of male veterans screened positive for PTSD at the start of the retreat compared to 31.1% at the end of the weekly retreat. The mean score on the 20-item PTSD checklist at the start of the retreat (48.2), as compared to at the end of the retreat (26.2), corresponds to an average reduction of 46% in symptoms of PTSD.

Veterans Alternative Program Evaluation Report
Table 4d - Symptom Status of MALE Retreat Participants
Before and at the End of the Retreat
Time Period July 11, 2016 - December 31, 2018

Characteristic	1. Start of Retreat (N=180)	2. At End of Retreat (N=180)	p-value
PCL5 (PTSD) score (total), mean, SD	48.2, 16.3	26.2, 16.3	<0.0001
PCL5 Intrusion subscale score, mean, SD	10.8, 5.0	6.4, 4.5	<0.0001

Characteristic	1. Start of Retreat (N=180)	2. At End of Retreat (N=180)	p-value
PCL5 Avoidance subscale score, mean, SD	5.1, 2.2	2.7, 2.1	<0.0001
PCL5 Mood Cognition subscale score, mean, SD	17.1, 6.4	8.9, 6.2	<0.0001
PCL5 Arousal subscale score, mean, SD	15.3, 5.0	8.2, 5.3	<0.0001
Provisional PTSD diagnosis based on PCL-5, %	77.8	30.0	<0.0001
PTSD cutpoint diagnosis (PCL5 score ≥ 33), %	81.7	31.1	<0.0001
Perceived Stress Scale Score (total), mean, SD	24.6, 6.2	14.8, 7.1	<0.0001
Brief Symptom Inventory (BSI) score (total), mean, SD	32.0, 15.2	14.5, 12.8	<0.0001
BSI Somatization subscale score, mean, SD	8.2, 5.5	4.1, 4.3	<0.0001
BSI Depression subscale score, mean, SD	12.4, 6.5	5.1, 4.9	<0.0001
BSI Anxiety subscale score, mean, SD	11.5, 5.9	5.3, 5.0	<0.0001
Connor Davidson Resilience score (total), mean, SD	22.0, 7.1	25.7, 7.2	<0.0001
Average pain in past week (0 to 10 scale), mean, SD	4.9, 2.5	3.5, 2.6	<0.0001
Pain Outcomes Quest: Mobility subscale, mean, SD	14.3, 8.7	13.3, 8.1	0.02
Pain Outcomes Quest: ADL subscale, mean, SD	4.6, 7.1	3.7, 7.1	0.04
Pain Outcomes Quest: Vitality subscale, mean, SD	15.8, 5.2	12.9, 5.7	<0.0001
Pain Outcomes Quest: Negative Affect subscale, mean, SD	26.4, 10.7	15.5, 9.9	<0.0001
Pain Outcomes Quest: Fear subscale, mean, SD	-1.0, 3.3	-0.0, 2.9	0.0009
Pain Outcomes Quest: Total Score, mean, SD	60.1, 23.3	45.4, 23.3	<0.0001
Sleep Dysfunction Score, mean, SD	25.7, 13.8	18.8, 12.4	<0.0001
Marital Adjustment Score (100 is average), mean, SD	88.2, 33.6	97.9, 30.0	<0.0001

Table 4e provides symptom levels reported at the start of the weekly retreat and at the last date of follow-up contact among the 74 veterans who provided post-retreat follow-up data. This analysis corresponds to an average of 78 days of post-retreat follow-up.

These data can be used to assess sustainability of effects from the retreat program after veterans have returned to their home residence and life everyday circumstances.

As seen, significant positive sustained treatment effects were observed for symptom measures of PTSD, perceived stress, depression, anxiety, and somatization. However, in contrast to initial reductions in pain reported at the end of the retreat program, these positive effects were not reported at post-retreat follow-up. In terms of sustained symptom reduction at follow-up, percentage reductions in symptoms were as follows: PTSD (34.8%), perceived stress (31.2%), depression (38.5%), anxiety (41.0%), and somatization (44.0%). Based on the PCL-5 to define a provisional diagnosis of PTSD, respective percentages at the beginning of the retreat compared to follow-up were 70.3% and 36.5%, respectively.

Veterans Alternative Program Evaluation Report
Table 4e - Symptom Status of Retreat Participants
Before and at Follow-up Assessment*
Time Period July 11, 2016 - December 31, 2018

Characteristic	a. Pre-Retreat (N=74)	b. Follow-up (N=74)	p-value
PCL5 (PTSD) score (total), mean, SD	44.6, 18.3	29.1, 18.6	<0.0001
PCL5 Intrusion subscale score, mean, SD	9.8, 5.5	6.2, 4.9	<0.0001
PCL5 Avoidance subscale score, mean, SD	4.6, 2.2	2.9, 2.5	<0.0001
PCL5 Mood Cognition subscale score, mean, SD	16.0, 7.3	10.3, 7.5	<0.0001
PCL5 Arousal subscale score, mean, SD	14.2, 5.6	9.8, 5.9	<0.0001
Provisional PTSD diagnosis based on PCL-5, %	70.3	36.5	<0.0001
PTSD cutpoint diagnosis (PCL5 score ≥ 33), %	73.0	37.8	<0.0001
Perceived Stress Scale Score (total), mean, SD	23.4, 6.8	16.1, 7.4	<0.0001
Brief Symptom Inventory (BSI) score (total), mean, SD	29.8, 17.0	17.7, 13.5	<0.0001
BSI Somatization subscale score, mean, SD	7.5, 5.7	4.2, 4.2	<0.0001
BSI Depression subscale score, mean, SD	11.7, 7.3	7.2, 6.2	<0.0001
BSI Anxiety subscale score, mean, SD	10.5, 6.6	6.2, 5.5	<0.0001
Connor Davidson Resilience score (total), mean, SD	23.8, 7.1	26.2, 7.1	0.07
Average pain in past week (0 to 10 scale), mean, SD	4.6, 2.8	4.5, 3.3	0.46
Pain Outcomes Quest: Mobility subscale, mean, SD	13.1, 8.4	12.2, 7.6	0.84
Pain Outcomes Quest: ADL subscale, mean, SD	3.4, 6.3	3.6, 7.3	0.16
Pain Outcomes Quest: Vitality subscale, mean, SD	15.6, 5.7	15.5, 6.3	0.32
Pain Outcomes Quest: Negative Affect subscale, mean, SD	24.9, 11.7	20.2, 11.0	0.006
Pain Outcomes Quest: Fear subscale, mean, SD	-1, 3.3	-.4, 2.3	0.36
Pain Outcomes Quest: Total Score, mean, SD	55.7, 23.2	51.2, 23.7	0.99
Sleep Dysfunction Score, mean, SD	23.5, 14.0	21.3, 12.9	0.17
Marital Adjustment Score (100 is average), mean, SD	90.2, 35.7	95.0, 39.4	0.54

*The mean follow-up from wellness retreat completion was 77.7 days, with a range from 23 to 292 days.

Veterans were asked to provide write in comments that summarize their overall experience with the retreat program. These individual comments are listed below.

Veterans Alternative Program Evaluation Report
Write in Comments About Retreat Experience
Retreats Conducted July 11, 2016 - December 31, 2018

COMMENT

Very grateful for your therapy retreat. Very well done.

1. Operation Homefront at beginning of the week. 2. ART (painting of cardboard mask sessions). 3. More PT sessions--inclusion of morning beach walk/sunrise session. 4. Allow couples time at the end of the day to process. 5. Avoid bad restaurants.

A sister facility in Tampa, located near the James A. Haley Hospital.

ART was awesome. Perfect for where I am in life. I live over 3hrs away and A.R.T I feel has been transformative. ART was the reason I was interested in the retreat.

Atmosphere at center overall was outstanding. But sometimes it got overwhelming with too many people in the Center.

Awesome staff and services

Batia was the best therapist I have ever dealt with, and I have been in therapy for 10 years. The rest of the staff was warm and caring.

Best therapy I have had in 10 years!

Betsy is the Best! Brian keep up the great work you are doing! You are changing lives!

Change the horse ranch to a setting more fitting to the personalities involved.

Check the restaurant services we had some poor service at a few of them

Continuous list of veteran resources

Could Not Do Yoga with Forest. He seemed rushed he sat on the couch the whole time. Probably one of the most unprofessional Yoga instructor I have ever taken a class with. I will Never take his class ever again.

Dealing with 30 years of guilt and hardships after combat life has been hard to live with myself. After this last week with Veterans Alternative I have found a new way to cope and deal with the guilt and shame. I feel like I have a new life to live myself.

Did not participate in Kali or PT

Did not perform PT, checked off to advance screen. Kali is excellent although didn't participate as much due to physical limitations

Didn't get to do the Kali.

Veterans Alternative Program Evaluation Report
Write in Comments About Retreat Experience
Retreats Conducted July 11, 2016 - December 31, 2018

COMMENT

Dog Therapy

Downtime in between activities should have in my opinion more reading material at hand that support Post Traumatic Growth

Due to schedule, did not get to do PT.

Everyone there was wonderful and I would recommend the retreat to anyone

Everything has been great and I feel it's really helped me a lot.

Excellent culture

Excellent retreat! Thank you. Excellent!

First and Foremost, THIS PLACE IS AMAZING!!! The whole staff rocks and I wish I NEVER had to leave!!! It is apparent that each and every employee, intern, and volunteer truly cares about veterans and what they do on a daily basis! The program has exceeded my expectations

GREAT PROGRAM

Good stuff

Great job from the staff on a wonderful week. Addressed a lot of my problems and got answers. Thanks so much!

Great time

Had a great time. Feel like it helped a lot.

Have more music therapy

I appreciate the opportunity and the outcomes of my sessions and the men who ran through the retreat with me. The Staff was excellent!

I appreciate the opportunity to experience your services and community.

I believe it could be beneficial to outline the ART protocols. This way if the patient feels enough to open up then they will be able to talk... for the first time in years I really wanted to talk and get help... I felt shutdown by the clinician.

I did not do Kali or PT which is why I rated them unsatisfactory, as not app local wasn't an option.

I feel this program saved my life. I feel I have the tools to get me through any problem.

I had a great experience -- will recommend to other veterans.

Veterans Alternative Program Evaluation Report
Write in Comments About Retreat Experience
Retreats Conducted July 11, 2016 - December 31, 2018

COMMENT

I have been to a few veteran retreats and this one is easily in my top 2. If I could or would change anything, I would find more locations to take the veterans where iRest ART and yoga could be held. Like a field day or a field day for each one.

I have seen a great improvement in myself. Thanks for the tools I learned at the retreat. Keep up the great work

I just cannot say thank you enough. Maybe if one cannot do yoga, tai chi might be an alternative.

I know you are in the process of expanding but business should be conducted in an office. The retreat participants should not hear about taxes, how the office is going to be rearranged. It takes away from the participants talking to each other and forming

I like it, I love it, I want some more of it!!!

I like that there were other modalities of the mindful meditation i.e. the music, nature walk, crafts, & equine visit.

I look forward to return next year.

I really enjoyed the retreat and was pleasantly surprised by the results that I experienced with ART and the realizations that I had in regard to my own trauma. The environment of the retreat was very encouraging, relaxing, and free of judgement.

I really enjoyed the treatment and Love what you are doing thank you all

I understand, the team house concept. I do however feel only the therapists should be in the team house. All the operations being run in the house is very distracting and unorganized. That being said all the staff are hardworking wonderful people with big hearts.

I will pass on information to other buddies about this great program for male/female veterans.

I wish the week had not gone by so fast but I understand why it is a week-long. Thank you for being so accommodating for veterans. Your staff was extremely friendly and welcoming and made it an overall enjoyable experience. Thank you.

I would first like to say thank you for the experience. I would like to recommend activities outside of the team house for the veterans. There was times that I could have done something instead of sitting around.

I would like to say it would be very helpful if the foundation get Fitbit to see the see pattern

I would like to suggest a fire ceremony (Grill, fire pit) to use as a means to symbolically burn off paper as a cathartic way to dissolve trauma.

Veterans Alternative Program Evaluation Report
Write in Comments About Retreat Experience
Retreats Conducted July 11, 2016 - December 31, 2018

COMMENT

I would like to thank the entire Veteran Alternative staff. This was a truly rewarding experience. I enjoyed spending the time with Kashi and Alison, Jesse, and everyone else. I think more clearly now. Also, I am able to deal with my emotions and anger.

I'm living peace related / emotion free

I am extremely sad to see these people go. The military constantly separated us from our friends, but we'll always be family. Same with the people I met here. I loved it so much that it hurts to go but I learned so many new ways to cope and be successful.

It would be super helpful for soldiers new to experiencing trauma to have ART because they may struggle for the words. They may still not know how to explain. Thank you.

I haven't felt this safe, this calm, or this relaxed in so many years.

Longer equine therapy! More time at the beach

Loved the retreat and I am very happy with everything that was provided and overall a great experience and I am so very grateful and thankful for this opportunity and experience.

Lunch and dinner should be scheduled farther first

Maybe a day longer for intro to the group first?

Maybe a lighter lunch. Very effective retreat. Very helpful.

Maybe a schedule to see what we are doing each day

More Guided meditations

More light inside the center.

Music was way too long an hour would have been my limit 2 hrs was way too long. Hotel was amazing, volunteers were all nice though only Jerry and Bruce didn't scare the shot out of me driving where I thought we could be in a serious accident.

N/A

Need to fill more of the time.

New facility

Outside activity for those who are outdoor people!

Outstanding facility, great clientele, I laughed more in this week than I have in the last year. Thank you guys so much for all you do.

Really enjoyed and could feel the difference in the ART

Should consider adding leisure books or board games to readily available materials at the center :-)

Veterans Alternative Program Evaluation Report
Write in Comments About Retreat Experience
Retreats Conducted July 11, 2016 - December 31, 2018

COMMENT

Staff was wonderful thank you so much

THANK YOU ALL!!

Thank you Andy for bringing me here this retreat really helped me god bless you for what you are doing brother Lo Que Sea, Donde Sea, Cuando Sea.

Thank you all for the opportunity to be a part of the retreat. It has definitely helped me.

Thank you all. Everything was perfect! ART is a huge help!

Thank you for giving me a positive perspective in my life

Thank you for rescuing me and giving me a life again.

Thank you so much for everything y'all do

Thank you so much for everything. So long and thanks for all the fish :)

Thank you so very much. I'm starting to believe in hope again!

Thanks for having this program it means a lot

Thanks so much to everyone for providing us this opportunity. I know the tools I've been given here will help me continue growing and getting stronger. This has been the best program I've participated in. I can't wait to come back next year. Thanks

The art trip is a waste of time, I think most veterans would enjoy an outing at Clear Water, Tarpon Springs, seeing Tampa, deep sea fishing, corn hole in between sessions

The horses were GREAT

The hotel was nice. The volunteers were really nice and hospitable. I only had one good ART session and that was the last day with Carola. I didn't like working with Batia at all. She didn't make me feel comfortable and was very pushy regarding the process

The most engaging staff and experience I have ever had.

The only negative experience I had was that someone in the motel cleaning staff or someone went through my personal effects to include me medications when I left them in my room. I left them in a certain area oriented a certain way inside my shaving kit

The retreat overall was very good. I am a busy person and wished there were more things to do to take my mind off of other things like more days at beach....could do art therapy or fishing. Just more things to do outdoors besides lawn games. Scuba diving,

The staff and volunteers are absolutely amazing! You all have treated us like family and we appreciate you all so very much. We wish we were able to stay here and help

Veterans Alternative Program Evaluation Report
Write in Comments About Retreat Experience
Retreats Conducted July 11, 2016 - December 31, 2018

COMMENT

on a regular basis. This program has helped me deal with my PTSD netter than I have before.

The staff here at Veterans Alternative are professional, caring, helpful, they love what they do and it shows, Veteran care is there number 1 priority, they go above and beyond to help any Veteran who seeks help and the results speak for themselves.

This has been the most relaxing, introspective vacation I have ever had! Thank you all!. Best wishes.

This is a great program that will definitely help veterans who are willing to work the program.

This is an outstanding program

This is amazing place and excellent people

This is awesome thank you so much.

This program has helped me lot, staying focused and with sleep I'm very glad I attended this program and I will refer it to fellow veterans.

This retreat saved my life

This was a true blessing. It is hard to give your demons, but with veterans alternative, I recognized why needs to change and have more hope

Though I received amazing therapy It would be great to extend the course to a 7-10 day course in order to facilitate 7-8 sessions of ART; Clarifying the purpose and implementation of Yoga for 1st timers would benefit, so that we have a better understanding.

Very good program for veterans. I will recommend it to other vets.

Very happy with how everything went

Very welcoming staff. Great place to find your bearings if you feel lost. Grateful this is available to us combat veterans

Veterans Alternative truly made a positive impact in my life!! Thank you for the loving care towards us!! God bless you all!!!

Volunteer staff were incredible! Especially Phil and the navy cook guy, think his name was Jerry

Was awesome. Made huge improvements.

We had no PT so I put unsatisfactory but only because there was to N/A. I wasn't bothered by not having PT.

Veterans Alternative Program Evaluation Report
Write in Comments About Retreat Experience
Retreats Conducted July 11, 2016 - December 31, 2018

COMMENT

Wish I could have stayed longer I felt safe here

Wish it was longer -- 7 days

Would love to take a day exploring the historic areas

Yes I Enjoyed Everything

You guys are awesome and I can't thank you enough for what you have done for me

Don't go to a restaurant on "kids eat free night", make reservations and ask for a table that backs to a wall, not surrounded by patrons etc. Post schedule on white board- especially current changes. Drivers should drive the route at least the day before

maybe additional therapy ideas and other organizations

Thinking maybe a few other activities. Maybe bowling, some fishing, museum, miniature golf.....

This was an amazing retreat, the Kali staff was also wonderful it just isn't my cup of tea. I'm leaving feeling calm and relaxed ready to face anything with the assistance of my inner resource.

To go on a 16 hour day, WAY TOO LONG. SCUBA, A.R.T., MWR OUTING THAT LASTIED TO 2300....It is a good idea, BUT.... then adjust schedule. Also, to stay on MWR outing because a VA staff wanted to and then 1 member just wanted to get the courage to ask a question.

Very good program, thank you!

4.0 ESTIMATE OF RETURN ON INVESTMENT (ROI):

According to the Congressional Budget Office (CBO) report (February 2012) entitled *“The Veterans Health Administration’s Treatment of PTSD and Traumatic Brain Injury Among Recent Combat Veterans”*(1), average annual health care costs of veterans treated within the Veterans Health Administration (VHA) are \$8,300 for veterans with post-traumatic stress disorder (PTSD), versus \$2,400 in the absence of PTSD. Of note, annual treatment costs are higher in the presence of comorbidities associated with PTSD which are common and may include mild traumatic brain injury (mTBI). Moreover, it should not be assumed that all annual healthcare costs for a given veteran are represented within the VHA system. Nonetheless, these data are used to formulate conservative estimates of return on investment (ROI) associated with the Veterans Alternative Retreat Program.

From the above, the net difference in annual health care costs in the presence versus absence of PTSD are $\$8,300 - \$2,400 = \$5,900$ per veteran.

In the Veterans Alternative Retreat Program, not all veterans served are required to present with a high level of PTSD symptomatology. However, given the purposeful recruitment of veterans with previous combat experience/trauma and/or military sexual trauma (MST), the majority of veterans served in the program do present with high levels of PTSD symptomatology.

The evaluation of data presented in this report from 231 veterans served, of whom, 74 have provided post-retreat follow-up data (average of 78 days after retreat completion) serve as the basis for estimating ROI. Whereas average reductions in symptoms of PTSD were larger in the pre/post retreat assessment compared to the pre-retreat/follow-up assessment, the more conservative estimate of treatment effect observed at post-retreat follow-up is used. For the 74 veterans with pre-retreat and post-retreat follow-up data, mean scores on the 20-item PCL-5, a validated measure of PTSD symptom severity, were 44.6 and 29.1, respectively. This represents a 34.75% sustained reduction in PTSD symptom level severity associated with the wellness program.

Applying this symptom reduction level to the net annual treatment costs associated with PTSD within the VHA system equates to an estimated annual savings of **\$2,050 per veteran** (i.e. $\$5,900 \times 0.3475$).

The therapeutic programs offered at the Veterans Alternative wellness program include Accelerated Resolution Therapy (ART), integrated restoration (iREST), yoga, and physical fitness. These programs alone and in combination are believed to have sustained health benefits beyond the follow-up assessment period. Therefore, to be conservative, we estimate total ROI based on 10 years of benefits obtained from participation in the wellness program, recognizing that many veterans may experience benefits long beyond 10 years.

Therefore, the estimated ROI for each veteran served in the Veterans Alternative Wellness program is:

$$\$2,050 \times 10 \text{ years} = \mathbf{\$20,500 \text{ per veteran.}}$$

With 231 veterans served to date in the wellness program 10-year cumulative savings are estimated at:

$$\$20,500 \times 231 \text{ veterans} = \mathbf{\$4,735,500 \text{ total savings.}}$$

Again, the above estimates do not consider alternative sources of cost benefits realized, such as those among family members associated with veterans served, reductions in interactions with the criminal justice system, and many other societal benefits.

(1) <http://www.cbo.gov/sites/default/files/cbofiles/attachments/02-09-PTSD.pdf>

5.0 DE-IDENTIFIED LISTING OF VETERANS, SPOUSES, AND OTHER PERSONS SERVED

CUMULATIVE (JULY 11, 2016 – DECEMBER 31, 2018)

VETERANS

ID	Retreat	Retreat Start Date	Retreat End Date
04J72	1	7/11/2016	7/15/2016
10R11	1	7/11/2016	7/15/2016
08A82	1	7/11/2016	7/15/2016
03M06	2	7/18/2016	7/22/2016
03S57	2	7/18/2016	7/22/2016
01R94	2	7/18/2016	7/22/2016
07S02	3	7/25/2016	7/29/2016
04J84	3	7/25/2016	7/29/2016
01L29	3	7/25/2016	7/29/2016
08R70	3	7/25/2016	7/30/2016
11R72	4	8/8/2016	8/12/2016
05K98	4	8/8/2016	8/12/2016
04L39	5	8/15/2016	8/19/2016
03T14	5	8/15/2016	8/19/2016
10B11	5	8/15/2016	8/19/2016
05L02	5	8/15/2016	8/19/2016
11W92	6	8/22/2016	8/26/2016
07R70	6	8/22/2016	8/26/2016
10J26	7	8/29/2016	9/2/2016
09B68	8	9/19/2016	9/23/2016
11L15	8	9/19/2016	9/23/2016
09L81	8	9/19/2016	9/23/2016
02J11	8	9/18/2016	9/23/2016
01C36	8	9/19/2016	9/23/2016
07S71	8	9/19/2016	9/24/2016
06A33	9	10/3/2016	10/7/2016
12M58	9	10/3/2016	10/7/2016
01G48	9	10/3/2016	10/7/2016
06M52	10	10/10/2016	10/14/2016
01G72	10	10/10/2016	10/14/2016
02D88	11	10/24/2016	10/28/2016
05J25	11	10/24/2016	10/28/2016
02R98	11	10/24/2016	10/28/2016
08N23	11.5	10/31/2016	11/4/2016
12R94	12	11/7/2016	11/11/2016

08E66	12	11/7/2016	11/11/2016
05L56	12	11/14/2016	11/18/2016
06S69	13	11/14/2016	11/18/2016
12M68	14	11/28/2016	12/2/2016
09A58	14	11/28/2016	12/2/2016
03C28	15	12/12/2016	12/16/2016
06C56	15	12/12/2016	12/16/2016
06E96	15	12/12/2016	12/16/2016
02P44	15	12/12/2016	12/16/2016
11E56	16	1/2/2017	1/6/2017
12E96	16	1/2/2017	1/6/2017
01E22	16	1/2/2017	1/6/2017
12D56	17	1/9/2017	1/13/2017
04A40	17	1/9/2017	1/13/2017
07J56	18	1/23/2017	1/27/2017
05A72	18	1/23/2017	1/27/2017
07D80	18	1/23/2017	1/27/2017
11M80	19	1/30/2017	2/3/2017
07F94	19	1/30/2017	2/3/2017
02T89	19	1/30/2017	2/3/2017
02T88	20	2/13/2017	2/17/2017
03F74	20	2/13/2017	2/17/2017
01O32	20	2/13/2017	2/17/2017
02L58	21	3/13/2017	3/17/2017
03J88	21	3/13/2017	3/17/2017
06S23	21	3/13/2017	3/17/2017
02R72	22	3/20/2017	3/24/2017
12E96	22	3/20/2017	3/24/2017
04B83	23	3/27/2017	3/31/2017
12W90	23	3/27/2017	3/31/2017
04A54	24	4/10/2017	4/14/2017
07B76	25	4/24/2017	4/28/2017
05H71	25	4/24/2017	4/28/2017
07E08	25	4/24/2017	4/28/2017
06E64	25	4/24/2017	4/28/2017
02J74	25	4/24/2017	4/28/2017
07H44	26	5/8/2017	5/12/2017
11W88	26	5/8/2017	5/12/2017
04W70	26	5/8/2017	5/12/2017
12N42	27	5/15/2017	5/19/2017
06D66	27	5/15/2017	5/19/2017
10P14	28	5/22/2017	5/26/2017
11D61	28	5/22/2017	5/26/2017

11W42	28	5/22/2017	5/26/2017
08J44	29	6/12/2017	6/16/2017
08J25	29	6/12/2017	6/16/2017
06W72	29	6/12/2017	6/16/2017
08M82	29	6/12/2017	6/16/2017
08A56	29	6/12/2017	6/16/2017
05J72	30	6/19/2017	6/23/2017
09W92	30	6/19/2017	6/23/2017
12L36	31	7/10/2017	7/15/2017
09J11	31	7/10/2017	7/15/2017
03D19	31	7/10/2017	7/15/2017
04D73	31	7/10/2017	7/15/2017
11M69	31	7/10/2017	7/15/2017
05L47	32	7/17/2017	7/21/2017
10M76	32	7/17/2017	7/21/2017
04M12	32	7/17/2017	7/21/2017
05K89	32	7/17/2017	7/21/2017
10K14	33	7/31/2017	8/4/2017
07J76	33	7/31/2017	8/4/2017
06A70	33	7/31/2017	8/4/2017
05M82	34	8/21/2017	8/25/2017
04M83	34	8/21/2017	8/25/2017
10J78	35	8/28/2017	9/1/2017
06T17	35	8/28/2017	9/1/2017
03M71	35	8/28/2017	9/1/2017
02E92	36	10/2/2017	10/6/2017
07W56	36	10/2/2017	10/6/2017
04K56	36	10/2/2017	10/6/2017
12J86	36	10/2/2017	10/6/2017
02L74	37	10/9/2017	10/13/2017
06A50	37	10/9/2017	10/13/2017
12F48	37	10/9/2017	10/13/2017
11L65	37	10/9/2017	10/13/2017
07D67	37	10/9/2017	10/13/2017
08B02	38	10/23/2017	10/27/2017
10C48	38	10/23/2017	10/27/2017
05S60	38	10/23/2017	10/27/2017
01H67	38	10/23/2017	10/27/2017
12G43	38	10/23/2017	10/27/2017
05M68	39	11/6/2017	11/10/2017
11J70	39	11/6/2017	11/10/2017
01Y66	39	11/6/2017	11/10/2017
11L73	39	11/6/2017	11/10/2017

02L96	39	11/6/2017	11/10/2017
09D32	40	11/27/2017	12/1/2017
02A74	40	11/27/2017	12/1/2017
01V74	40	11/27/2017	12/1/2017
11W88	40	11/27/2017	12/1/2017
11C64	40	12/4/2017	12/8/2017
06W86	40	12/4/2017	12/8/2017
05M76	41	12/18/2017	12/22/2017
03S57	41	12/18/2017	12/22/2017
09B95	41	12/18/2017	12/22/2017
10J60	41	12/18/2017	12/22/2017
12K02	42	1/8/2018	1/12/2018
2M40	42	1/8/2018	1/12/2018
05G38	43	1/21/2018	1/27/2018
11W08	43	1/21/2018	1/27/2018
08W88	44	2/12/2018	2/17/2018
08J06	44	2/12/2018	2/17/2018
03C95	45	2/25/2018	3/2/2018
09L73	45	2/25/2018	3/2/2018
01L79	45	2/25/2018	3/2/2018
12W62	45	2/25/2018	3/2/2018
06A33	45	2/25/2018	3/2/2018
01G72	46	3/11/2018	3/17/2018
05A72	46	3/11/2018	3/17/2018
12M88	46	3/11/2018	3/17/2018
07D48	46	3/11/2018	3/17/2018
07F62	47	3/18/2018	3/24/2018
09S19	47	3/18/2018	3/24/2018
12J74	47	3/18/2018	3/24/2018
12W94	47	3/18/2018	3/24/2018
03P92	48	4/8/2018	4/14/2018
05S90	48	4/8/2018	4/14/2018
06D08	48	4/8/2018	4/14/2018
05G60	48	4/8/2018	4/14/2018
04L88	49	4/22/2018	4/28/2018
12G82	49	4/22/2018	4/28/2018
02J33	49	4/22/2018	4/28/2018
05A28	49	4/22/2018	4/28/2018
03G98	49	4/22/2018	4/28/2018
12S17	50	5/6/2018	5/12/2018
07E17	50	5/6/2018	5/12/2018
06A45	50	5/6/2018	5/12/2018
06N34	50	5/6/2018	5/12/2018

12N36	50	5/6/2018	5/12/2018
02L26	51	5/20/2018	5/25/2018
12R25	51	5/20/2018	5/25/2018
03T89	51	5/20/2018	5/25/2018
01M39	51	5/20/2018	5/25/2018
11J96	51	5/20/2018	5/25/2018
03C39	51	5/20/2018	5/25/2018
04E19	52	6/3/2018	6/9/2018
10A25	52	6/3/2018	6/9/2018
02A56	53	6/17/2018	6/23/2018
07A49	53	6/17/2018	6/23/2018
11R02	54	6/24/2018	6/30/2018
08A56	54	6/24/2018	6/30/2018
06A15	55	7/8/2018	7/13/2018
08J92	55	7/8/2018	7/13/2018
01X66	55	7/8/2018	7/13/2018
05M23	56	7/15/2018	7/21/2018
03D19	56	7/15/2018	7/21/2018
07D04	56	7/15/2018	7/21/2018
12D93	56	7/15/2018	7/21/2018
12M34	57	8/5/2018	8/11/2018
10M76	57	8/5/2018	8/11/2018
11C08	57	8/5/2018	8/11/2018
06J55	57	8/5/2018	8/11/2018
07M77	57	8/5/2018	8/11/2018
03W72	57	8/5/2018	8/11/2018
12A20	58	8/20/2018	8/25/2018
11A47	58	8/20/2018	8/25/2018
10C48	58	8/20/2018	8/25/2018
09R11	58	8/20/2018	8/25/2018
08K27	59	8/26/2018	9/1/2018
06E65	59	8/26/2018	9/1/2018
07M98	60	9/9/2018	9/14/2018
04M19	60	9/9/2018	9/14/2018
06A46	60	9/9/2018	9/14/2018
04M07	60	9/9/2018	9/14/2018
08C64	61	9/16/2018	9/22/2018
07P40	61	9/16/2018	9/22/2018
12L58	61	9/16/2018	9/22/2018
01H44	61	9/16/2018	9/22/2018
05G08	62	9/30/2018	10/6/2018
09J93	62	9/30/2018	10/6/2018
09M66	62	9/30/2018	10/6/2018

04L80	63	10/14/2018	10/20/2018
10A01	63	10/14/2018	10/20/2018
04D73	63	10/14/2018	10/20/2018
02W17	63	10/14/2018	10/20/2018
09E56	64	10/28/2018	11/2/2018
05E508	64	10/28/2018	11/2/2018
12A54	64	10/28/2018	11/2/2018
03L54	64	10/28/2018	11/2/2018
02B61	65	11/4/2018	11/10/2018
01J80	65	11/4/2018	11/10/2018
06M15	65	11/4/2018	11/10/2018
04J98	66	11/11/2018	11/16/2018
08J60	66	11/11/2018	11/16/2018
10M26	66	11/11/2018	11/16/2018
10B27	67	11/25/2018	12/1/2018
07S02	67	11/25/2018	12/1/2018
09D51	67	11/25/2018	12/1/2018
06T48	67	11/25/2018	12/1/2018
09S78	67	11/25/2018	12/1/2018
03A82	69	12/15/2018	12/21/2018
09M29	69	12/15/2018	12/21/2018
10R54	69	12/15/2018	12/21/2018
06N16	69	12/15/2018	12/21/2018
09C76	69	12/17/2018	12/21/2018

SPOUSES

ID	Retreat	Retreat Start Date	Retreat End Date
12A64	10	10/10/2016	10/14/2016
05R68	15	12/12/2016	12/16/2016
07C91	15	12/12/2016	12/16/2016
06J68	15	12/12/2016	12/16/2016
08L36	15	12/12/2016	12/16/2016
02W47	20	2/13/2017	2/17/2017
07L98	20	2/13/2017	2/17/2017
04P34	20	2/13/2017	2/17/2017
04J96	21	3/13/2017	3/17/2017
01E58	24	4/10/2017	4/14/2017
10A53	25	4/24/2017	5/8/2017
11M70	30	6/19/2017	6/23/2017
11S22	30	6/19/2017	6/23/2017
06T63	33	7/31/2017	8/4/2017

03M23	35	8/28/2017	9/1/2017
03L33	35	8/28/2017	9/1/2017
05J98	39	11/6/2017	11/10/2017
10A85	40	12/4/2017	12/8/2017
11A64	43	1/21/2018	1/27/2018
09J58	44	2/12/2018	2/17/2018
09J31	44	2/12/2018	2/17/2018
10W42	45	2/25/2018	3/2/2018
12A64	46	3/11/2018	3/17/2018
05A68	47	3/18/2018	3/24/2018
05L55	49	4/22/2018	4/28/2018
02R68	50	5/6/2018	5/12/2018
12N83	51	5/20/2018	5/25/2018
05O45	52	6/3/2018	6/9/2018
02L99	53	6/17/2018	6/23/2018
01A99	53	6/17/2018	6/23/2018
05S49	54	6/24/2018	6/30/2018
07M39	55	7/8/2018	7/13/2018
04N30	56	7/15/2018	7/21/2018
04A27	56	7/15/2018	7/21/2018
03D77	58	8/20/2018	8/25/2018
11C62	58	8/20/2018	8/25/2018
08N69	59	8/26/2018	9/1/2018
11A44	60	9/9/2018	9/14/2018
01A00	61	9/16/2018	9/22/2018
12E33	63	10/14/2018	10/20/2018
12A54	64	10/28/2018	11/2/2018
07J92	64	10/28/2018	11/2/2018
01J98	64	10/28/2018	11/2/2018
09S43	65	11/4/2018	11/10/2018
11C52	66	11/11/2018	11/16/2018
06E78	66	11/11/2018	11/16/2018
05M06	66	11/11/2018	11/16/2018
02S94	69	12/17/2018	12/21/2018

GOLD STAR MOTHERS

ID	Retreat	Retreat Start Date	Retreat End Date
06K24	68	12/2/2018	12/8/2018
07A60	68	12/2/2018	12/8/2018
01M67	68	12/2/2018	12/8/2018
09I96	68	12/2/2018	12/8/2018
01G02	68	12/2/2018	12/8/2018

07C54	68	12/2/2018	12/8/2018
05S02	68	12/2/2018	12/8/2018

STEEL MAGNOLIAS (OFF SITE AT ST. LEO UNIVERSITY)

ID	Retreat	Retreat Start Date	Retreat End Date
05L06	1	7/25/2017	7/29/2017
07L89	1	7/25/2017	7/29/2017
06P86	1	7/25/2017	7/29/2017
06A65	1	7/25/2017	7/29/2017
06C81	1	7/25/2017	7/29/2017
10M98	1	7/25/2017	7/29/2017
11R34	1	7/25/2017	7/29/2017
08A08	1	7/25/2017	7/29/2017
03Y63	1	7/25/2017	7/29/2017
03A86	1	7/25/2017	7/29/2017
04N40	1	7/25/2017	7/29/2017
06S97	1	7/25/2017	7/29/2017
05E62	1	7/25/2017	7/29/2017
05D22	1	7/25/2017	7/29/2017
02S29	1	7/25/2017	7/29/2017
06J85	1	7/25/2017	7/29/2017
11Z73	1	7/25/2017	7/29/2017
10R73	1	7/25/2017	7/29/2017
07K80	1	7/25/2017	7/29/2017

ANNUAL (DECEMBER 1, 2018 – DECEMBER 31, 2018)

VETERANS

ID	Retreat	Retreat Start Date	Retreat End Date
12K02	42	1/8/2018	1/12/2018
2M40	42	1/8/2018	1/12/2018
05G38	43	1/21/2018	1/27/2018
11W08	43	1/21/2018	1/27/2018
08W88	44	2/12/2018	2/17/2018
08J06	44	2/12/2018	2/17/2018
03C95	45	2/25/2018	3/2/2018
09L73	45	2/25/2018	3/2/2018
01L79	45	2/25/2018	3/2/2018
12W62	45	2/25/2018	3/2/2018

06A33	45	2/25/2018	3/2/2018
01G72	46	3/11/2018	3/17/2018
05A72	46	3/11/2018	3/17/2018
12M88	46	3/11/2018	3/17/2018
07D48	46	3/11/2018	3/17/2018
07F62	47	3/18/2018	3/24/2018
09S19	47	3/18/2018	3/24/2018
12J74	47	3/18/2018	3/24/2018
12W94	47	3/18/2018	3/24/2018
03P92	48	4/8/2018	4/14/2018
05S90	48	4/8/2018	4/14/2018
06D08	48	4/8/2018	4/14/2018
05G60	48	4/8/2018	4/14/2018
04L88	49	4/22/2018	4/28/2018
12G82	49	4/22/2018	4/28/2018
02J33	49	4/22/2018	4/28/2018
05A28	49	4/22/2018	4/28/2018
03G98	49	4/22/2018	4/28/2018
12S17	50	5/6/2018	5/12/2018
07E17	50	5/6/2018	5/12/2018
06A45	50	5/6/2018	5/12/2018
06N34	50	5/6/2018	5/12/2018
12N36	50	5/6/2018	5/12/2018
02L26	51	5/20/2018	5/25/2018
12R25	51	5/20/2018	5/25/2018
03T89	51	5/20/2018	5/25/2018
01M39	51	5/20/2018	5/25/2018
11J96	51	5/20/2018	5/25/2018
03C39	51	5/20/2018	5/25/2018
04E19	52	6/3/2018	6/9/2018
10A25	52	6/3/2018	6/9/2018
02A56	53	6/17/2018	6/23/2018
07A49	53	6/17/2018	6/23/2018
11R02	54	6/24/2018	6/30/2018
08A56	54	6/24/2018	6/30/2018
06A15	55	7/8/2018	7/13/2018
08J92	55	7/8/2018	7/13/2018
01X66	55	7/8/2018	7/13/2018
05M23	56	7/15/2018	7/21/2018
03D19	56	7/15/2018	7/21/2018
07D04	56	7/15/2018	7/21/2018
12D93	56	7/15/2018	7/21/2018
12M34	57	8/5/2018	8/11/2018

10M76	57	8/5/2018	8/11/2018
11C08	57	8/5/2018	8/11/2018
06J55	57	8/5/2018	8/11/2018
07M77	57	8/5/2018	8/11/2018
03W72	57	8/5/2018	8/11/2018
12A20	58	8/20/2018	8/25/2018
11A47	58	8/20/2018	8/25/2018
10C48	58	8/20/2018	8/25/2018
09R11	58	8/20/2018	8/25/2018
08K27	59	8/26/2018	9/1/2018
06E65	59	8/26/2018	9/1/2018
07M98	60	9/9/2018	9/14/2018
04M19	60	9/9/2018	9/14/2018
06A46	60	9/9/2018	9/14/2018
04M07	60	9/9/2018	9/14/2018
08C64	61	9/16/2018	9/22/2018
07P40	61	9/16/2018	9/22/2018
12L58	61	9/16/2018	9/22/2018
01H44	61	9/16/2018	9/22/2018
05G08	62	9/30/2018	10/6/2018
09J93	62	9/30/2018	10/6/2018
09M66	62	9/30/2018	10/6/2018
04L80	63	10/14/2018	10/20/2018
10A01	63	10/14/2018	10/20/2018
04D73	63	10/14/2018	10/20/2018
02W17	63	10/14/2018	10/20/2018
09E56	64	10/28/2018	11/2/2018
05E508	64	10/28/2018	11/2/2018
12A54	64	10/28/2018	11/2/2018
03L54	64	10/28/2018	11/2/2018
02B61	65	11/4/2018	11/10/2018
01J80	65	11/4/2018	11/10/2018
06M15	65	11/4/2018	11/10/2018
04J98	66	11/11/2018	11/16/2018
08J60	66	11/11/2018	11/16/2018
10M26	66	11/11/2018	11/16/2018
10B27	67	11/25/2018	12/1/2018
07S02	67	11/25/2018	12/1/2018
09D51	67	11/25/2018	12/1/2018
06T48	67	11/25/2018	12/1/2018
09S78	67	11/25/2018	12/1/2018
03A82	69	12/15/2018	12/21/2018
09M29	69	12/15/2018	12/21/2018

10R54	69	12/15/2018	12/21/2018
06N16	69	12/15/2018	12/21/2018
09C76	69	12/17/2018	12/21/2018

SPOUSES

ID	Retreat	Retreat Start Date	Retreat End Date
11A64	43	1/21/2018	1/27/2018
09J58	44	2/12/2018	2/17/2018
09J31	44	2/12/2018	2/17/2018
10W42	45	2/25/2018	3/2/2018
12A64	46	3/11/2018	3/17/2018
05A68	47	3/18/2018	3/24/2018
05L55	49	4/22/2018	4/28/2018
02R68	50	5/6/2018	5/12/2018
12N83	51	5/20/2018	5/25/2018
05O45	52	6/3/2018	6/9/2018
02L99	53	6/17/2018	6/23/2018
01A99	53	6/17/2018	6/23/2018
05S49	54	6/24/2018	6/30/2018
07M39	55	7/8/2018	7/13/2018
04N30	56	7/15/2018	7/21/2018
04A27	56	7/15/2018	7/21/2018
03D77	58	8/20/2018	8/25/2018
11C62	58	8/20/2018	8/25/2018
08N69	59	8/26/2018	9/1/2018
11A44	60	9/9/2018	9/14/2018
01A00	61	9/16/2018	9/22/2018
12E33	63	10/14/2018	10/20/2018
12A54	64	10/28/2018	11/2/2018
07J92	64	10/28/2018	11/2/2018
01J98	64	10/28/2018	11/2/2018
09S43	65	11/4/2018	11/10/2018
11C52	66	11/11/2018	11/16/2018
06E78	66	11/11/2018	11/16/2018
05M06	66	11/11/2018	11/16/2018
02S94	69	12/17/2018	12/21/2018

GOLD STAR MOTHERS

ID	Retreat	Retreat Start Date	Retreat End Date
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06K24	68	12/2/2018	12/8/2018
07A60	68	12/2/2018	12/8/2018
01M67	68	12/2/2018	12/8/2018
09I96	68	12/2/2018	12/8/2018
01G02	68	12/2/2018	12/8/2018
07C54	68	12/2/2018	12/8/2018
05S02	68	12/2/2018	12/8/2018

6.0 ABOUT THE AUTHOR:

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Kevin E. Kip, Ph.D. is a tenured Distinguished Health Professor, epidemiologist, and biostatistician with 18 years of experience on U.S. Federal, Department of Defense, and industry-funded studies. His background is interdisciplinary with more than 180 peer-reviewed publications. With multi-million dollar funding from the U.S. Department of Defense, he previously established the Research to Improve Emotional Health/Quality of Life of Service Members with Disabilities, (**RESTORE LIVES**) Center at the University of South Florida. He is the leading researcher worldwide in the study of Accelerated Resolution Therapy (ART), an emerging, brief, and evidence-based method of psychotherapy for treatment of post-traumatic stress disorder (PTSD) and related comorbidities. Dr. Kip is previous Principal Investigator of the National Heart, Lung, and Blood Institute (NHLBI) Dynamic Registry of Percutaneous Coronary Intervention (PCI) which enrolled approximately 10,000 patients. He is a former member of the Institute of Medicine (IOM) - Committee to Review the Health Effects in Vietnam Veterans of Exposure to Herbicides. Dr. Kip is current chair of the Data Safety and Monitoring Board (DSMB) for the NIDDK-funded *Look AHEAD* (Action for Health in Diabetes) multicenter trial, and is a frequent grant reviewer for the National Institutes of Health (NIH). Dr. Kip is a Fellow of the American Association for the Advancement of Science (AAAS). He had developed and administers program evaluation services for a variety of veteran services programs including Veterans Alternative Retreat Program, Quantum Leap Farm Retreat Program, and Lone Survivor Program.