

**Cumulative Program Evaluation Report
(July 1, 2016 – December 31, 2019)
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 1, 2016 through December 31, 2019**. In addition, limited results are presented for spouses of veterans served, as well 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:

<p>Accelerated Resolution Therapy (ART)</p> <ul style="list-style-type: none">▪ 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.	
<p>Integrative Restoration (iREST)</p> <ul style="list-style-type: none">▪ 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, including the VA, DoD, and other hospitals, homeless centers, and addiction treatment facilities.	

Guided Yoga

- Designed to facilitate recovery from physical and emotional effects of trauma.
- Gentle Yoga -- low intensity form of yoga with relaxed pace and suitable for those trying to get active again and/or recover from illness or injury.
- Hatha Yoga -- Traditional standing and seated poses with a focus on proper breathing techniques.
- Power Yoga -- Fitness-based approach to yoga that uses sun salutations and emphasizes strength and flexibility.



Other Physical Fitness

- 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 1, 2016 to December 31, 2019, a total of 101 retreats were conducted (**table 1**). This included 97 veteran wellness retreats with 345 veterans served, 59 retreats in which 91 spouses attended in conjunction with their veteran spouse or as a separate retreat specifically for spouses, 3 retreats that served Gold Star Mothers or Gold Star Family Members, 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.

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

Time Period	Source	# Retreats	# Served
July 1, 2016 – December 31, 2019	Veteran	97	345
October 10, 2016 – December 31, 2019	Spouse	59	91
December 2, 2018 – December 7, 2019	Gold Star Mothers / Family Members	3	19
July 25, 2017 – July 29, 2017	Steel Mags	1	19
Total			474

As seen in **Table 2**, 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 (**Table 2**).

Veterans Alternative Program Evaluation Report
Table 2 - Overall Evaluation of Retreat Program
All Elements Rated on a 1 to 5 Scale
Results Overall and by Gender of Veteran
Time Period July 1, 2016 - December 31, 2019

Characteristic	Total (N=326)	Female (N=56)	Male (N=270)
Retreat Evaluation (1 to 5): Length of Retreat, mean, SD	4.5, 0.8	4.5, 0.8	4.5, 0.8
Retreat Evaluation (1 to 5): Accommodations, mean, SD	4.8, 0.6	4.8, 0.5	4.8, 0.6
Retreat Evaluation (1 to 5): Food, mean, SD	4.7, 0.7	4.5, 0.9	4.8, 0.6
Retreat Evaluation (1 to 5): Location, mean, SD	4.7, 0.7	4.9, 0.4	4.7, 0.7
Retreat Evaluation (1 to 5): Veterans Alternative staff, mean, SD	4.9, 0.4	5.0, 0.3	4.9, 0.4
Retreat Evaluation (1 to 5): Atmosphere of the center, mean, SD	4.8, 0.6	4.9, 0.4	4.8, 0.6
Retreat Evaluation (1 to 5): Overall rating - retreat activities and services, mean, SD	4.7, 0.6	4.7, 0.6	4.7, 0.7
Retreat Evaluation (1 to 5): ART, mean, SD	4.7, 0.7	4.7, 0.7	4.7, 0.7
Retreat Evaluation (1 to 5): iRest, mean, SD	4.8, 0.6	4.7, 0.6	4.8, 0.6
Retreat Evaluation (1 to 5): Yoga, mean, SD	4.5, 0.8	4.5, 0.7	4.5, 0.9
Retreat Evaluation (1 to 5): Kali, mean, SD	4.1, 1.1	3.8, 1.2	4.2, 1.0
Retreat Evaluation (1 to 5): PT (physical training), mean, SD	4.3, 1.1	4.1, 1.3	4.3, 1.0
Retreat Evaluation (1 to 5): Music therapy, mean, SD	4.5, 1.0	4.5, 0.9	4.5, 1.0
Retreat Evaluation (1 to 5): Equine therapy, mean, SD	4.2, 1.1	4.2, 1.1	4.2, 1.1

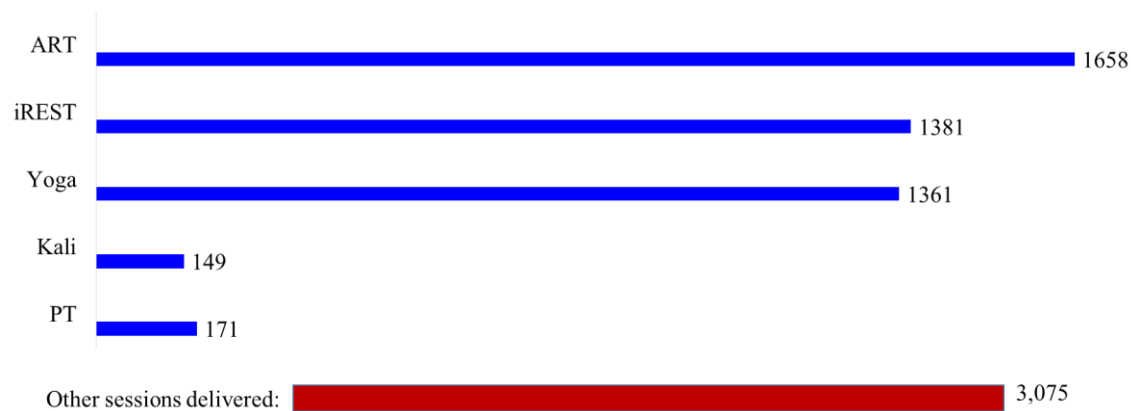
Table 3 lists the mean number of services provided per veteran over the performance period. These results refer to the 326 of 345 veterans served with at least some data at the start and end of the retreats. As seen, the most frequent individual service provided was Accelerated Resolution Therapy (ART) with an average of 4.8 sessions delivered per veteran. The cumulative aggregate number of sessions provided for the different therapeutic modalities for all 345

veterans are depicted in **Figure 1**. As seen, a total of 1,658 sessions of ART and 1,381 sessions of iREST 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.

Veterans Alternative Program Evaluation Report
Table 3- Services Provided at the Retreat Program
Results Overall and by Gender of Veteran
Time Period July 1, 2016 - December 31, 2019

Characteristic	Total (N=326)	Female (N=56)	Male (N=270)
Number of ART sessions, mean, SD	4.8, 0.6	4.9, 0.6	4.8, 0.6
Number of iREST sessions, mean, SD	4.1, 1.3	4.3, 1.2	4.1, 1.3
Number of Yoga sessions, mean, SD	3.9, 1.0	4.1, 0.8	3.9, 1.0
Number of Kali sessions, mean, SD	0.4, 0.9	0.4, 1.0	0.4, 0.8
Number of physical therapy sessions, mean, SD	0.5, 1.1	0.4, 1.0	0.5, 1.1
Number of Other activity sessions, mean, SD	9.4, 6.0	11.4, 6.3	9.0, 5.8

- Number of retreats conducted: 97
- Number of veterans served: 345
- Activity sessions delivered (chart below):



- Total number of sessions delivered: 7,795

Figure 1. Aggregate Number of Veteran Sessions Provided per Therapeutic Modality (July 1, 2016 – December 31, 2019).

Demographic characteristics for all veterans served are listed in **Table 4** 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 74.0% of female veterans reporting a history of sexual assault compared to 13.5% among male veterans. In contrast, trauma due to IED blast or combat explosion was much more frequent in male than in female veterans (79.4% vs. 27.7%).

Veterans Alternative Program Evaluation Report
Table 4 - Demographic Characteristics of Retreat Participants
Results Overall and by Gender
Time Period July 1, 2016 - December 31, 2019

Characteristic	Total (N=326)	Female (N=56)	Male (N=270)
Age in years, %			
18 to 29	8.6	5.7	9.2
30 to 39	37.8	28.3	39.7
40 to 49	26.7	43.4	23.3
50 to 59	15.2	15.1	15.3
60 to 69	7.3	7.5	7.3
70 or older	4.4	0.0	5.3
Race, %			
Black/African American	15.5	30.8	12.5
White	79.6	65.4	82.5
Asian	1.6	0.0	1.9
American Indian/Alaskan Native	3.2	3.8	3.1
Ethnicity, %			
Hispanic	14.2	12.2	14.6
Non-Hispanic	85.8	87.8	85.4
Years of education completed, %			
Less than 12	2.9	0.0	3.4
12 to 14	42.9	26.4	46.2
15 to 16	29.8	32.1	29.4

Characteristic	Total (N=326)	Female (N=56)	Male (N=270)
17 to 18	14.9	22.6	13.4
19 or more	9.5	18.9	7.6
Marital status, %			
Married/Living with someone	48.9	26.4	53.4
Single	18.7	34.0	15.6
Separated	7.3	5.7	7.6
Divorced	22.9	28.3	21.8
Widowed	2.2	5.7	1.5
Primary military service, %			
Army	58.4	47.2	60.7
Army Reserves	2.5	7.5	1.5
Navy	9.2	9.4	9.2
Naval Reserves	0.3	0.0	0.4
Marine Corps	12.7	3.8	14.5
Marine Corps Reserves	0.3	0.0	0.4
Air Force	10.2	24.5	7.3
Air Force Reserves	0.3	1.9	0.0
National Guard	5.4	3.8	5.7
National Guard Reserves	0.6	1.9	0.4
Number of deployments, %			
None	4.8	15.1	2.7
One	34.9	35.8	34.7
Two	24.8	28.3	24.0
Three	9.2	5.7	9.9
Four or more	26.3	15.1	28.6
Length of longest deployment, %			
Less than 6 months	10.7	26.5	7.7
6 months to 9 months	27.3	22.4	28.2
9 months to 12 months	27.6	26.5	27.8
12 month to 18 months	31.2	20.4	33.2
More than 18 months	3.2	4.1	3.1

Characteristic	Total (N=326)	Female (N=56)	Male (N=270)
Trauma - Witness death or execution, %			
No	23.9	54.2	18.2
Yes	76.1	45.8	81.8
Trauma - IED blast or combat explosion, %			
No	28.8	72.3	20.6
Yes	71.2	27.7	79.4
Trauma - Witness major injuries (non-lethal), %			
No	18.3	44.7	13.4
Yes	81.7	55.3	86.6
Trauma - Physical assault, %			
No	60.5	53.2	62.0
Yes	39.5	46.8	38.0
Trauma - Sexual assault, %			
No	74.8	26.0	86.5
Yes	25.2	74.0	13.5
Trauma - Other, %			
No	56.3	45.0	58.8
Yes	43.7	55.0	41.2
Current Medication - Pain, %			
No	44.6	32.7	46.9
Yes	55.4	67.3	53.1
Current Medication - Depression, %			
No	35.4	38.5	34.7
Yes	64.6	61.5	65.3
Current Medication - Anxiety, %			
No	33.8	32.7	34.0
Yes	66.2	67.3	66.0
Current Medication - Seizures, %			
No	94.9	96.2	94.7
Yes	5.1	3.8	5.3
Current Medication - Sleep, %			

Characteristic	Total (N=326)	Female (N=56)	Male (N=270)
No	36.0	36.5	35.9
Yes	64.0	63.5	64.1

Table 5 provides symptom levels reported by veterans at the start and end of the weekly retreat. This includes 295 veterans with complete reporting on symptom status at both time points. Of note, due to incorrect entry of some unique deidentified ID numbers per veteran at the pre- and/or post-retreat assessments, some changes in symptom status could not be matched between the 2 time points for analysis. 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 , 81.0% of veterans screened positive for PTSD at the start of the retreat compared to 26.1% 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 5 - Symptom Status of Retreat Participants
Before and at the End of the Retreat
Time Period July 1, 2016 - December 31, 2019

Characteristic	1. Start of Retreat (N=295)	2. At End of Retreat (N=295)	p-value
PCL5 (PTSD) score (total), mean, SD	47.9, 16.4	24.6, 15.9	<0.0001
PCL5 Intrusion subscale score, mean, SD	10.8, 5.0	6.2, 4.4	<0.0001
PCL5 Avoidance subscale score, mean, SD	5.1, 2.1	2.6, 2.1	<0.0001
PCL5 Mood-Cognition subscale score, mean, SD	16.9, 6.6	8.2, 6.2	<0.0001
PCL5 Arousal subscale score, mean, SD	15.0, 5.0	7.6, 5.1	<0.0001
Provisional PTSD diagnosis based on PCL-5, %	76.9	25.8	<0.0001
PTSD cutpoint diagnosis (PCL5 score ≥ 33), %	81.0	26.1	<0.0001
Perceived Stress Scale Score (total), mean, SD	24.7, 6.4	14.1, 7.0	<0.0001
Brief Symptom Inventory (BSI) score (total), mn, SD	31.9, 15.8	14.2, 12.6	<0.0001
BSI Somatization subscale score, mean, SD	8.3, 5.5	4.2, 4.3	<0.0001

Characteristic	1. Start of Retreat (N=295)	2. At End of Retreat (N=295)	p-value
BSI Depression subscale score, mean, SD	12.1, 6.5	4.7, 4.7	<0.0001
BSI Anxiety subscale score, mean, SD	11.5, 6.2	5.3, 5.0	<0.0001
Connor Davidson Resilience score (total), mean, SD	22.2, 7.2	26.2, 7.2	<0.0001
Average pain in past week (0 to 10 scale), mean, SD	5.1, 2.5	3.6, 2.5	<0.0001
Pain Outcomes Quest: Mobility subscale, mean, SD	14.9, 8.9	13.2, 7.9	<0.0001
Pain Outcomes Quest: ADL subscale, mean, SD	4.8, 7.4	3.4, 6.6	0.0001
Pain Outcomes Quest: Vitality subscale, mean, SD	16.3, 5.4	13.1, 5.8	<0.0001
Pain Outcomes Quest: Negative Affect subscale, mean, SD	26.4, 10.6	15.0, 10.2	<0.0001
Pain Outcomes Quest: Fear subscale, mean, SD	-1.0, 3.3	-0.1, 3.1	<0.0001
Pain Outcomes Quest: Total Score, mean, SD	61.3, 23.1	44.7, 22.6	<0.0001
Sleep dysfunction score, mean, SD	28.4, 13.4	20.3, 11.8	<0.0001
Marital Adjustment Score (100 is average), mean, SD	86.7, 34.2	95.1, 31.6	<0.0001

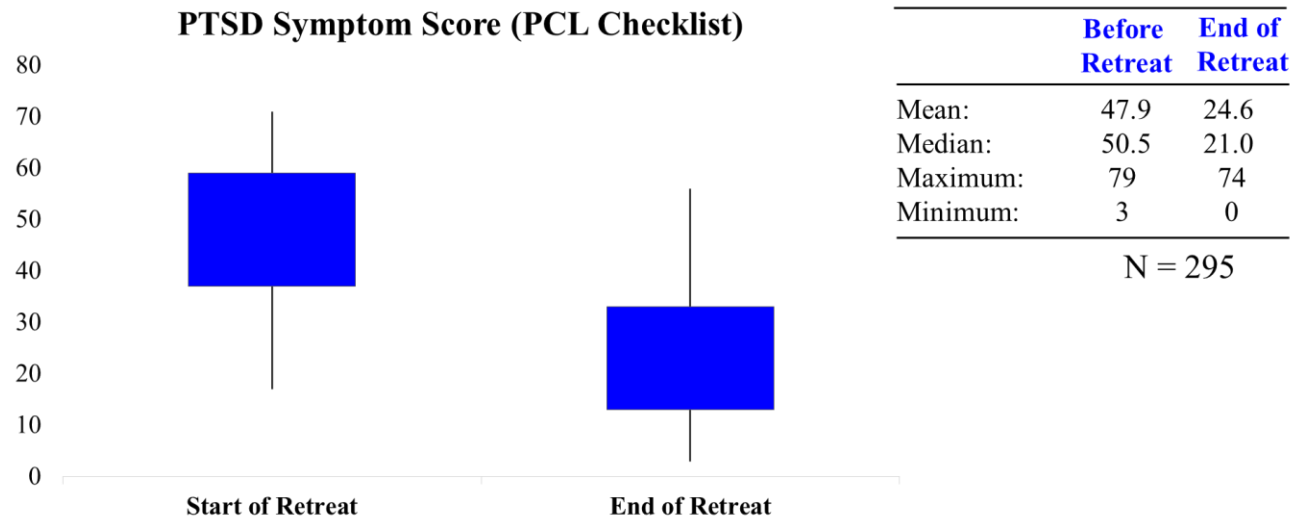


Figure 2. Box Plot of Distribution of PCL-5 (PTSD) Scores Before and at the End of the Retreat Program (Cumulative Time Period: July 1, 2016 – December 31, 2019).

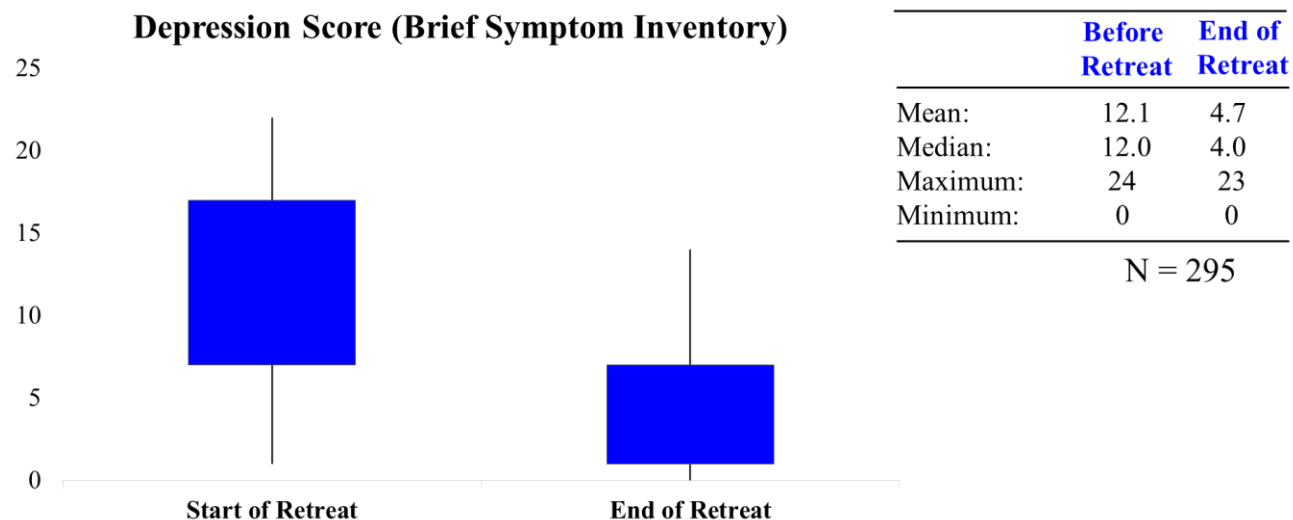


Figure 3. Box Plot of Distribution of Depression Scores Before and at the End of the Retreat Program (Cumulative Time Period: July 1, 2016 – December 31, 2019).

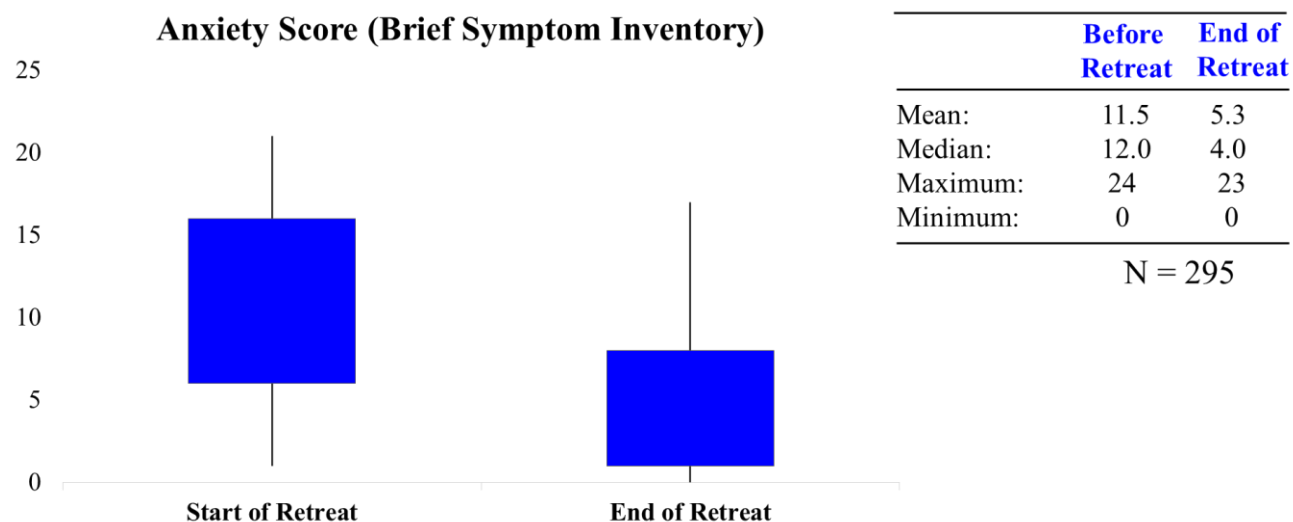


Figure 4. Box Plot of Distribution of Anxiety Scores Before and at the End of the Retreat Program (Cumulative Time Period: July 1, 2016 – December 31, 2019).

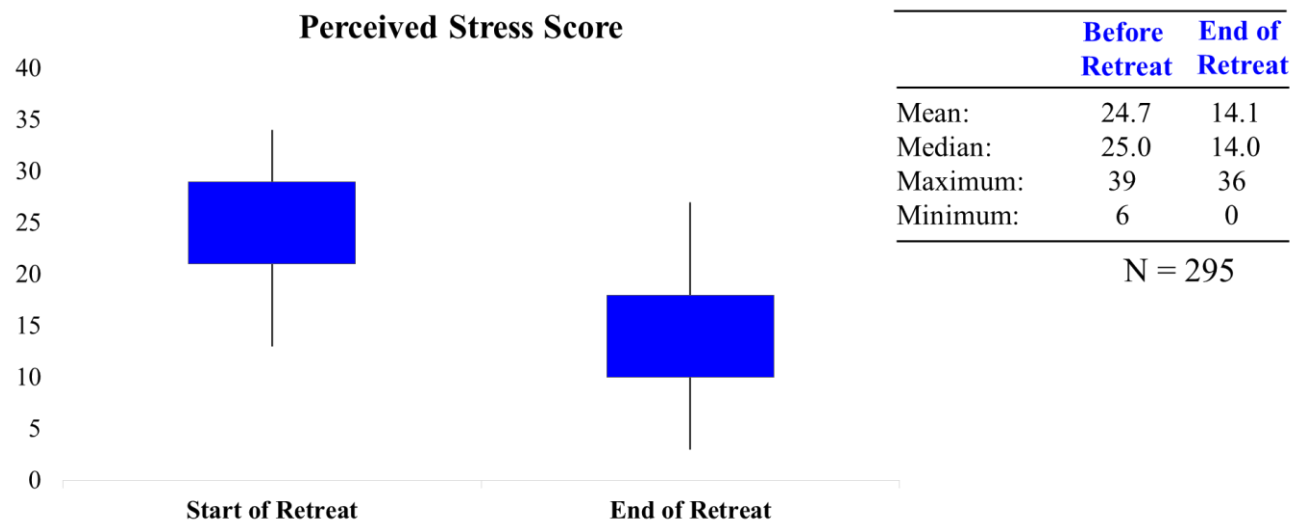


Figure 5. Box Plot of Distribution of Perceived Stress Scores Before and at the End of the Retreat Program (Cumulative Time Period: July 1, 2016 – December 31, 2019).

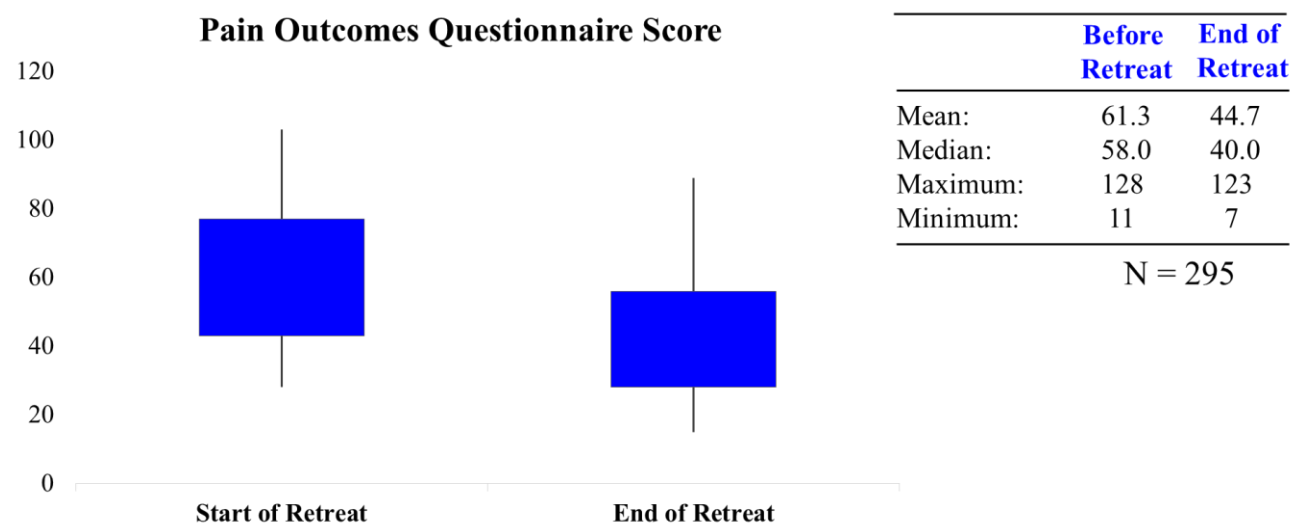


Figure 6. Box Plot of Distribution of Pain Scores Before and at the End of the Retreat Program (Cumulative Time Period: July 1, 2016 – December 31, 2019).

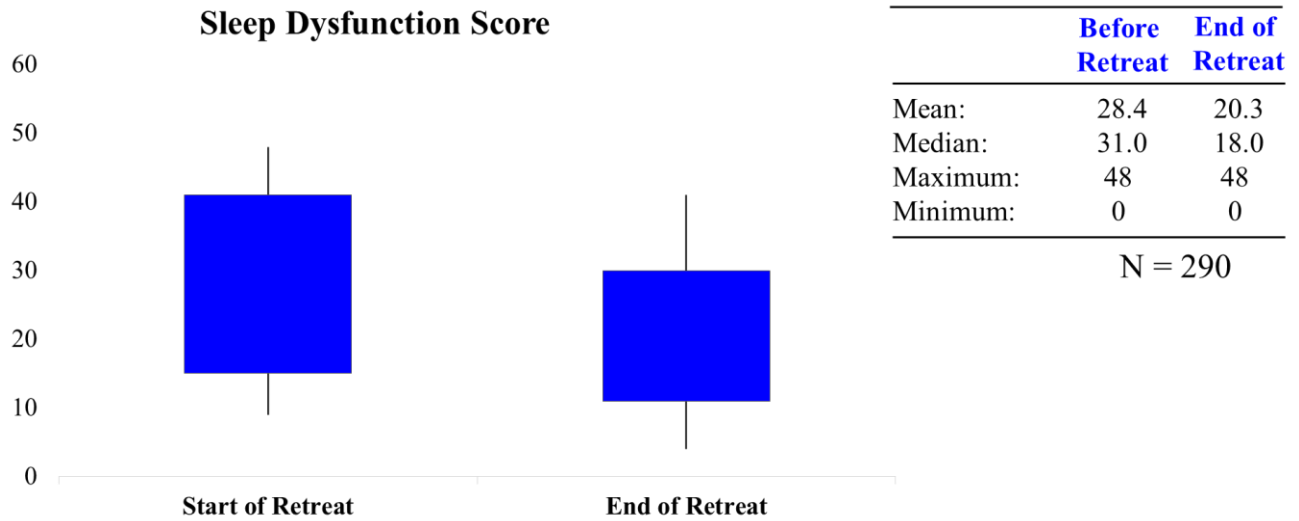


Figure 7. Box Plot of Distribution of Sleep Dysfunction Scores Before and at the End of the Retreat Program (Cumulative Time Period: July 1, 2016 – December 31, 2019).

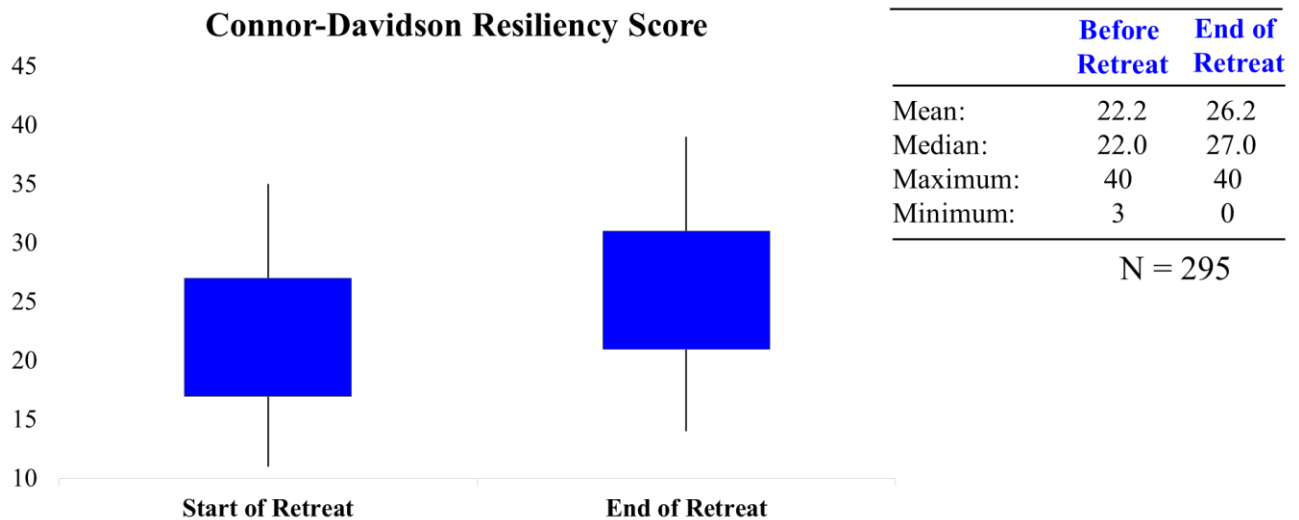


Figure 8. Box Plot of Distribution of Resiliency Scores Before and at the End of the Retreat Program (Cumulative Time Period: July 1, 2016 – December 31, 2019).

Table 6 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, and sleep dysfunction. In addition, based on the 20-item PCL-5 (PTSD) Checklist and a cut-point score of ≥ 33 , 64.0% of female veterans screened positive for PTSD at the start of the retreat compared to 18.0% at the end of the weekly retreat. The mean score on the 20-item PTSD checklist at the start of the retreat (42.3), as compared to at the end of the retreat (23.0), corresponds to an average reduction of 46% in symptoms of PTSD.

Veterans Alternative Program Evaluation Report
Table 6 - Symptom Status of FEMALE Retreat Participants
Before and at the End of the Retreat
Time Period July 1, 2016 - December 31, 2019

Characteristic	1. Start of Retreat (N=50)	2. At End of Retreat (N=50)	p-value
PCL5 (PTSD) score (total), mean, SD	42.3, 17.3	23.0, 15.5	<0.0001
PCL5 Intrusion subscale score, mean, SD	9.9, 4.8	6.2, 4.3	<0.0001
PCL5 Avoidance subscale score, mean, SD	4.7, 2.2	2.5, 1.9	<0.0001
PCL5 Mood-Cognition subscale score, mean, SD	14.5, 7.3	7.3, 6.0	<0.0001
PCL5 Arousal subscale score, mean, SD	13.3, 5.2	7.1, 5.3	<0.0001
Provisional PTSD diagnosis based on PCL-5, %	64.0	18.0	<0.0001
PTSD cutpoint diagnosis (PCL5 score ≥ 33), %	68.0	18.0	<0.0001
Perceived Stress Scale Score (total), mean, SD	23.7, 6.9	13.2, 6.8	<0.0001
Brief Symptom Inventory (BSI) score (total), mn, SD	28.4, 17.9	14.4, 11.9	<0.0001
BSI Somatization subscale score, mean, SD	7.6, 5.8	4.4, 4.2	0.003
BSI Depression subscale score, mean, SD	10.0, 7.0	4.4, 4.1	<0.0001
BSI Anxiety subscale score, mean, SD	10.8, 6.8	5.6, 5.0	<0.0001
Connor Davidson Resilience score (total), mean, SD	23.1, 6.9	26.1, 5.9	0.0002
Average pain in past week (0 to 10 scale), mean, SD	5.0, 2.6	3.4, 2.3	<0.0001
Pain Outcomes Quest: Mobility subscale, mean, SD	13.9, 8.7	12.0, 6.8	0.008
Pain Outcomes Quest: ADL subscale, mean, SD	3.9, 6.3	1.7, 3.9	0.002
Pain Outcomes Quest: Vitality subscale, mean, SD	16.3, 5.5	12.8, 5.3	0.0002
Pain Outcomes Quest: Negative Affect subscale, mean, SD	24.6, 10.9	14.5, 9.9	<0.0001

Characteristic	1. Start of Retreat (N=50)	2. At End of Retreat (N=50)	p-value
Pain Outcomes Quest: Fear subscale, mean, SD	-1.5, 3.8	0.4, 3.2	0.006
Pain Outcomes Quest: Total Score, mean, SD	57.2, 21.4	41.5, 17.1	<0.0001
Sleep dysfunction score, mean, SD	27.7, 12.4	20.7, 10.5	<0.0001
Marital Adjustment Score (100 is average), mean, SD	85.9, 36.4	85.4, 38.5	0.29

Table 7 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 , 83.7% of male veterans screened positive for PTSD at the start of the retreat compared to 27.8% at the end of the weekly retreat. The mean score on the 20-item PTSD checklist at the start of the retreat (49.0), as compared to at the end of the retreat (25.0), corresponds to an average reduction of 49% in symptoms of PTSD.

Veterans Alternative Program Evaluation Report
Table 7 - Symptom Status of MALE Retreat Participants
Before and at the End of the Retreat
Time Period July 1, 2016 - December 31, 2019

Characteristic	1. Start of Retreat (N=245)	2. At End of Retreat (N=245)	p-value
PCL5 (PTSD) score (total), mean, SD	49.0, 16.0	25.0, 16.0	<0.0001
PCL5 Intrusion subscale score, mean, SD	11.0, 5.0	6.2, 4.4	<0.0001
PCL5 Avoidance subscale score, mean, SD	5.2, 2.1	2.6, 2.1	<0.0001
PCL5 Mood-Cognition subscale score, mean, SD	17.4, 6.3	8.4, 6.2	<0.0001
PCL5 Arousal subscale score, mean, SD	15.4, 4.8	7.8, 5.1	<0.0001
Provisional PTSD diagnosis based on PCL-5, %	79.6	27.3	<0.0001
PTSD cutpoint diagnosis (PCL5 score ≥ 33), %	83.7	27.8	<0.0001
Perceived Stress Scale Score (total), mean, SD	24.9, 6.3	14.3, 7.0	<0.0001
Brief Symptom Inventory (BSI) score (total), mn, SD	32.5, 15.3	14.1, 12.8	<0.0001
BSI Somatization subscale score, mean, SD	8.4, 5.4	4.1, 4.4	<0.0001
BSI Depression subscale score, mean, SD	12.5, 6.3	4.8, 4.8	<0.0001

Characteristic	1. Start of Retreat (N=245)	2. At End of Retreat (N=245)	p-value
BSI Anxiety subscale score, mean, SD	11.6, 6.0	5.2, 5.1	<0.0001
Connor Davidson Resilience score (total), mean, SD	22.0, 7.2	26.2, 7.5	<0.0001
Average pain in past week (0 to 10 scale), mean, SD	5.1, 2.5	3.7, 2.5	<0.0001
Pain Outcomes Quest: Mobility subscale, mean, SD	15.1, 8.9	13.5, 8.1	0.0002
Pain Outcomes Quest: ADL subscale, mean, SD	5.0, 7.6	3.7, 7.0	0.003
Pain Outcomes Quest: Vitality subscale, mean, SD	16.3, 5.4	13.2, 5.9	<0.0001
Pain Outcomes Quest: Negative Affect subscale, mean, SD	26.7, 10.5	15.1, 10.3	<0.0001
Pain Outcomes Quest: Fear subscale, mean, SD	-0.9, 3.2	-0.1, 3.0	0.002
Pain Outcomes Quest: Total Score, mean, SD	62.1, 23.4	45.4, 23.6	<0.0001
Sleep dysfunction score, mean, SD	28.5, 13.6	20.3, 12.1	<0.0001
Marital Adjustment Score (100 is average), mean, SD	86.8, 33.9	96.5, 30.4	<0.0001

Table 8 provides symptom levels reported at the start of the weekly retreat and at the last date of follow-up contact among the 120 veterans who provided post-retreat follow-up data. This analysis corresponds to an average of 46 days of post-retreat follow-up (i.e. after conclusion of the retreat program). These data can be used to assess sustainability of effects from the retreat program after veterans have returned to their home residence and everyday life 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 (30.9%), perceived stress (32.1%), depression (35.3%), anxiety (34.3%), and somatization (33.8%). Based on the PCL-5 to define a diagnosis of PTSD (score ≥ 33), respective percentages at the beginning of the retreat compared to follow-up were 75.0% and 42.5%, respectively.

Veterans Alternative Program Evaluation Report
Table 8 - Symptom Status of Retreat Participants
Before and at Follow-up Assessment
Time Period July 1, 2016 - December 31, 2019

Characteristic	a. Pre-Retreat (N=120)	b. Follow-up (N=120)	p-value
PCL5 (PTSD) score (total), mean, SD	45.0, 17.9	31.1, 19.4	<0.0001
PCL5 Intrusion subscale score, mean, SD	10.1, 5.3	7.1, 5.3	<0.0001
PCL5 Avoidance subscale score, mean, SD	4.8, 2.3	3.2, 2.5	<0.0001
PCL5 Mood-Cognition subscale score, mean, SD	16.1, 7.0	10.6, 7.4	<0.0001
PCL5 Arousal subscale score, mean, SD	14.1, 5.5	10.2, 6.0	<0.0001
Provisional PTSD diagnosis based on PCL-5, %	70.0	42.5	<0.0001
PTSD cutpoint diagnosis (PCL5 score ≥ 33), %	75.0	42.5	<0.0001
Perceived Stress Scale Score (total), mean, SD	24.0, 6.7	16.3, 7.4	<0.0001
Brief Symptom Inventory (BSI) score (total), mean, SD	30.2, 16.3	19.8, 14.7	<0.0001
BSI Somatization subscale score, mean, SD	7.7, 5.6	5.1, 4.7	<0.0001
BSI Depression subscale score, mean, SD	11.6, 6.7	7.5, 6.1	<0.0001
BSI Anxiety subscale score, mean, SD	10.8, 6.3	7.1, 6.0	<0.0001
Connor Davidson Resilience score (total), mean, SD	23.3, 7.1	25.9, 7.1	0.09
Average pain in past week (0 to 10 scale), mean, SD	4.9, 2.7	4.3, 3.2	0.79
Pain Outcomes Quest: Mobility subscale, mean, SD	14.8, 9.3	11.9, 7.6	0.77
Pain Outcomes Quest: ADL subscale, mean, SD	4.7, 7.5	3.8, 7.4	0.16
Pain Outcomes Quest: Vitality subscale, mean, SD	16.2, 5.7	15.7, 6.3	0.32
Pain Outcomes Quest: Negative Affect subscale, mean, SD	25.9, 11.1	20.6, 11.0	0.006
Pain Outcomes Quest: Fear subscale, mean, SD	-1, 3.2	-.5, 2.3	0.46
Pain Outcomes Quest: Total Score, mean, SD	60.3, 24.8	51.5, 24.1	0.93
Sleep dysfunction score, mean, SD	27.6, 13.6	24.2, 12.6	0.002
Marital Adjustment Score (100 is average), mean, SD	89.2, 35.4	94.9, 40.7	0.51

*The mean follow-up from wellness retreat completion was 46.2 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 Wellness Retreat Experience
Retreats Conducted July 1, 2016 - December 31, 2019

Very grateful for your therapy retreat. Very well done.

Very grateful to all for an excellent retreat and recovery

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 much needed time to round the wagons in my mind, body and spirit. Veterans Alternative has provided me with belief, strength, rest and many tools to use for my resilience when going through anything life has to offer.

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

A very productive and effective experience.

ART staff were amazing, and I saw quick results with how I now view my past traumas. Carola's ART therapy is spot on but I feel it should be better resourced (staff, space, supplies). Amy is awesome in her yoga and meditation delivery.

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 guilts and shame. I feel like I have a new life to live.

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.

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

Everyone was so patient with me and helpful to me understanding my insecurity, my fears, and social awkwardness

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

Excellent culture

Excellent program, highly recommend to all vets and partners.

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

Have the opportunity to conduct a few couples counseling thru out week.

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 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.

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 a 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.

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

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

I look forward to return next year.

I really appreciated the hotel room (suite) and free breakfast. Also appreciated the timeliness of the shuttle to and from the airport, hotel and team house. Such a well-organized Veterans support program by this nonprofit. I cannot say enough good things.

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 was very impressed with the facility, the staff was very professional, this week was very relaxing for me, I've learned so much about how to navigate through difficult situations. Carola Rao was remarkable give her a raise.

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

I wish the week hadn't 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 have liked you start our day at 0745 pickup so it would not be as rushed. Also, this retreat felt too good to be true. This opportunity was such a blessing!!

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.

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 glad I got to participate in the program and I can already see positive changes of less negative memories.

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.

Jessie shared with us his knowledge & experience in playing music while we were on the beach and it was amazing, good times. Betsy is a good listener, and she really cares about helping people thru A.R.T., and you can see that thru her passion for the program.

LOVED THE PROGRAM. ONLY RECOMMENDATION I WOULD SAY IS HAVE DIFFERENT FOOD OPTIONS

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 daylights out of me driving where I thought we could be in a serious accident. As

N/A

Need to fill more of the time.

New facility

No equine therapy

No equine. Did Raptors thing. AWESOME walking around with a screech owl. Outstanding program all around.

Not married living my son living with me temporarily so answers may have been incomplete
thank you very much!

Nothing for me is more important than building self, and you have done that quite well. Thank
you!!!!!! You have assembled a great team of volunteers and staff, and you should be very
proud of that!!!!!!

Nutrition - understand you are trying to work within your means although it seemed rigid
regarding allergies and food sensitivities. Bulletproof has done some research in this area that
may help better define a plan. Tempo - the tempo was too much.

One of the things that made the experience better was that the staff gets along so well with each
other.

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.

Outstanding training, Will recommend for other battle buddies and other combat vets to this
program!!!! Thank you for changing my life!!!!!!

Outstanding! Should be the lead program for VA and the military.

Please don't pressure participants into things they don't feel comfortable with. Overall an
amazing experience and truly enjoyed the retreat and healing! Thank you very much for the
opportunity.

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
:-)

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 so very much. A great program.

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

Thank you for everything!!

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 yall 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 beneficial part for me was ART and Irest. With that being said, everyone was great and the group and staff worked very well with each other. My hero award goes to Betsy, who was my ART person! She gets 6 out of 5 stars from me!

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 on a regular basis. This program has helped me deal with my PTSD better than I have been able to.

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 is really too short Of an opportunity to share about my personal experiences at veterans alternative. I have a very good feeling going forward because of the tools in treatment and resources from veterans alternative.

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 have your demons, but with veterans alternative, and 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 an better understanding.

Try to do different activities, such as archery

Upload a recording of Amy doing Irest onto the Veterans' alternative website!

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

Very happy with how everything went

Very pleasant experience. The staff is amazing! I have a great feeling of belonging here and everyone involved in the program went above and beyond my expectations!

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 did not do equine therapy. I am very blessed to have had this opportunity. I really appreciate it.

We didn't do equine to judge it.

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

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

Would recommend to all combat veterans

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 LASTED TO 2300....It is a good idea, BUT.... then adjust schedule. Also, to stay on MWR outing because a V.A staff wanted to and then 1 member just wanted to get the courage to ask.

Very good program, thank you!

After ART, felt a sense of calm and confidence that I will be OK to move forward in life without fears and limitations? Thank you so much!!!

Consider adopting insight meditation.

Farm was beautiful and fishing, corn hole was great but equine portion needs more days to develop relationship with horse in my opinion. Time restraints are understandable though.

Found the experience very eye opening.

Freaking Great Program, Should be two weeks long. I really enjoyed myself. Great counselor, Jessie.

I am extremely appreciative of the staff of Veterans Alternative and Camp Heroes. I will take what I have learned home and make sure I share this opportunity with others. I am so thankful for Betsy, Batia and Forrest for their dedication to this program

I am sad to leave. I am going to miss your faces.

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

I feel your program is very efficient and very helpful for husband and wife. I enjoyed it very much, all help very happy and friendly and helped us very much.

I have really, really enjoyed myself.

I would not change a thing -- the best experience I've ever had with the most amount of direct help, loving kind and caring staff and volunteers. Thank you for my new life.

I would recommend this type program for all veterans after Deployments - very rewarding.

Install foam installation to block out sound in rooms and to save money on utility bill.

Love it

Lovely week in so many ways. Meeting new people and the crew that works there. Bringing things to one's attention, in a number of ways and getting away for a while. Thank you again.

More time at the beach

NA

No couples come together.

No it was a wonderful week. I would be open to doing this again.

Possible more couples interaction and building exercises

Show video from the show at the end of retreat

Some events can be longer, such as fishing, gardening, or swimming. Or make each day longer in order to do all events or extend the stay. Most of the time I felt like we were rushing.

Thank you first of all! The places to eat is something that I feel will never be perfect because to many people have too many different tastes. I think you all do the best with what you can do but if I had my way, Queens pizza would be on the menu more often.

Thank you for everything you have done for me, and will continue to do for other veterans. You are literally changing, and saving lives. I feel positive and optimistic about the future for the first time in years and feel excited for what's to come.

Thank you for this opportunity.

Thank you so much for allowing me to attend this program again and work through the rest of my issues and burn my Alice-Pack!

The best program I ever participated in. Staff and the activities are outstanding. Thank you for this opportunity.

The patio furniture looks rusty, maybe some patchwork (with pool noodles for example) could be applied while Vet Alt locates new patio chairs

We loved the program! Thank you so much for all you've done to help us!

Wonderful experience.

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 295 veterans served (with matching pre- and end-of-retreat data), of whom, 120 have provided post-retreat follow-up data (average of 46 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 120 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 45.0 and 31.1, respectively. Of note, the mean reduction of 14 points over time (i.e. $45.0 - 31.1$) exceeds the established metric of 10 or more points reduction representing clinically and statistically meaningful change (improvement). The mean PTSD score from entry to follow-up represents a 30.9% 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 **\$1,823 per veteran** (i.e. $\$5,900 \times 0.309$).

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:

$$\$1,823 \times 10 \text{ years} = \mathbf{\$18,230 \text{ per veteran.}}$$

With 295 veterans served and with complete data in the wellness program, 10-year cumulative savings are estimated at:

$$\$18,230 \times 295 \text{ veterans} = \mathbf{\$5,377,850 \text{ total savings.}}$$

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 1, 2016 – DECEMBER 31, 2019)

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
10H44	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
05E08	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
10C25	70	1/6/2019	1/12/2019
08J44	70	1/6/2019	1/12/2019
12F48	70	1/6/2019	1/12/2019
10J60	70	1/6/2019	1/12/2019
06A50	70	1/6/2019	1/12/2019
05A72	70	1/6/2019	1/12/2019
03V11	71	1/13/2019	1/19/2019
12M34	71	1/13/2019	1/19/2019
03H62	72	1/27/2019	2/3/2019
01S57	72	1/27/2019	2/3/2019
09J93	72	1/27/2019	2/3/2019
05E45	72	1/27/2019	2/3/2019
08L33	73	2/3/2019	2/9/2019
01L86	73	2/3/2019	2/9/2019
11T63	73	2/3/2019	2/9/2019
03A39	73	2/3/2019	2/9/2019
11W42	74	2/17/2019	2/23/2019
12J99	74	2/17/2019	2/23/2019
10J38	74	2/17/2019	2/23/2019
03P03	74	2/17/2019	2/23/2019

08W72	75	3/3/2019	3/9/2019
05M98	75	3/3/2019	3/9/2019
01S39	75	3/3/2019	3/9/2019
12B21	76	3/10/2019	3/16/2019
08R92	76	3/10/2019	3/16/2019
06A76	76	3/10/2019	3/16/2019
04C49	76	3/10/2019	3/16/2019
11D64	77	3/24/2019	3/30/2019
10S94	77	3/24/2019	3/30/2019
04R88	77	3/24/2019	3/30/2019
07M59	77	3/24/2019	3/30/2019
10M21	77	3/24/2019	3/30/2019
08K21	77	3/24/2019	3/30/2019
03W15	78	3/31/2019	4/6/2019
02C69	78	3/31/2019	4/6/2019
05C70	78	3/31/2019	4/6/2019
10W19	78	4/1/2019	4/5/2019
11J70	78	4/1/2019	4/5/2019
08W94	79	4/14/2019	4/20/2019
08D86	79	4/14/2019	4/20/2019
01A58	79	4/14/2019	4/20/2019
05B29	79	4/14/2019	4/20/2019
10B11	80	4/28/2019	5/3/2019
03L36	80	4/28/2019	5/3/2019
10M47	80	4/28/2019	5/3/2019
11E26	81	5/5/2019	5/11/2019
02C81	81	5/5/2019	5/11/2019
11W08	81	5/5/2019	5/11/2019
02A74	81	5/5/2019	5/11/2019
12M34	81	5/5/2019	5/11/2019
02P44	82	5/13/2019	5/18/2019
12P25	82	5/13/2019	5/18/2019
12L36	82	5/13/2019	5/18/2019
09R98	83	5/19/2019	5/25/2019
03C98	83	5/19/2019	5/25/2019
10N54	83	5/19/2019	5/25/2019
05C56	85	6/9/2019	6/15/2019
08W43	85	6/9/2019	6/15/2019
05W65	85	6/9/2019	6/15/2019
08F44	87	7/7/2019	7/12/2019
06E34	87	7/7/2019	7/12/2019
10J36	87	7/7/2019	7/12/2019
08L66	88	7/21/2019	7/27/2019

09R64	88	7/21/2019	7/27/2019
08R88	88	7/21/2019	7/27/2019
12R63	89	8/4/2019	8/10/2019
10E60	89	8/4/2019	8/10/2019
09K04	89	8/4/2019	8/10/2019
08E47	90	8/18/2019	8/24/2019
09D08	90	8/18/2019	8/24/2019
06X60	90	8/18/2019	8/24/2019
12L72	90	8/18/2019	8/24/2019
05D88	90	8/18/2019	8/24/2019
06A68	91	8/25/2019	8/31/2019
12E63	91	8/25/2019	8/31/2019
11E56	91	8/25/2019	8/31/2019
07E33	91	8/25/2019	8/31/2019
04D47	92	9/8/2019	9/14/2019
06L90	92	9/8/2019	9/14/2019
10L35	92	9/8/2019	9/14/2019
07G37	92	9/8/2019	9/14/2019
06R43	93	9/15/2019	9/20/2019
06G25	93	9/15/2019	9/20/2019
01C70	93	9/15/2019	9/20/2019
04S51	94	9/22/2019	9/28/2019
07D04	94	9/22/2019	9/28/2019
04M21	94	9/22/2019	9/28/2019
12B81	95	10/6/2019	10/13/2019
08A04	95	10/6/2019	10/13/2019
01W97	95	10/6/2019	10/13/2019
10M91	95	10/6/2019	10/13/2019
09M99	95	10/6/2019	10/13/2019
01X43	96	10/20/2019	10/26/2019
09R68	96	10/20/2019	10/26/2019
06E62	96	10/20/2019	10/26/2019
05R48	96	10/20/2019	10/26/2019
02P40	97	10/27/2019	11/2/2019
12D93	97	10/27/2019	11/2/2019
03A60	97	10/27/2019	11/2/2019
04M19	97	10/27/2019	11/2/2019
04A27	97	10/27/2019	11/2/2019
10A27	98	11/10/2019	11/15/2019
07V61	98	11/10/2019	11/15/2019
09L62	98	11/10/2019	11/15/2019
10M90	98	11/10/2019	11/15/2019
04E46	98	11/10/2019	11/15/2019

04W02	99	11/17/2019	11/23/2019
09T84	99	11/17/2019	11/23/2019
04P19	99	11/17/2019	11/23/2019
04G45	99	11/17/2019	11/23/2019
03V82	99	11/17/2019	11/23/2019
06L80	101	12/15/2019	12/21/2019
07A40	101	12/15/2019	12/21/2019

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
11C77	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
07A55	71	1/13/2019	1/19/2019
06M33	72	1/27/2019	2/3/2019
04N78	73	2/3/2019	2/9/2019
01P01	74	2/17/2019	2/23/2019
06D11	75	3/3/2019	3/9/2019
09M64	75	3/3/2019	3/9/2019
03E88	75	3/3/2019	3/9/2019
07M86	76	3/10/2019	3/16/2019
12A80	77	3/24/2019	3/30/2019
07X24	78	4/1/2019	4/5/2019
07A76	78	4/1/2019	4/5/2019
09G41	79	4/14/2019	4/20/2019
02S96	79	4/14/2019	4/20/2019
08L36	82	5/13/2019	5/18/2019
04H63	82	5/13/2019	5/18/2019
02E37	82	5/13/2019	5/18/2019
12E08	83	5/19/2019	5/25/2019
12M95	85	6/9/2019	6/15/2019
08L63	85	6/9/2019	6/15/2019
04R96	86	6/23/2019	6/27/2019
09S58	86	6/23/2019	6/27/2019
04R88	86	6/23/2019	6/27/2019
09F53	86	6/23/2019	6/27/2019
08S64	86	6/23/2019	6/27/2019
11L70	86	6/23/2019	6/27/2019
06D53	87	7/7/2019	7/12/2019
08A36	87	7/7/2019	7/12/2019

12E67	87	7/7/2019	7/12/2019
02M76	88	7/21/2019	7/27/2019
01R48	88	7/21/2019	7/27/2019
09A31	88	7/21/2019	7/27/2019
04D85	89	8/4/2019	8/10/2019
06D53	90	8/18/2019	8/24/2019
06S94	91	8/25/2019	8/31/2019
03R87	92	9/8/2019	9/14/2019
04M74	94	9/22/2019	9/28/2019
10L68	95	10/6/2019	10/13/2019
10M90	96	10/20/2019	10/26/2019
11M64	97	10/27/2019	11/2/2019
09N37	98	11/10/2019	11/15/2019
02P08	99	11/17/2019	11/23/2019
03J84	101	12/15/2019	12/21/2019
09D60	101	12/15/2019	12/21/2019

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
12X19	100	12/1/2019	12/7/2019
08A28	100	12/1/2019	12/7/2019
08M57	100	12/1/2019	12/7/2019
09L60	100	12/1/2019	12/7/2019
12A66	100	12/1/2019	12/7/2019

GOLD STAR FAMILIES

ID	Retreat	Retreat Start Date	Retreat End Date
08A72	84	6/2/2019	6/7/2019
08L29	84	6/2/2019	6/7/2019
07M80	84	6/2/2019	6/7/2019
02M56	84	6/2/2019	6/7/2019
06D58	84	6/2/2019	6/7/2019
04L25	84	6/2/2019	6/7/2019
09E15	84	6/2/2019	6/7/2019

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

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Kevin E. Kip, Ph.D. is a tenured Distinguished Health Professor, epidemiologist, and biostatistician with 19 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.