

**Veterans Accelerated Wellness Program Evaluation
(July 1, 2016 – December 31, 2020)**

Veterans Alternative
1750 Arcadia Road
Holiday, FL, 34690

Date of Submission: December 31, 2020

Submitted to: Brian Anderson
Co-Founder and Director
Veterans Alternative

Prepared by: Paula L. Kip, PhD
Founder and CEO
KipPro Research, LLC
Pittsburgh, PA 15211
Dr.PLKip@gmail.com
(727) 543-8680

TABLE OF CONTENTS

<u>SECTION</u>	<u>TITLE</u>
1.0	INTRODUCTION
2.0	SERVICES PROVIDED
3.0	PROGRAM EVALUATION RESULTS
4.0	ESTIMATE OF RETURN ON INVESTMENT (ROI)
5.0	DE-IDENTIFIED LISTING OF VETERANS AND SPOUSES SERVED

1.0 INTRODUCTION

This report provides a summary of cumulative performance for the Veterans Accelerated Wellness Program during the period **July 1, 2016 through December 31, 2020**. In addition, limited results are presented for spouses of veterans served, as well other non-veteran wellness retreats conducted (e.g., Gold Star family members). As background, the Veterans Alternative Center, housed in Holiday FL, provides 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 (MST). 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 abuse. The services (described below) are provided during 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 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.



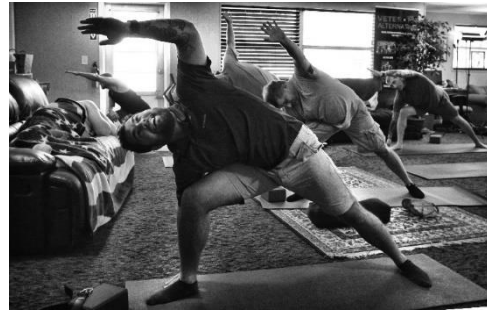
Integrative Restoration (iREST)

- 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, 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 Accelerated 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 start 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., retreats for Gold Star family members) during the performance period.

During the cumulative period July 1, 2016 to December 31, 2020, a total of 121 retreats were conducted (**Table 1**). This included 115 veteran wellness retreats with 381 veterans served, 69 retreats in which 100 spouses attended in conjunction with their veteran spouse and 1 separate retreat specifically awarded to 6 “spouses of the year”, 4 retreats that served 22 Gold Star family members, and 1 retreat specifically for MST that served 3 veterans.

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

Time Period	Source	# Retreats	# Served
July 1, 2016 – December 31, 2020	Veteran	115	381
October 10, 2016 – December 31, 2020	Spouse	70	106
December 2, 2018 – December 31, 2020	Gold Star	4	22
December 2, 2018 – December 31, 2020	MST	1	3
Total			512

Table 2 presents how the veterans rated different components of the wellness program retreats 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. Evaluation of Program Retreats by Veterans

All Elements Rated on a 1 to 5 Scale Results Overall and by Gender of Veteran Time Period July 1, 2016 - December 31, 2020			
Characteristic	Total (N=381)	Female (N=66)	Male (N=315)
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	4.9, 0.4	4.8, 0.6
Retreat Evaluation (1 to 5): Food, mean, SD	4.7, 0.7	4.6, 0.9	4.7, 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, 0.2	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	4.8, 0.5	4.7, 0.7
Retreat Evaluation (1 to 5): ART, mean, SD	4.7, 0.7	4.7, 0.6	4.7, 0.7
Retreat Evaluation (1 to 5): iRest, mean, SD	4.8, 0.6	4.8, 0.6	4.8, 0.6
Retreat Evaluation (1 to 5): Yoga, mean, SD	4.5, 0.8	4.5, 0.8	4.5, 0.8
Retreat Evaluation (1 to 5): Kali, mean, SD	4.2, 1.0	4.0, 1.1	4.2, 1.0
Retreat Evaluation (1 to 5): PT (physical training), mean, SD	4.3, 1.1	4.3, 1.1	4.3, 1.0
Retreat Evaluation (1 to 5): Music therapy, mean, SD	4.5, 0.9	4.6, 0.8	4.5, 0.9
Retreat Evaluation (1 to 5): Equine therapy, mean, SD	4.2, 1.1	4.3, 1.1	4.2, 1.1

Table 3 presents the mean number of services provided per veteran over the performance period. These results refer to the 381 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.

Table 3. Mean Number of Services Provided per Veteran

**Results Overall and by Gender of Veteran
Time Period July 1, 2016 - December 31, 2020**

Characteristic	Total (N=381)	Female (N=66)	Male (N=315)
Number of ART sessions, mean, SD	4.8, 0.6	4.8, 0.6	4.8, 0.6
Number of iREST sessions, mean, SD	4.2, 1.2	4.4, 1.2	4.2, 1.2
Number of Yoga sessions, mean, SD	3.7, 1.0	3.9, 0.9	3.7, 1.1
Number of Kali sessions, mean, SD	0.3, 0.8	0.3, 0.8	0.3, 0.8
Number of physical therapy sessions, mean, SD	0.4, 1.0	0.3, 1.0	0.4, 1.1
Number of Other activity sessions, mean, SD	9.1, 5.4	11.1, 5.7	8.7, 5.3

Figure 1 depicts the cumulative aggregate number of sessions provided for the different therapeutic modalities for all 381 veterans. As seen, a total of 1,938 sessions of ART and 1,671 sessions of iREST were delivered to veterans.

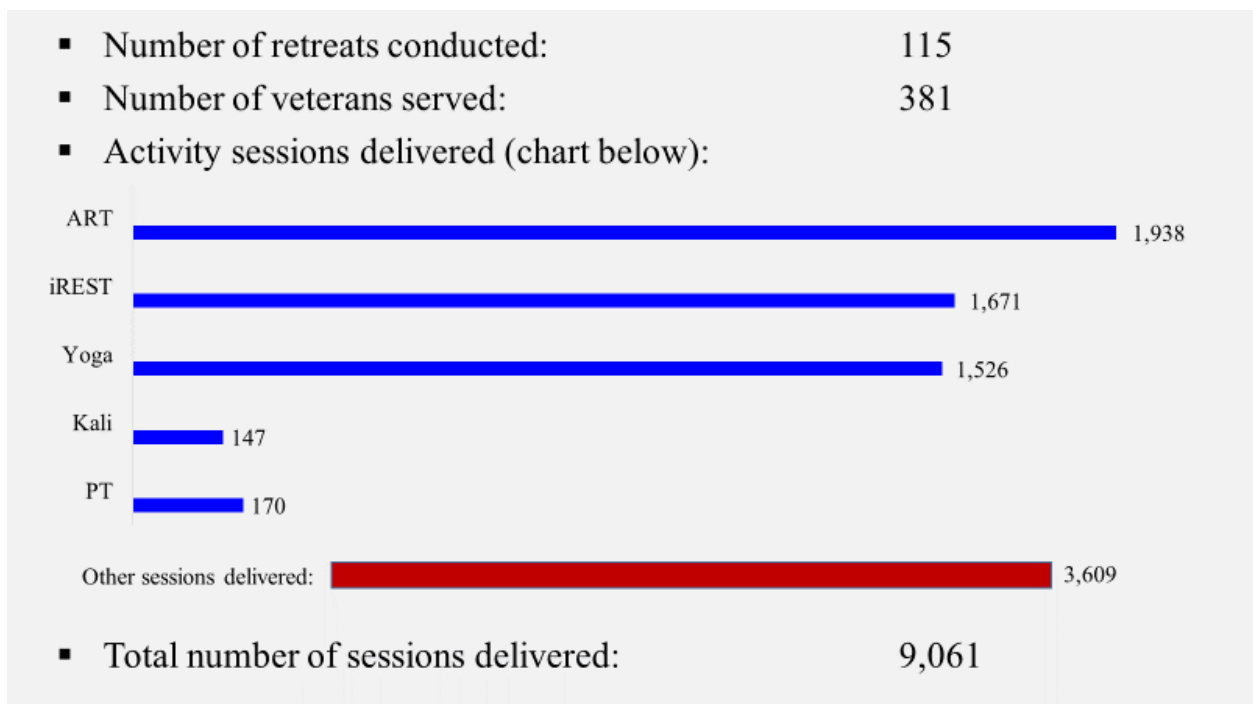


Figure 1. Aggregate Number of Veteran Sessions Provided per Therapeutic Modality (July 1, 2016 – December 31, 2020).

Table 4 presents demographic characteristics for all veterans served 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 75.4% of female veterans reporting a history of sexual assault compared to 13.8% among male veterans. In contrast, trauma due to IED blast or combat explosion was much more frequent in male than in female veterans (79.0% vs. 31.0%).

Table 4. Demographic Characteristics of Veterans

Results Overall and by Gender			
Time Period July 1, 2016 - December 31, 2020			
Characteristic	Total (N=381)	Female (N=66)	Male (N=315)
Age in years, %			
18 to 29	8.0	6.3	8.4
30 to 39	36.0	25.0	38.4
40 to 49	27.1	39.1	24.6
50 to 59	16.3	21.9	15.2
60 to 69	7.5	7.8	7.4
70 or older	5.0	0.0	6.1
Race, %			
Black/African American	17.2	31.7	14.1
White	77.4	63.5	80.4
Asian	1.4	0.0	1.7
Native Hawaiian/Pacific Islander	0.6	1.6	0.3
American Indian/Alaskan Native	2.8	3.2	2.7
Other	0.6	0.0	0.7
Ethnicity, %			
Hispanic	15.6	13.3	16.1
Non-Hispanic	84.4	86.7	83.9
Years of education completed, %			
Less than 12	2.5	0.0	3.0

Characteristic	Total (N=381)	Female (N=66)	Male (N=315)
12 to 14	43.8	26.6	47.5
15 to 16	29.6	29.7	29.6
17 to 18	14.4	21.9	12.8
19 or more	9.7	21.9	7.1
Marital status, %			
Married/Living with someone	48.5	21.9	54.2
Single	19.1	35.9	15.5
Separated	6.6	6.3	6.7
Divorced	22.7	28.1	21.5
Widowed	3.0	7.8	2.0
Primary military service, %			
Army	60.7	50.0	63.0
Army Reserves	2.8	7.8	1.7
Navy	9.4	10.9	9.1
Naval Reserves	0.3	0.0	0.3
Marine Corps	11.4	3.1	13.1
Marine Corps Reserves	0.3	0.0	0.3
Air Force	9.4	21.9	6.7
Air Force Reserves	0.3	1.6	0.0
National Guard	5.0	3.1	5.4
National Guard Reserves	0.6	1.6	0.3
Number of deployments, %			
None	4.7	12.5	3.0
One	37.1	39.1	36.7
Two	24.4	26.6	23.9
Three	8.9	4.7	9.8
Four or more	24.9	17.2	26.6
Length of longest deployment, %			
Less than 6 months	10.2	21.7	7.8
6 months to 9 months	25.8	25.0	25.9
9 months to 12 months	28.6	26.7	29.0

Characteristic	Total (N=381)	Female (N=66)	Male (N=315)
12 months to 18 months	31.7	23.3	33.4
More than 18 months	3.7	3.3	3.8
Trauma - Witness death or execution, %			
No	23.8	54.2	17.5
Yes	76.2	45.8	82.5
Trauma - IED blast or combat explosion, %			
No	29.2	69.0	21.0
Yes	70.8	31.0	79.0
Trauma - Witness major injuries (non-lethal), %			
No	19.1	46.6	13.6
Yes	80.9	53.4	86.4
Trauma - Physical assault, %			
No	59.0	48.3	61.4
Yes	41.0	51.7	38.6
Trauma - Sexual assault, %			
No	73.7	24.6	86.2
Yes	26.3	75.4	13.8
Trauma - Other, %			
No	56.8	41.7	60.3
Yes	43.2	58.3	39.7
Current Medication - Pain, %			
No	44.2	34.9	46.1
Yes	55.8	65.1	53.9
Current Medication - Depression, %			
No	34.2	33.3	34.3
Yes	65.8	66.7	65.7
Current Medication - Anxiety, %			
No	33.3	30.2	34.0
Yes	66.7	69.8	66.0
Current Medication - Seizures, %			
No	95.0	96.8	94.6

Characteristic	Total (N=381)	Female (N=66)	Male (N=315)
Yes	5.0	3.2	5.4
Current Medication - Sleep, %			
No	34.7	33.3	35.0
Yes	65.3	66.7	65.0

Table 5 provides symptom levels reported by veterans at the start and end of the 5-day retreat. This includes 334 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 , 80.2% of veterans screened positive for PTSD at the start of the retreat compared to 24.6% at the end of the 5-day 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 5-day wellness retreat.

Table 5. Symptom Status Reported by Veterans

Start and End of Retreat			
Time Period July 1, 2016 - December 31, 2020			
Characteristic	Start of Retreat (N=334)	End of Retreat (N=334)	p-value
PCL5 (PTSD) score (total), mean, SD	47.7, 16.6	23.8, 15.9	<0.0001
PCL5 Intrusion subscale score, mean, SD	10.8, 5.1	6.0, 4.3	<0.0001
PCL5 Avoidance subscale score, mean, SD	5.1, 2.1	2.5, 2.1	<0.0001
PCL5 Mood-Cognition subscale score, mean, SD	16.8, 6.6	7.9, 6.2	<0.0001
PCL5 Arousal subscale score, mean, SD	15.0, 5.0	7.4, 5.1	<0.0001
Provisional PTSD diagnosis based on PCL-5, %	76.0	24.0	<0.0001
PTSD cutpoint diagnosis (PCL5 score ≥ 33), %	80.2	24.6	<0.0001
Perceived Stress Scale Score (total), mean, SD	24.6, 6.4	13.9, 7.0	<0.0001

Characteristic	Start of Retreat (N=334)	End of Retreat (N=334)	p-value
Health Symptom Inventory score (total), mean, SD	31.6, 16.0	13.8, 12.5	<0.0001
HSI Somatization subscale score, mean, SD	8.2, 5.5	4.0, 4.2	<0.0001
HSI Depression subscale score, mean, SD	12.0, 6.5	4.6, 4.6	<0.0001
HSI Anxiety subscale score, mean, SD	11.5, 6.3	5.2, 5.0	<0.0001
Connor Davidson Resilience score (total), mn, SD	22.5, 7.2	26.4, 7.1	<0.0001
Average pain in past week (0 to 10 scale), mn, SD	5.1, 2.5	3.5, 2.5	<0.0001
Pain Outcomes Quest: Mobility subscale, mn, SD	14.9, 8.9	13.1, 7.8	<0.0001
Pain Outcomes Quest: ADL subscale, mean, SD	4.9, 7.7	3.3, 6.4	<0.0001
Pain Outcomes Quest: Vitality subscale, mean, SD	16.2, 5.4	13.2, 5.8	<0.0001
Pain Outcomes Quest: Negative Affect subscale, mean, SD	26.1, 10.7	14.7, 10.2	<0.0001
Pain Outcomes Quest: Fear subscale, mean, SD	-1.0, 3.2	-0.0, 3.1	<0.0001
Pain Outcomes Quest: Total Score, mean, SD	61.2, 23.5	44.3, 22.1	<0.0001
Sleep dysfunction score, mean, SD	29.0, 13.1	20.6, 11.6	<0.0001
Marital Adjustment Score (100 is avg.), mn, SD	87.0, 33.8	95.6, 32.3	<0.0001

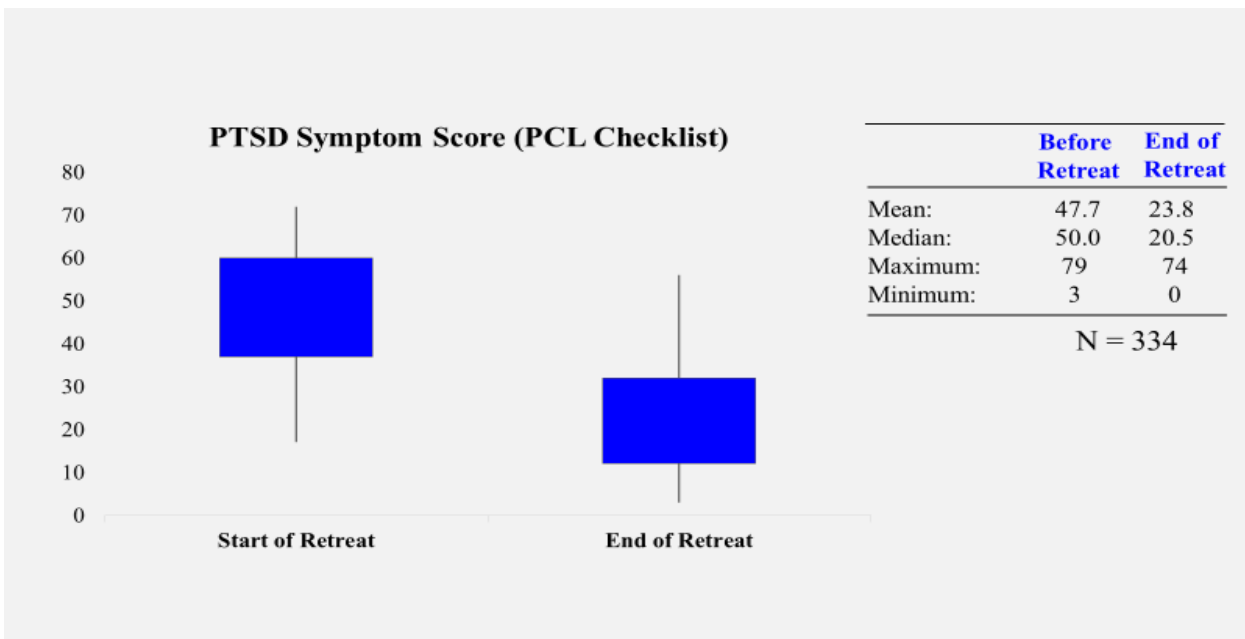


Figure 2. Box Plot of Distribution of PCL-5 (PTSD) Scores at Start and End of Retreat Program (Cumulative Time Period: July 1, 2016 – December 31, 2020).

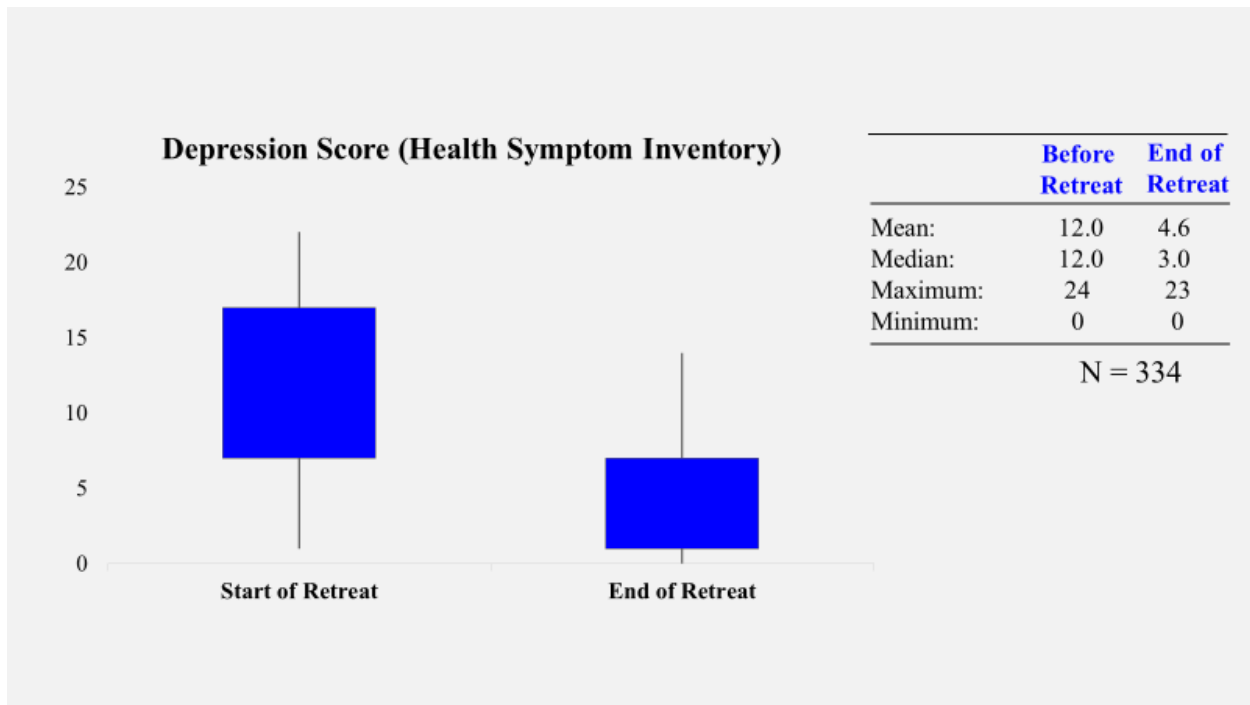


Figure 3. Box Plot of Distribution of Depression Scores at Start and End of Retreat Program (Cumulative Time Period: July 1, 2016 – December 31, 2020).

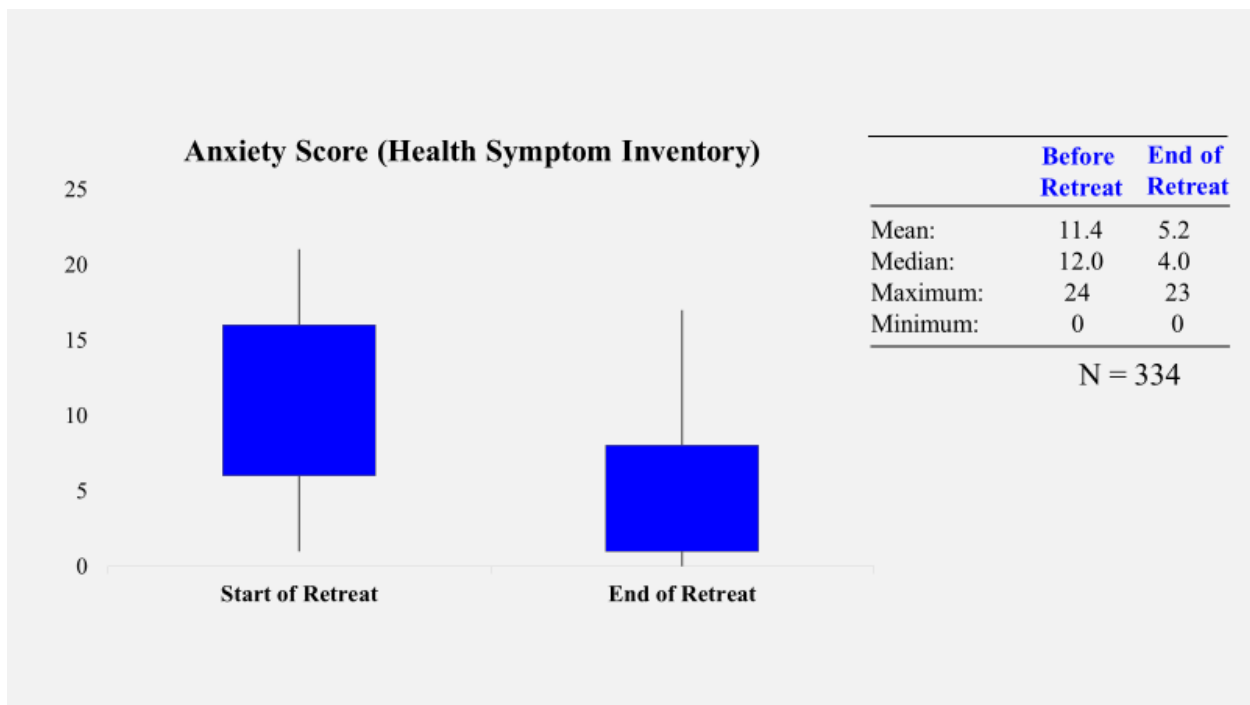


Figure 4. Box Plot of Distribution of Anxiety Scores at Start and End of Retreat Program (Cumulative Time Period: July 1, 2016 – December 31, 2020).

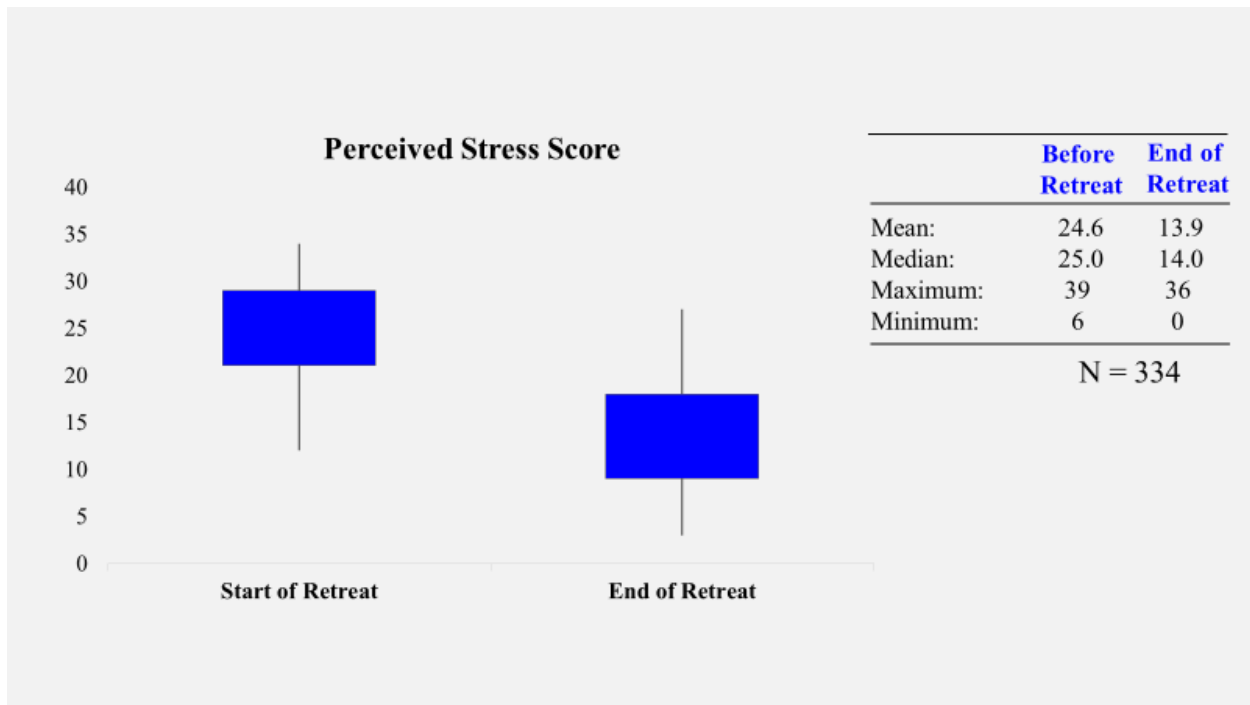


Figure 5. Box Plot of Distribution of Perceived Stress Scores at Start and End of Retreat Program (Cumulative Time Period: July 1, 2016 – December 31, 2020).

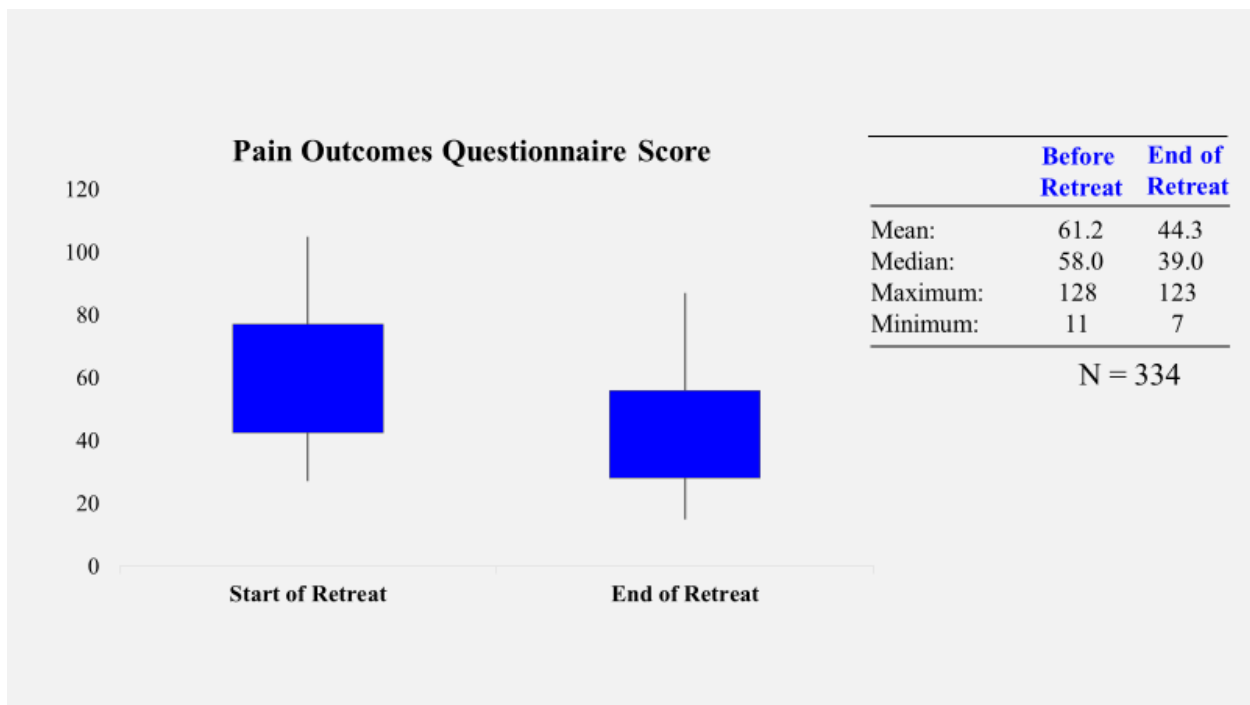


Figure 6. Box Plot of Distribution of Pain Scores at Start and End of Retreat Program (Cumulative Time Period: July 1, 2016 – December 31, 2020).

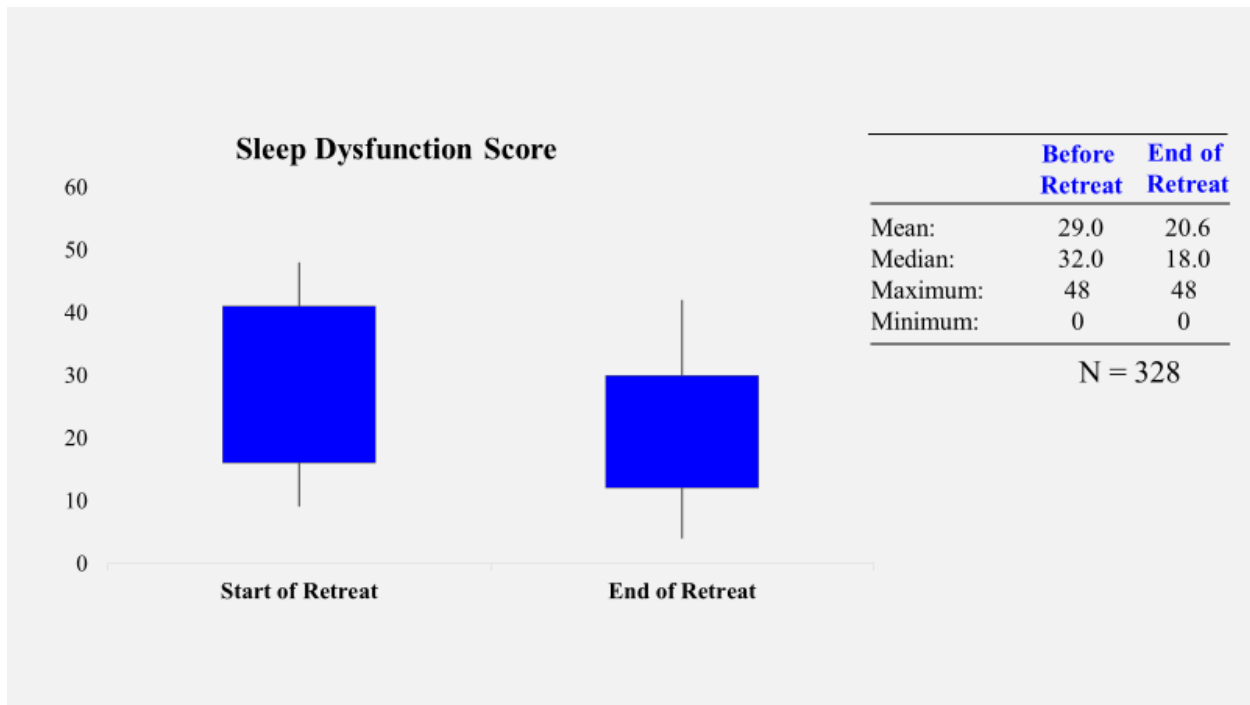


Figure 7. Box Plot of Distribution of Sleep Dysfunction Scores at Start and End of Retreat Program (Cumulative Time Period: July 1, 2016 – December 31, 2020).

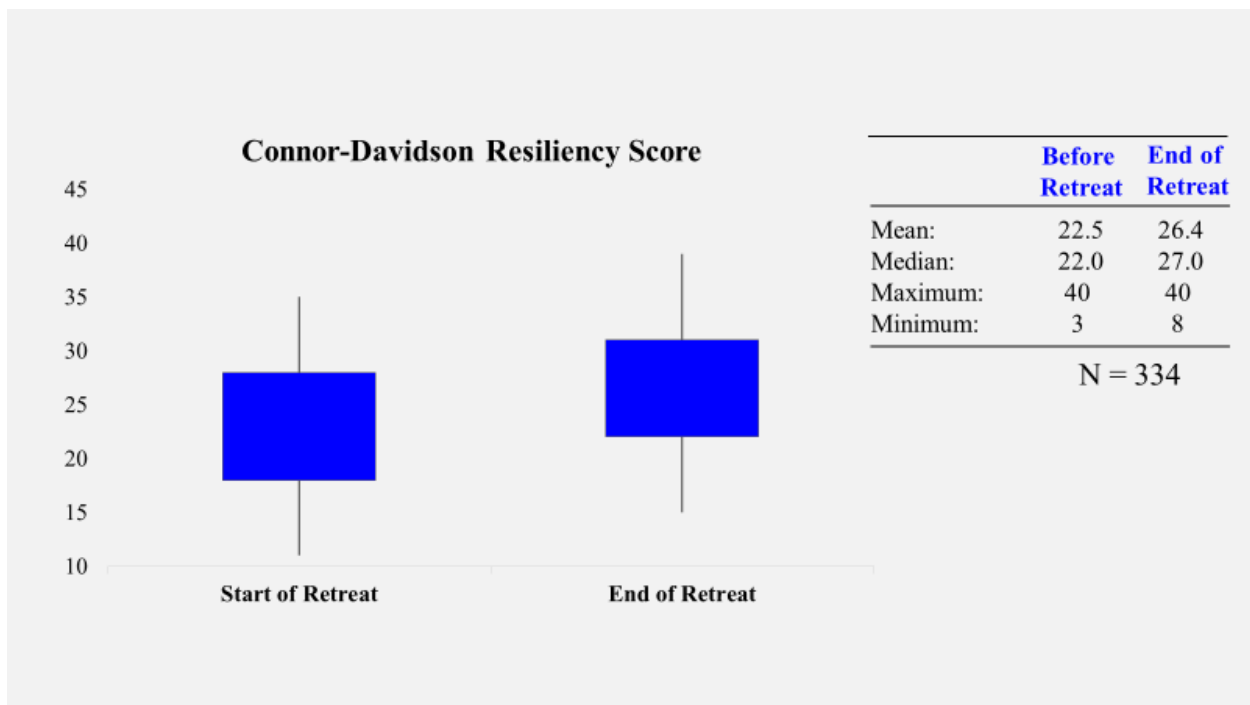


Figure 8. Box Plot of Distribution of Resiliency Scores at Start and End of Retreat Program (Cumulative Time Period: July 1, 2016 – December 31, 2020).

Table 6 provides symptom levels reported by **female veterans** at the start and end of the 5-day 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 , 64.4% of female veterans screened positive for PTSD at the start of the retreat compared to 15.3% at the end of the 5-day retreat. The mean score on the 20-item PTSD checklist at the start of the retreat (41.7), as compared to at the end of the retreat (21.6), corresponds to an average reduction of 48% in symptoms of PTSD.

Table 6. Symptom Status Reported by FEMALE Veterans

Start and End of Retreat Time Period July 1, 2016 - December 31, 2020			
Characteristic	Start of Retreat (N=59)	End of Retreat (N=59)	p-value
PCL5 (PTSD) score (total), mean, SD	41.7, 17.0	21.6, 14.9	<0.0001
PCL5 Intrusion subscale score, mean, SD	9.7, 4.9	5.7, 4.2	<0.0001
PCL5 Avoidance subscale score, mean, SD	4.5, 2.3	2.3, 1.9	<0.0001
PCL5 Mood-Cognition subscale score, mean, SD	14.4, 7.1	6.8, 5.8	<0.0001
PCL5 Arousal subscale score, mean, SD	13.1, 5.1	6.7, 5.1	<0.0001
Provisional PTSD diagnosis based on PCL-5, %	62.7	15.3	<0.0001
PTSD cutpoint diagnosis (PCL5 score ≥ 33), %	64.4	15.3	<0.0001
Perceived Stress Scale Score (total), mean, SD	23.7, 6.6	13.0, 6.4	<0.0001
Health Symptom Inventory score (total), mean, SD	27.6, 17.2	13.2, 11.4	<0.0001
HSI Somatization subscale score, mean, SD	7.3, 5.7	4.1, 4.0	<0.0001
HSI Depression subscale score, mean, SD	10.0, 6.7	4.0, 3.9	<0.0001
HSI Anxiety subscale score, mean, SD	10.3, 6.6	5.2, 4.8	<0.0001
Connor Davidson Resilience score (total), mn, SD	23.5, 6.8	26.4, 6.0	<0.0001
Average pain in past week (0 to 10 scale), mn, SD	5.0, 2.6	3.4, 2.4	<0.0001
Pain Outcomes Quest: Mobility subscale, mn, SD	14.3, 8.7	12.2, 6.8	0.0024
Pain Outcomes Quest: ADL subscale, mean, SD	4.0, 7.2	1.6, 3.7	0.002
Pain Outcomes Quest: Vitality subscale, mean, SD	15.8, 5.6	12.5, 5.3	<0.0001
Pain Outcomes Quest: Negative Affect subscale, mean, SD	24.1, 10.4	14.4, 9.3	<0.0001

Characteristic	Start of Retreat (N=59)	End of Retreat (N=59)	p-value
Pain Outcomes Quest: Fear subscale, mean, SD	-1.2, 3.6	0.3, 3.5	0.02
Pain Outcomes Quest: Total Score, mean, SD	56.9, 21.9	41.0, 16.0	<0.0001
Sleep dysfunction score, mean, SD	28.0, 11.6	20.6, 10.0	<0.0001
Marital Adjustment Score (100 is avg.), mean, SD	82.8, 36.0	81.4, 39.4	0.39

Table 7 provides symptom levels reported by male veterans at the start and end of the 5-day 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 , 83.6% of male veterans screened positive for PTSD at the start of the retreat compared to 26.5% at the end of the 5-day retreat. The mean score on the 20-item PTSD checklist at the start of the retreat (48.9), as compared to at the end of the retreat (24.3), corresponds to an average reduction of 50% in symptoms of PTSD.

Table 7. Symptom Status Reported by MALE Veterans

Start and End of Retreat Time Period July 1, 2016 - December 31, 2020			
Characteristic	Start of Retreat (N=275)	End of Retreat (N=275)	p-value
PCL5 (PTSD) score (total), mean, SD	48.9, 16.3	24.3, 16.1	<0.0001
PCL5 Intrusion subscale score, mean, SD	11.1, 5.1	6.0, 4.4	<0.0001
PCL5 Avoidance subscale score, mean, SD	5.2, 2.1	2.5, 2.1	<0.0001
PCL5 Mood-Cognition subscale score, mean, SD	17.3, 6.4	8.2, 6.2	<0.0001
PCL5 Arousal subscale score, mean, SD	15.4, 4.9	7.6, 5.1	<0.0001
Provisional PTSD diagnosis based on PCL-5, %	78.9	25.8	<0.0001
PTSD cutpoint diagnosis (PCL5 score ≥ 33), %	83.6	26.5	<0.0001
Perceived Stress Scale Score (total), mean, SD	24.8, 6.4	14.1, 7.1	<0.0001
Health Symptom Inventory score (total), mean, SD	32.5, 15.6	13.9, 12.7	<0.0001
HSI Somatization subscale score, mean, SD	8.4, 5.5	4.0, 4.3	<0.0001

Characteristic	Start of Retreat (N=275)	End of Retreat (N=275)	p-value
HSI Depression subscale score, mean, SD	12.4, 6.3	4.7, 4.7	<0.0001
HSI Anxiety subscale score, mean, SD	11.7, 6.2	5.2, 5.0	<0.0001
Connor Davidson Resilience score (total), mn, SD	22.3, 7.3	26.4, 7.4	<0.0001
Average pain in past week (0 to 10 scale), mn, SD	5.1, 2.5	3.6, 2.5	<0.0001
Pain Outcomes Quest: Mobility subscale, mn, SD	15.0, 9.0	13.3, 7.9	<0.0001
Pain Outcomes Quest: ADL subscale, mean, SD	5.1, 7.8	3.6, 6.8	0.0001
Pain Outcomes Quest: Vitality subscale, mean, SD	16.3, 5.4	13.4, 5.9	<0.0001
Pain Outcomes Quest: Negative Affect subscale, mean, SD	26.5, 10.7	14.8, 10.3	<0.0001
Pain Outcomes Quest: Fear subscale, mean, SD	-0.9, 3.1	-0.1, 3.1	0.0005
Pain Outcomes Quest: Total Score, mean, SD	62.1, 23.8	45.0, 23.2	<0.0001
Sleep dysfunction score, mean, SD	29.3, 13.4	20.6, 12.0	<0.0001
Marital Adjustment Score (100 is avg.), mean, SD	87.6, 33.6	97.6, 30.7	<0.0001

Table 8 provides symptom levels reported at the start of the 5-day retreat and at the last date of follow-up contact among the 142 veterans who provided post-retreat follow-up data. This analysis corresponds to an average of 59 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 (32.2%), perceived stress (33.1%), depression (35.6%), anxiety (33.0%), and somatization (33.7%). 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 73.2% and 39.4%, respectively.

Table 8. Symptom Status Reported by Veterans at Pre-Retreat and Follow-Up Assessments

Pre-Retreat and Follow-up Assessments			
Time Period July 1, 2016 - December 31, 2020			
Characteristic	Pre-Retreat (N=142)	Follow-Up (N=142)	p-value
PCL5 (PTSD) score (total), mean, SD	44.4, 18.0	30.1, 18.6	<0.0001
PCL5 Intrusion subscale score, mean, SD	9.9, 5.4	6.9, 5.0	<0.0001
PCL5 Avoidance subscale score, mean, SD	4.8, 2.3	3.2, 2.4	<0.0001
PCL5 Mood-Cognition subscale score, mean, SD	15.8, 7.0	10.2, 7.0	<0.0001
PCL5 Arousal subscale score, mean, SD	13.8, 5.5	9.8, 5.9	<0.0001
Provisional PTSD diagnosis based on PCL-5, %	69.0	40.8	<0.0001
PTSD cutpoint diagnosis (PCL5 score \geq 33), %	73.2	39.4	<0.0001
Perceived Stress Scale Score (total), mean, SD	23.9, 6.7	16.0, 7.4	<0.0001
Health Symptom Inventory score (total), mean, SD	29.8, 16.1	19.5, 14.0	<0.0001
HSI Somatization subscale score, mean, SD	7.7, 5.5	5.1, 4.5	<0.0001
HSI Depression subscale score, mean, SD	11.5, 6.5	7.4, 5.8	<0.0001
HSI Anxiety subscale score, mean, SD	10.6, 6.4	7.1, 5.7	<0.0001
Connor Davidson Resilience score (total), mn, SD	23.5, 6.9	26.2, 7.0	0.07
Average pain in past week (0 to 10 scale), mn, SD	4.9, 2.7	4.2, 3.2	0.92
Pain Outcomes Quest: Mobility subscale, mn, SD	14.7, 9.1	12.1, 7.7	0.74
Pain Outcomes Quest: ADL subscale, mean, SD	4.6, 7.6	3.8, 7.5	0.16
Pain Outcomes Quest: Vitality subscale, mean, SD	16.4, 5.7	15.6, 6.4	0.17
Pain Outcomes Quest: Negative Affect subscale, mn, SD	25.4, 11.4	20.3, 11.1	0.01
Pain Outcomes Quest: Fear subscale, mean, SD	-1, 3.1	-.5, 2.4	0.59
Pain Outcomes Quest: Total Score, mean, SD	60.0, 24.7	51.2, 24.5	0.90
Sleep dysfunction score, mean, SD	27.8, 13.4	24.9, 12.1	0.003
Marital Adjustment Score (100 is avg.), mean, SD	89.1, 34.0	94.9, 40.7	0.51

*The mean follow-up from wellness retreat completion was 58.8 days, with a range from 23 to 292 days.

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 Accelerated Wellness 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 Accelerated Wellness 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 334 veterans served (with matching pre- and end-of-retreat data), of whom, 142 have provided post-retreat follow-up data (average of 59 days after retreat completion) serve as the basis for estimating ROI. Whereas average reduction 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 142 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 44.4 and 30.1, respectively. Of note, the mean reduction of 14 points over time (i.e., $44.4 - 30.1$) 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 32.2% 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 **\$1,900 per veteran** (i.e., \$5,900 x 0.322).

The therapeutic programs offered in the Veterans Accelerated 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 Accelerated Wellness Program is:

$$\text{\$1,900} \times 10 \text{ years} = \text{\$19,000 per veteran.}$$

With 334 veterans served and with complete data in the wellness program, 10-year cumulative savings are estimated at:

$$\text{\$19,000} \times 334 \text{ veterans} = \text{\$6,346,000 total savings.}$$

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 CUMULATIVE DE-IDENTIFIED LISTING OF VETERANS, SPOUSES, AND OTHER PERSONS SERVED (JULY 1, 2016 – DECEMBER 31, 2020)

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	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
10D80	102	1/5/2020	1/11/2020
09D39	102	1/5/2020	1/11/2020
02A66	102	1/5/2020	1/11/2020
O6E57	103	1/12/2020	1/18/2020
11R81	103	1/12/2020	1/18/2020
07A84	103	1/12/2020	1/18/2020
09D02	103	1/12/2020	1/18/2020
12T76	104	1/26/2020	2/1/2020
10R54	104	1/26/2020	2/1/2020
09J23	104	1/26/2020	2/1/2020
09T64	105	2/9/2020	2/15/2020
09M66	105	2/9/2020	2/15/2020
04I69	105	2/9/2020	2/15/2020
05G08	105	2/9/2020	2/15/2020
09J93	105	2/9/2020	2/15/2020
07M13	106	2/16/2020	2/22/2020
10J70	106	2/16/2020	2/22/2020
09J55	106	2/16/2020	2/22/2020
01M31	107	3/1/2020	3/7/2020
12L63	107	3/1/2020	3/7/2020
07J88	107	3/1/2020	3/7/2020
10J34	107	3/1/2020	3/7/2020
04A06	107	3/1/2020	3/7/2020
02L52	108	3/8/2020	3/14/2020
04J76	108	3/8/2020	3/14/2020
10C21	108	3/8/2020	3/14/2020
03S68	108	3/8/2020	3/14/2020
01E03	109	6/7/2020	6/13/2020
12E30	109	6/7/2020	6/13/2020
02L82	110	6/21/2020	6/27/2020
07P54	110	6/21/2020	6/27/2020
01L39	110	6/21/2020	6/27/2020
04N54	110	6/21/2020	6/27/2020
10X08	111	7/12/2020	7/18/2020
04S13	111	7/12/2020	7/18/2020
02J49	112	7/26/2020	8/1/2020
10T70	112	7/26/2020	8/1/2020

12S17	113	8/16/2020	8/22/2020
12R36	113	8/16/2020	8/22/2020
03A88	114	8/30/2020	9/5/2020
08R84	114	8/30/2020	9/5/2020
09C56	114	8/30/2020	9/5/2020
07T29	114	8/30/2020	9/5/2020
06D11	115	9/13/2020	9/19/2020
03G98	115	9/13/2020	9/19/2020
12M34	115	9/13/2020	9/19/2020
05G63	115	9/13/2020	9/19/2020
08P64	116	9/20/2020	9/26/2020
08W66	116	9/20/2020	9/26/2020
06L88	117	10/4/2020	10/10/2020
10G76	117	10/4/2020	10/10/2020
03T89	117	10/4/2020	10/10/2020
03S57	118	11/8/2020	11/14/2020
12N34	118	11/8/2020	11/14/2020
09S41	118	11/8/2020	11/14/2020
07J76	118	11/8/2020	11/14/2020
03S96	118	11/8/2020	11/14/2020
01D56	120	12/6/2020	12/13/2020
10M42	120	12/6/2020	12/13/2020
02A66	120	12/6/2020	12/13/2020
03A78	120	12/6/2020	12/13/2020

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
03X58	102	1/5/2020	1/11/2020
03L81	102	1/5/2020	1/11/2020
10P40	102	1/5/2020	1/11/2020
03P49	103	1/12/2020	1/18/2020
06N17	104	1/26/2020	2/1/2020
02K72	105	2/9/2020	2/15/2020
12L45	106	2/16/2020	2/22/2020
10M78	108	3/8/2020	3/14/2020
09C77	109	6/7/2020	6/13/2020
06M51	111	7/12/2020	7/18/2020

08N23	111	7/12/2020	7/18/2020
02J90	112	7/26/2020	8/1/2020
11G75	112	7/26/2020	8/1/2020
07P45	116	9/20/2020	9/26/2020
09L08	117	10/4/2020	10/10/2020
05E39	120	12/6/2020	12/13/2020

GOLD STAR FAMILY MEMBERS

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
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
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
08D43	119	11/15/2020	11/21/2020
11A96	119	11/15/2020	11/21/2020
07A69	119	11/15/2020	11/21/2020

MILITARY SEXUAL TRAUMA (MST)

04M53	121	12/13/2020	12/18/2020
12A64	121	12/13/2020	12/18/2020
02O28	121	12/13/2020	12/18/2020