

**Veterans Accelerated Wellness Program Evaluation  
(July 1, 2016 – June 30, 2021)**

**Veterans Alternative**  
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## 1.0 INTRODUCTION

This report provides a summary of cumulative performance for the Veterans Accelerated Wellness Program during the period **July 1, 2016 through June 30, 2021**. 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.



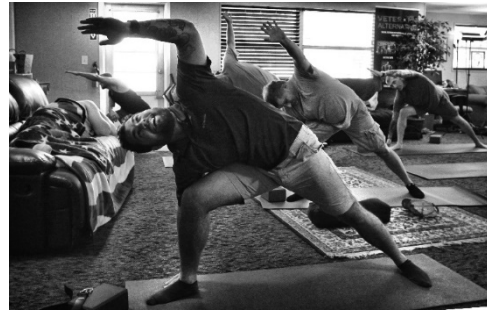
### **Integrative Restoration (iREST)**

- 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 June 30, 2021**, a total of 131 retreats were conducted (**Table 1**). This included 125 veteran wellness retreats with 432 veterans served, along with 3 active duty service members. In addition, 116 spouses attended 75 retreats in conjunction with their veteran spouse. One separate retreat was 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. **Accelerated Resolution Therapy (ART) was the primary treatment modality and was delivered as follows: Veterans (2,055 sessions), Active Duty (15 sessions), Spouses (547 sessions), Gold Star mothers/family members (90 sessions), MST (12 sessions).** Thus, a total of 2,719 ART sessions were delivered.

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

<b>Time Period</b>	<b>Source</b>	<b># Retreats</b>	<b># Served</b>
July 1, 2016 – June 30, 2021	Veteran	125	432
October 4, 2020 – June 30, 2021	Active Duty	3	3
October 10, 2016 – June 30, 2021	Spouse	75	116

December 2, 2018 – June 30, 2021	Gold Star	4	22
December 2, 2018 – June 30, 2021	MST	1	3
<b>Total</b>			<b>576</b>

\*Not all participants have pre-retreat and post-retreat data collection and not all having matching ID numbers.

**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**

<b>All Elements Rated on a 1 to 5 Scale Results Overall and by Gender of Veteran Time Period July 1, 2016 - June 30, 2021</b>			
<b>Characteristic</b>	<b>Total (N=420)</b>	<b>Female (N=84)</b>	<b>Male (N=336)</b>
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	4.7, 0.8	4.7, 0.6
Retreat Evaluation (1 to 5): Location, mean, SD	4.7, 0.7	4.9, 0.3	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, 0.3	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, 0.7	4.5, 0.9
Retreat Evaluation (1 to 5): Kali, mean, SD	4.1, 1.1	4.0, 1.1	4.2, 1.0
Retreat Evaluation (1 to 5): PT (physical training), mn, SD	4.2, 1.1	4.3, 1.1	4.2, 1.1
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 420 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**

<b>Results Overall and by Gender of Veteran Time Period July 1, 2016 - June 30, 2021</b>			
<b>Characteristic</b>	<b>Total (N=420)</b>	<b>Female (N=84)</b>	<b>Male (N=336)</b>
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, 1.1	4.2, 1.2
Number of Yoga sessions, mean, SD	3.7, 1.1	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, 0.9	0.4, 1.0
Number of Other activity sessions, mean, SD	9.1, 5.4	11.1, 5.6	8.7, 5.2

**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 74% of female veterans reporting a history of sexual assault compared to 14% among male veterans. In contrast, trauma due to IED blast or combat explosion was much more frequent in male than in female veterans (76% vs. 28%).



**Table 4. Demographic Characteristics of Veterans**

<b>Results Overall and by Gender</b>			
<b>Time Period July 1, 2016 - June 30, 2021</b>			
<b>Characteristic</b>	<b>Total (N=420)</b>	<b>Female (N=84)</b>	<b>Male (N=336)</b>
Age in years, %			
18 to 29	7.9	7.1	8.0
30 to 39	35.7	26.2	38.1
40 to 49	25.2	34.5	22.9
50 to 59	17.9	25.0	16.1
60 to 69	6.9	7.1	6.8
70 or older	6.4	0.0	8.0
Race, %			
Black/African American	17.0	30.1	13.7
White	79.1	66.3	82.3
Asian	1.2	0.0	1.5
Native Hawaiian/Pacific Islander	0.7	2.4	0.3
American Indian/Alaskan Native	1.9	1.2	2.1
Ethnicity, %			
Hispanic	16.2	16.3	16.2
Non-Hispanic	83.8	83.8	83.8
Years of education completed, %			
Less than 12	2.6	0.0	3.3
12 to 14	44.5	28.6	48.5
15 to 16	30.7	33.3	30.1
17 to 18	13.3	21.4	11.3
19 or more	8.8	16.7	6.8
Marital status, %			
Married/Living with someone	47.6	27.4	52.7
Single	17.9	29.8	14.9
Separated	7.9	9.5	7.4
Divorced	23.8	27.4	22.9

<b>Characteristic</b>	<b>Total (N=420)</b>	<b>Female (N=84)</b>	<b>Male (N=336)</b>
Widowed	2.9	6.0	2.1
Primary military service, %			
Army	58.1	44.0	61.6
Army Reserves	5.5	8.3	4.8
Navy	10.7	19.0	8.6
Naval Reserves	0.5	1.2	0.3
Marine Corps	10.5	2.4	12.5
Marine Corps Reserves	0.2	0.0	0.3
Air Force	8.8	17.9	6.5
Air Force Reserves	0.2	1.2	0.0
National Guard	4.8	3.6	5.1
National Guard Reserves	0.7	2.4	0.3
Number of deployments, %			
None	6.7	14.6	4.8
One	37.2	39.0	36.7
Two	25.2	28.0	24.5
Three	9.1	6.1	9.9
Four or more	21.8	12.2	24.2
Length of longest deployment, %			
Less than 6 months	10.3	19.4	8.2
6 months to 9 months	26.5	29.2	25.9
9 months to 12 months	29.0	30.6	28.7
12 months to 18 months	31.1	18.1	34.1
More than 18 months	3.1	2.8	3.2
Trauma - Witness death or execution, %	71.9	40.5	79.7
Trauma - IED blast or combat explosion, %	66.5	28.2	75.9
Trauma - Witness major injuries (non-lethal), %	77.2	46.2	84.6
Trauma - Physical assault, %	39.5	47.4	37.3
Trauma - Sexual assault, %	28.1	74.1	14.5
Trauma - Other, %	42.6	53.1	39.7
Current Medication - Pain, %	54.8	66.3	51.9

<b>Characteristic</b>	<b>Total (N=420)</b>	<b>Female (N=84)</b>	<b>Male (N=336)</b>
Current Medication - Depression, %	64.1	66.3	63.6
Current Medication - Anxiety, %	65.6	71.1	64.2
Current Medication - Seizures, %	4.3	2.4	4.8
Current Medication - Sleep, %	63.9	66.3	63.3

**Table 5** provides symptom levels reported by veterans at the start and end of the 5-day retreat. This includes 420 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  $\geq 33$ , 78.6% of veterans screened positive for PTSD at the start of the retreat compared to an estimated 24.3% at the end of the 5-day retreat. There are substantial estimated reductions in symptoms of PTSD, depression, anxiety, perceived stress, and sleep dysfunction. **Table 5** also depicts self-reported resiliency scores at the beginning and estimated at the end of the 5-day wellness retreat.

**Table 5. Symptom Status Reported by Veterans**

<b>Start and End of Retreat Time Period July 1, 2016 - June 30, 2021</b>			
<b>Characteristic</b>	<b>Start of Retreat (N=420)</b>	<b>At End of Retreat (N=420)</b>	<b>p-value</b>
PCL5 (PTSD) score (total), mean, SD	47.1, 17.1	23.2, 16.0	<0.0001
PCL5 Intrusion subscale score, mean, SD	10.7, 5.1	5.8, 4.3	<0.0001
PCL5 Avoidance subscale score, mean, SD	5.1, 2.2	2.5, 2.1	<0.0001
PCL5 Mood-Cognition subscale score, mean, SD	16.6, 6.9	7.7, 6.1	<0.0001
PCL5 Arousal subscale score, mean, SD	14.8, 5.2	7.2, 5.2	<0.0001
Provisional PTSD diagnosis based on PCL-5, %	75.2	24.5	<0.0001
PTSD cutpoint diagnosis (PLC5 score $\geq 33$ ), %	78.6	24.3	<0.0001
Perceived Stress Scale Score (total), mean, SD	24.5, 6.6	13.8, 7.0	<0.0001
Health Symptom Inventory score (total), mean, SD	31.4, 16.3	13.6, 12.3	<0.0001

Characteristic	Start of Retreat (N=420)	At End of Retreat (N=420)	p-value
HSI Somatization subscale score, mean, SD	8.1, 5.7	4.0, 4.2	<0.0001
HSI Depression subscale score, mean, SD	11.8, 6.5	4.5, 4.6	<0.0001
HSI Anxiety subscale score, mean, SD	11.4, 6.3	5.1, 5.0	<0.0001
Connor Davidson Resilience score (total), mean, SD	22.2, 7.4	26.6, 7.3	<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, 8.8	13.1, 7.6	<0.0001
Pain Outcomes Quest: ADL subscale, mean, SD	4.8, 7.6	3.4, 6.4	<0.0001
Pain Outcomes Quest: Vitality subscale, mean, SD	16.2, 5.4	13.3, 5.9	<0.0001
Pain Outcomes Quest: Negative Affect subscale, mn, SD	25.7, 11.0	14.7, 10.2	<0.0001
Pain Outcomes Quest: Fear subscale, mean, SD	-1.0, 3.1	0.2, 3.1	<0.0001
Pain Outcomes Quest: Total Score, mean, SD	60.6, 23.6	44.8, 22.5	<0.0001
Sleep dysfunction score, mean, SD	29.7, 12.6	21.2, 11.7	<0.0001
Marital Adjustment Score (100 is average), mean, SD	87.3, 33.2	95.8, 31.2	<0.0001

**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  $\geq 33$ , 67.9% of female veterans screened positive for PTSD at the start of the retreat compared to an estimated 20.2% at the end of the 5-day retreat. The mean score on the 20-item PTSD checklist at the start of the retreat (42.8), as compared to at the end of the retreat estimate (21.4), corresponds to an average reduction of an estimated 50% in symptoms of PTSD.

**Table 6. Symptom Status Reported by FEMALE Veterans**

Characteristic	Start and End of Retreat		p-value
	Start of Retreat (N=84)	End of Retreat (N=84)	
PCL5 (PTSD) score (total), mean, SD	42.8, 17.5	21.4, 15.5	<.0001
PCL5 Intrusion subscale score, mean, SD	9.9, 5.0	5.6, 4.1	<.0001
PCL5 Avoidance subscale score, mean, SD	4.6, 2.3	2.3, 2.0	<.0001

Characteristic	Start of Retreat	End of Retreat	p-value
	(N=84)	(N=84)	
PCL5 Mood-Cognition subscale score, mean, SD	14.8, 7.3	6.8, 6.0	<.0001
PCL5 Arousal subscale score, mean, SD	13.5, 5.3	6.7, 5.4	<.0001
Provisional PTSD diagnosis based on PCL-5, %	65.5	17.9	<.0001
PTSD cutpoint diagnosis (PCL5 score $\geq$ 33), %	67.9	20.2	<.0001
Perceived Stress Scale Score (total), mean, SD	24.3, 6.7	13.1, 7.0	<.0001
Health Symptom Inventory score (total), mean, SD	29.6, 17.4	13.1, 11.7	<.0001
HSI Somatization subscale score, mean, SD	7.9, 6.0	4.0, 4.0	<.0001
HSI Depression subscale score, mean, SD	10.6, 7.0	4.0, 4.2	<.0001
HSI Anxiety subscale score, mean, SD	11.1, 6.5	5.1, 4.9	<.0001
Connor Davidson Resilience score (total), mn, SD	22.7, 6.8	26.7, 6.8	<.0001
Sleep dysfunction score, mean, SD	29.4, 11.6	21.4, 10.6	<.0001

**Table 7** provides symptom levels reported by **male veterans** at the start and estimated at the end of the 5-day retreat. As seen, very large, significant estimated 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  $\geq$ 33, 81.3% of male veterans screened positive for PTSD at the start of the retreat compared to an estimated 25.3% at the end of the 5-day retreat. The mean score on the 20-item PTSD checklist at the start of the retreat (48.1), as compared to an estimated at the end of the retreat (23.7), corresponds to an average reduction of an estimated 51% in symptoms of PTSD.

**Table 7. Symptom Status Reported by MALE Veterans**

Characteristic	Start and End of Retreat		p-value
	Start of Retreat (N=336)	At End of Retreat (N=336)	
PCL5 (PTSD) score (total), mean, SD	48.1, 16.8	23.7, 16.1	<.0001
PCL5 Intrusion subscale score, mean, SD	10.8, 5.1	5.9, 4.4	<.0001
PCL5 Avoidance subscale score, mean, SD	5.2, 2.1	2.5, 2.1	<.0001
PCL5 Mood-Cognition subscale score, mean, SD	17.0, 6.7	7.9, 6.2	<.0001
PCL5 Arousal subscale score, mean, SD	15.1, 5.1	7.4, 5.1	<.0001

Characteristic	Start of Retreat	At End of Retreat	p-value
	(N=336)	(N=336)	
Provisional PTSD diagnosis based on PCL-5, %	77.7	26.2	<.0001
PTSD cutpoint diagnosis (PCL5 score $\geq$ 33), %	81.3	25.3	<.0001
Perceived Stress Scale Score (total), mean, SD	24.6, 6.6	14.0, 7.1	<.0001
Health Symptom Inventory score, mean, SD	31.8, 16.0	13.7, 12.5	<.0001
HSI Somatization subscale score, mean, SD	8.2, 5.6	4.0, 4.2	<.0001
HSI Depression subscale score, mean, SD	12.1, 6.3	4.6, 4.7	<.0001
HSI Anxiety subscale score, mean, SD	11.5, 6.3	5.1, 5.0	<.0001
Connor Davidson Resilience score, mean, SD	22.1, 7.5	26.6, 7.4	<.0001
Sleep dysfunction score, mean, SD	29.7, 12.9	21.2, 11.9	<.0001

**Table 8** provides symptom levels reported at the start of the 5-day retreat and estimated at the last date of follow-up contact among the 175 veterans who provided post-retreat follow-up data. This analysis corresponds to an average of 55 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. In terms of sustained symptom reduction at follow-up, percentage reductions in symptoms were as follows: PTSD (33.3%), perceived stress (29.0%), depression (38.1%), anxiety (35.7%), and somatization (35.9%). Based on the PCL-5 to define a diagnosis of PTSD (score  $\geq$ 33), respective percentages at the beginning of the retreat compared to follow-up were 74% and 39%, 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 - June 30, 2021**

<b>Characteristic</b>	<b>Pre-Retreat (N=175)</b>	<b>Follow-up (N=175)</b>	<b>p-value</b>
PCL5 (PTSD) score (total), mean, SD	45.3, 17.7	30.2, 18.8	<.0001
PCL5 Intrusion subscale score, mean, SD	10.2, 5.3	6.8, 5.0	<.0001
PCL5 Avoidance subscale score, mean, SD	4.8, 2.2	3.2, 2.4	<.0001
PCL5 Mood-Cognition subscale score, mean, SD	16.1, 7.0	10.2, 7.1	<.0001
PCL5 Arousal subscale score, mean, SD	14.2, 5.4	9.8, 6.0	<.0001
Provisional PTSD diagnosis based on PCL-5, %	70.9	41.1	<.0001
PTSD cutpoint diagnosis (PCL5 score $\geq$ 33), %	73.7	39.4	<.0001
Perceived Stress Scale Score (total), mean, SD	24.1, 6.5	17.1, 7.9	<.0001
Health Symptom Inventory score (total), mean, SD	30.8, 15.9	19.6, 14.1	<.0001
HSI Somatization subscale score, mean, SD	7.8, 5.6	5.0, 4.5	<.0001
HSI Depression subscale score, mean, SD	11.8, 6.4	7.3, 5.8	<.0001
HSI Anxiety subscale score, mean, SD	11.2, 6.4	7.2, 5.9	<.0001
Connor Davidson Resilience score (total), mean, SD	22.9, 6.9	26.7, 7.0	.01
Sleep dysfunction score, mean, SD	29.0, 13.2	25.6, 12.4	.001

\*The mean follow-up from wellness retreat completion was 55 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 unedited individual comments are listed below.

**Veterans Alternative Program Evaluation Report**  
**Write in Comments About Wellness Retreat Experience**  
**Retreats Conducted July 1, 2016 - June 30, 2021**

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 THERAPY I BELIEVE IS THE FIRST THERAPY THAT ACTUALLY HELPED ME. The staff is great warm and loving.
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
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!!!
Amazing, relaxing, easy to focus, beneficial, great and caring and competent crew/team.
Atmosphere at center overall was outstanding. But sometimes it got overwhelming with too many people in the Center.
Awesome staff and services
Awesome time! Looking forward to share my experience with others!
Batia was the best therapist I have ever delt with, and I have been in therapy for 10 years. The rest of the staff was warm and caring.
Bes program.
Best place to heal for a combat veteran like myself
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
Consider adopting insight meditation
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 myself.
Did not participate in Kali or PT
Did not perform PT, checked off to advance screen. Kali is excellent although didnt 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.
Everything was wonderful



Excellent culture
Excellent program, highly recommend to all vets and partners.
Excellent retreat! Thank you. Excellent!
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
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
For those flying in make them aware their meals WILL NOT be covered. Strongly suggest they bring or bring enough money for food & snacks that will fit a college sized refrigerator AND that will NOT attract pests if left out.
Found the experience very eye opening
Freaking Great Program, Should be two weeks long. I really enjoyed myself. Great counselor, Jessie.
GREAT PROGRAM
Good stuff
Great experience
Great job from the staff on a wonderful week. Addressed a lot of my problems and got answers. Thanks so much!
Great time
Great trip to Ireland, however for your future trips I think the itinerary could be stronger. A lot of times we were left in the dark and the leadership didn't seem to even know what was happening. That's really nit picking. It was a great trip
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 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, Batiam and Forrest for their dedication to this program
I am sad to leave. I am going to miss your faces.
I appreciate the opportunity and the outcomes of my sessions and the men who ran through the retreat with me. The Staff was excellent!
I appreciate the opportunity to experience your services and community.
I believe it could be beneficial to outline the ART protocols. This way if the patient feels enough to open up then they will be able to talk... for the first time in years I really wanted to talk and get help... I felt shutdown by the clinician.
I did not do Kali or PT which is why I rated them unsatisfactory, as not app local wasn't an option.
I feel this program saved my life .I feel i have the tools to get me through any problem .
I 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 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 really, really enjoyed myself.

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 and forming
I like it, I love it, I want some more of it!!!
I like that there were other modalities of the mindful meditation ie. the music, nature walk, crafts, & equine visit.
I look forward to return next year.
I love this facility and hope it continues to improve soldiers lives in a positive way. I think alot of soldiers when they come out and recognize their problems it is hard for them. At times it felt like we were put in a box by therapist when we were just
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 really thought that this program was useful and productive. I really started feeling better from the first day. The staff is professional and caring. I would recommend this program to other veterans as a must do item on their path to overall wellness
I think it would be great if the therapists had the opportunity to complete the program as we do. I think it may have a positive influence on the overall care that is already amazing.
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 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 Deployment it's very rewarding.
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
Incredible what a positive atmosphere can provide growth to us Veterans
Install foam installation to block out sound in rooms and to save money on utility bill.
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 have not 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
Looking forward to you being here again
Love it
Loved it
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.
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 awhile. Thank you again.
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.
More time at the beach
Music was way too long an hour would have been my limit 2 hrs was way too long. Hotel was amazing, volunteers were all nice though only jerry and bruce didn't scare the shot out of me driving where I thought we could be in a serious accident.
N/A
NA
Need to fill more of the time.
New facility
No couples come together.
No equine therapy

No equine. Did Raptors thing. AWESOME walking around with a screech owl. Outstanding program all around.
No it was a wonderful week. I would be open to doing this again.
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're 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.
Possible more couples interaction and building exercises
Questions confusing because during art the emotions and memories come up and we deal with them in there. So after the sessions is awesome and when stuff pops up after like the 2nd day i knows what i need to do. . Before art i might ne nervous or stressed
Really enjoyed and could feel the difference in the ART
SNAFU
Should consider adding leisure books or board games to readily available materials at the center :-)
Show video from tv 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.
Staff & program very professional and welcoming
Staff always kept a great atmosphere in the team house. Really glad I came.
Staff was wonderful thank you so much
THANK YOU ALL!!
Thank You for everything!
Thank you
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 apart of the retreat. It has definitely help me.
Thank you all so very much. A great program.
Thank you all. Everything was perfect! ART is a huge help!
Thank you first of all! The places to eat is something that I feel will never be perfect because to many people have to 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 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 for this opportunity.
Thank you so much
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!
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 much for having me.
Thank you so much for the opportunity to use this therapy to continue to fine tune my rehabilitation... Chris was an excellent host and Kelly honestly cares so much and it shows... Everybody was GREAT...
Thank you so very much. I'm starting to believe in hope again!
Thanks for having this program it means alot
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 again.
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 best program I ever participated in. Staff and the activities are outstanding. Thank you for this opportunity
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 irect. 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 only negative thing is that I had a hard time relating to other veterans on this retreat. Also they did not want to participate and I wish they had participated.
The patio furniture looks rusty, maybe some patchwork (with pool noodles for example) could be applied while Vet Alt locates new patio chairs
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.
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.
They should have challenge dog tags for the service dogs that come just like the challenge coins they give out to the veterans.
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 a 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. I would suggest a different type
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 program is amazing, a god sent. I only was able to attend for 4 days. The whole program is amazing from what they do daily to the staff. Thank you all for the services and your time
This program is the best that I have ever been to and I've done 4 programs prior to this one. The staff was amazing completely involved in there patient and were tremendously helpful
This retreat saved my life
This was a true blessing. It is hard to gave your demons, but with veterans alternative, I recognized why needs to change and have more hope
This was such a blessing!
This was the very best retreat that I ever attended for PTSD, please let your entire staff know that they were awesome I have not seen or been with any other staff that as wonderful as your staff, jessie was so awesome.
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.
To the staff and volunteers of veterans alternative, keep on keeping on. We need you and your compassion. What you all do here is of the UTMOST IMPORTANCE. Pease know and believe this. Thank you all so much. You are all loved by ME. SEMPER FI untill I die!
Try to do different activities, such as archery
Upload a recording of Amy doing i rest onto the Veterans's alternative website!
Very good program for veterans. I will recommend it to other vets.
Very great!!!! Glad I came. Do not want to leave.
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.
We loved the program! Thank you so much for all you've done to help us!
We were unable to go to the Equine Therapy at the horse ranch, so I am leaving that question blank if I may.
Wish I could have stayed longer I felt safe here
Wish it was longer -- 7 days
Wonderful experience
Would hope that in the event of bad weather a secondary activity would be offered. We missed a half day one day and another half day the next day, so a full day due to a hurricane near the area. No secondary activity planned
Would love to take a day exploring the historic areas
Would recommend to all combat veterans
Would've love to ride the horse
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,
Great program like the yoga and i rest the art work maybe a water exercise group on day would be good for vets with injuries
Maybe additional therapy ideas and other organizations
More outside activities need to be added to the program
No horse farm or raptor sanctuary
Thinking maybe a few other activities. maybe ,bowling , some fishing , museum , miniture golf.....
This program saved my life and im so grateful for the opportunity to come back and work on more things this program is amazing i recommend it to anyone who could use it thank you
This was an amazing retreat, the Kali staff was also wonderful it just isn't my cup of tea. I'm leaving feeling calm and relaxed ready to face anything with the assistance of my inner resource.
To go on a 16 hour day, WAY TOO LONG. SCUBA, A.R.T., MWR OUTING THAT LASTIED TO 2300....It is a good idea, BUT.... then adjust schedule. Also, to stay on MWR outing because a V.A staff wanted to and then 1 member just wanted to get the courage to ask.
Very good program, thank you!

#### **4.0 ESTIMATE OF RETURN ON INVESTMENT (ROI):**

According to the Congressional Budget Office (CBO) report (February 2012) entitled “*The Veterans Health Administration’s Treatment of PTSD and Traumatic Brain Injury Among Recent Combat Veterans*”(1), average annual health care costs of veterans treated within the Veterans Health Administration (VHA) are \$8,300 for veterans with post-traumatic stress disorder (PTSD), versus \$2,400 in the absence of PTSD. Of note, annual treatment costs are higher in the presence of comorbidities associated with PTSD which are common and may include mild traumatic brain injury (mTBI). Moreover, it should not be assumed that all annual healthcare costs for a given veteran are represented within the VHA system. Nonetheless, these data are used to formulate conservative estimates of return on investment (ROI) associated with the Veterans 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 420 veterans served (with matching pre- and end-of-retreat data), of whom, 175 have provided post-retreat follow-up data (average of 58 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 (i.e assessment of treatment sustainability).

For the 175 veterans with pre-retreat and post-retreat follow-up data reported through June of 2021, mean scores on the 20-item PCL-5, a validated measure of PTSD symptom severity, were 45.3 and 30.2, respectively. Of note, the mean reduction of 15 points over time (i.e., 45.3 – 30.2)



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 33.3% 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 **\$1,965 per veteran** (i.e.,  $\$5,900 \times 0.333$ ).

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:

$\$1,965 \times 10 \text{ years} = \mathbf{\$19,650 \text{ per veteran.}}$

- For the 175 veterans with complete data in the wellness program including follow-up data, 10-year cumulative savings are estimated at:

$\$19,000 \times 175 \text{ veterans} = \mathbf{\$3,438,750 \text{ total savings.}}$

- For the remaining 245 veterans (i.e.  $420 - 175$ ) without follow-up data, we believe that the data are likely to be missing at random, and that these veterans have experienced a similar level of treatment benefit compared to those with complete follow-up data. However, to be conservative, we assume that among these veterans with missing data, they experienced 75% of the overall treatment benefit compared to those with complete data. This results in an average 10-year savings of \$14,737 (i.e.  $\$19,650 \times 0.75$ ). Thus, 10-year cumulative savings are estimated at:

$\$14,737 \times 245 \text{ veterans} = \mathbf{\$3,610,565 \text{ total savings.}}$

Therefore, for the entire program across all veterans served, 10-year estimated savings are:

$\mathbf{\$3,438,750 + \$3,610,565 = \$7,049,315}$

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 – JUNE 30, 2021)**

<b>Count</b>	<b>Retreat StartDate</b>	<b>ID</b>	<b>Retreat Group</b>
1	7/11/2016	04J72	Veteran
2	7/11/2016	10R11	Veteran
3	7/11/2016	08A82	Veteran
4	7/18/2016	03M06	Veteran
5	7/18/2016	03S57	Veteran
6	7/18/2016	01R94	Veteran
7	7/25/2016	07S02	Veteran
8	7/25/2016	04J84	Veteran
9	7/25/2016	01L29	Veteran
10	7/25/2016	08R70	Veteran
11	8/8/2016	11R72	Veteran
12	8/8/2016	05K98	Veteran
13	8/15/2016	04L39	Veteran
14	8/15/2016	03T14	Veteran
15	8/15/2016	10B11	Veteran
16	8/15/2016	05L02	Veteran
17	8/22/2016	11W92	Veteran
18	8/22/2016	07R70	Veteran
19	8/29/2016	10J26	Veteran
20	9/18/2016	02J11	Veteran
21	9/19/2016	09B68	Veteran
22	9/19/2016	11L15	Veteran
23	9/19/2016	09L81	Veteran
24	9/19/2016	01C36	Veteran
25	9/19/2016	07S71	Veteran
26	10/3/2016	06A33	Veteran
27	10/3/2016	12M58	Veteran
28	10/3/2016	01G48	Veteran
29	10/10/2016	06M52	Veteran
30	10/10/2016	01G72	Veteran
31	10/24/2016	02D88	Veteran
32	10/24/2016	05J25	Veteran
33	10/24/2016	02R98	Veteran
34	10/31/2016	08N23	Veteran
35	11/7/2016	12R94	Veteran
36	11/7/2016	08E66	Veteran
37	11/14/2016	05L56	Veteran
38	11/14/2016	06S69	Veteran
39	11/28/2016	12M68	Veteran
40	11/28/2016	09A58	Veteran
41	12/12/2016	03C28	Veteran

42	12/12/2016	06C56	Veteran
43	12/12/2016	06E96	Veteran
44	12/12/2016	02P44	Veteran
45	1/2/2017	11E56	Veteran
46	1/2/2017	12E96	Veteran
47	1/2/2017	01E22	Veteran
48	1/9/2017	12D56	Veteran
49	1/9/2017	04A40	Veteran
50	1/23/2017	07J56	Veteran
51	1/23/2017	05A72	Veteran
52	1/23/2017	07D80	Veteran
53	1/30/2017	11M80	Veteran
54	1/30/2017	07F94	Veteran
55	1/30/2017	02T89	Veteran
56	2/13/2017	02T88	Veteran
57	2/13/2017	03F74	Veteran
58	2/13/2017	01O32	Veteran
59	3/13/2017	02L58	Veteran
60	3/13/2017	03J88	Veteran
61	3/13/2017	06S23	Veteran
62	3/20/2017	02R72	Veteran
63	3/20/2017	12E96	Veteran
64	3/27/2017	04B83	Veteran
65	3/27/2017	12W90	Veteran
66	4/10/2017	04A54	Veteran
67	4/24/2017	07B76	Veteran
68	4/24/2017	05H71	Veteran
69	4/24/2017	07E08	Veteran
70	4/24/2017	06E64	Veteran
71	4/24/2017	02J74	Veteran
72	5/8/2017	07H44	Veteran
73	5/8/2017	11W88	Veteran
74	5/8/2017	04W70	Veteran
75	5/15/2017	12N42	Veteran
76	5/15/2017	06D66	Veteran
77	5/22/2017	10P14	Veteran
78	5/22/2017	11D61	Veteran
79	5/22/2017	11W42	Veteran
80	6/12/2017	08J44	Veteran
81	6/12/2017	08J25	Veteran
82	6/12/2017	06W72	Veteran
83	6/12/2017	08M82	Veteran
84	6/12/2017	08A56	Veteran
85	6/19/2017	05J72	Veteran
86	6/19/2017	09W92	Veteran

87	7/10/2017	12L36	Veteran
88	7/10/2017	09J11	Veteran
89	7/10/2017	03D19	Veteran
90	7/10/2017	04D73	Veteran
91	7/10/2017	11M69	Veteran
92	7/17/2017	05L47	Veteran
93	7/17/2017	10M76	Veteran
94	7/17/2017	04M12	Veteran
95	7/17/2017	05K89	Veteran
96	7/31/2017	10K14	Veteran
97	7/31/2017	07J76	Veteran
98	7/31/2017	06A70	Veteran
99	8/21/2017	05M82	Veteran
100	8/21/2017	04M83	Veteran
101	8/28/2017	10J78	Veteran
102	8/28/2017	06T17	Veteran
103	8/28/2017	03M71	Veteran
104	10/2/2017	02E92	Veteran
105	10/2/2017	07W56	Veteran
106	10/2/2017	04K56	Veteran
107	10/2/2017	12J86	Veteran
108	10/9/2017	02L74	Veteran
109	10/9/2017	06A50	Veteran
110	10/9/2017	12F48	Veteran
111	10/9/2017	11L65	Veteran
112	10/9/2017	07D67	Veteran
113	10/23/2017	08B02	Veteran
114	10/23/2017	10C48	Veteran
115	10/23/2017	05S60	Veteran
116	10/23/2017	01H67	Veteran
117	10/23/2017	12G43	Veteran
118	11/6/2017	05M68	Veteran
119	11/6/2017	11J70	Veteran
120	11/6/2017	01Y66	Veteran
121	11/6/2017	11L73	Veteran
122	11/6/2017	02L96	Veteran
123	11/27/2017	09D32	Veteran
124	11/27/2017	02A74	Veteran
125	11/27/2017	01V74	Veteran
126	11/27/2017	11W88	Veteran
127	12/4/2017	11C64	Veteran
128	12/4/2017	06W86	Veteran
129	12/18/2017	05M76	Veteran
130	12/18/2017	03S57	Veteran
131	12/18/2017	09B95	Veteran

132	12/18/2017	10J60	Veteran
133	1/8/2018	12K02	Veteran
134	1/8/2018	02M40	Veteran
135	1/21/2018	05G38	Veteran
136	1/21/2018	11W08	Veteran
137	2/12/2018	08W88	Veteran
138	2/12/2018	08J06	Veteran
139	2/25/2018	03C95	Veteran
140	2/25/2018	09L73	Veteran
141	2/25/2018	01L79	Veteran
142	2/25/2018	12W62	Veteran
143	2/25/2018	06A33	Veteran
144	3/11/2018	01G72	Veteran
145	3/11/2018	05A72	Veteran
146	3/11/2018	12M88	Veteran
147	3/11/2018	07D48	Veteran
148	3/18/2018	07F62	Veteran
149	3/18/2018	09S19	Veteran
150	3/18/2018	12J74	Veteran
151	3/18/2018	12W94	Veteran
152	4/8/2018	03P92	Veteran
153	4/8/2018	05S90	Veteran
154	4/8/2018	06D08	Veteran
155	4/8/2018	05G60	Veteran
156	4/22/2018	04L88	Veteran
157	4/22/2018	12G82	Veteran
158	4/22/2018	02J33	Veteran
159	4/22/2018	05A28	Veteran
160	4/22/2018	03G98	Veteran
161	5/6/2018	12S17	Veteran
162	5/6/2018	07E17	Veteran
163	5/6/2018	06A45	Veteran
164	5/6/2018	06N34	Veteran
165	5/6/2018	12N36	Veteran
166	5/20/2018	02L26	Veteran
167	5/20/2018	12R25	Veteran
168	5/20/2018	03T89	Veteran
169	5/20/2018	01M39	Veteran
170	5/20/2018	11J96	Veteran
171	5/20/2018	03C39	Veteran
172	6/3/2018	04E19	Veteran
173	6/3/2018	10A25	Veteran
174	6/17/2018	02A56	Veteran
175	6/17/2018	07A49	Veteran
176	6/24/2018	11R02	Veteran

177	6/24/2018	08A56	Veteran
178	7/8/2018	06A15	Veteran
179	7/8/2018	08J92	Veteran
180	7/8/2018	01X66	Veteran
181	7/15/2018	05M23	Veteran
182	7/15/2018	03D19	Veteran
183	7/15/2018	07D04	Veteran
184	7/15/2018	12D93	Veteran
185	8/5/2018	12M34	Veteran
186	8/5/2018	10M76	Veteran
187	8/5/2018	11C08	Veteran
188	8/5/2018	06J55	Veteran
189	8/5/2018	07M77	Veteran
190	8/5/2018	03W72	Veteran
191	8/20/2018	12A20	Veteran
192	8/20/2018	11A47	Veteran
193	8/20/2018	10C48	Veteran
194	8/20/2018	09R11	Veteran
195	8/26/2018	08K27	Veteran
196	8/26/2018	06E65	Veteran
197	9/9/2018	07M98	Veteran
198	9/9/2018	04M19	Veteran
199	9/9/2018	06A46	Veteran
200	9/9/2018	04M07	Veteran
201	9/16/2018	08C64	Veteran
202	9/16/2018	07P40	Veteran
203	9/16/2018	12L58	Veteran
204	9/16/2018	10H44	Veteran
205	9/30/2018	05G08	Veteran
206	9/30/2018	09J93	Veteran
207	9/30/2018	09M66	Veteran
208	10/14/2018	04L80	Veteran
209	10/14/2018	10A01	Veteran
210	10/14/2018	04D73	Veteran
211	10/14/2018	02W17	Veteran
212	10/28/2018	09E56	Veteran
213	10/28/2018	05E08	Veteran
214	10/28/2018	03L54	Veteran
215	11/4/2018	02B61	Veteran
216	11/4/2018	01J80	Veteran
217	11/4/2018	06M15	Veteran
218	11/11/2018	04J98	Veteran
219	11/11/2018	08J60	Veteran
220	11/11/2018	10M26	Veteran
221	11/25/2018	10B27	Veteran

222	11/25/2018	07S02	Veteran
223	11/25/2018	09D51	Veteran
224	11/25/2018	06T48	Veteran
225	11/25/2018	09S78	Veteran
226	12/15/2018	03A82	Veteran
227	12/15/2018	09M29	Veteran
228	12/15/2018	10R54	Veteran
229	12/15/2018	06N16	Veteran
230	12/17/2018	09C76	Veteran
231	1/6/2019	10C25	Veteran
232	1/6/2019	08J44	Veteran
233	1/6/2019	12F48	Veteran
234	1/6/2019	10J60	Veteran
235	1/6/2019	06A50	Veteran
236	1/6/2019	05A72	Veteran
237	1/13/2019	03V11	Veteran
238	1/13/2019	12M34	Veteran
239	1/27/2019	03H62	Veteran
240	1/27/2019	01S57	Veteran
241	1/27/2019	09J93	Veteran
242	1/27/2019	05E45	Veteran
243	2/3/2019	08L33	Veteran
244	2/3/2019	01L86	Veteran
245	2/3/2019	11T63	Veteran
246	2/3/2019	03A39	Veteran
247	2/17/2019	11W42	Veteran
248	2/17/2019	12J99	Veteran
249	2/17/2019	10J38	Veteran
250	2/17/2019	03P03	Veteran
251	3/3/2019	08W72	Veteran
252	3/3/2019	05M98	Veteran
253	3/3/2019	01S39	Veteran
254	3/10/2019	12B21	Veteran
255	3/10/2019	08R92	Veteran
256	3/10/2019	06A76	Veteran
257	3/10/2019	04C49	Veteran
258	3/24/2019	11D64	Veteran
259	3/24/2019	10S94	Veteran
260	3/24/2019	04R88	Veteran
261	3/24/2019	07M59	Veteran
262	3/24/2019	10M21	Veteran
263	3/24/2019	08K21	Veteran
264	3/31/2019	03W15	Veteran
265	3/31/2019	02C69	Veteran
266	3/31/2019	05C70	Veteran



267	4/1/2019	10W19	Veteran
268	4/1/2019	11J70	Veteran
269	4/14/2019	08W94	Veteran
270	4/14/2019	08D86	Veteran
271	4/14/2019	01A58	Veteran
272	4/14/2019	05B29	Veteran
273	4/28/2019	10B11	Veteran
274	4/28/2019	03L36	Veteran
275	4/28/2019	10M47	Veteran
276	5/5/2019	11E26	Veteran
277	5/5/2019	02C81	Veteran
278	5/5/2019	11W08	Veteran
279	5/5/2019	02A74	Veteran
280	5/5/2019	12M34	Veteran
281	5/13/2019	02P44	Veteran
282	5/13/2019	12P25	Veteran
283	5/13/2019	12L36	Veteran
284	5/19/2019	09R98	Veteran
285	5/19/2019	03C98	Veteran
286	5/19/2019	10N54	Veteran
287	6/9/2019	05C56	Veteran
288	6/9/2019	08W43	Veteran
289	6/9/2019	05W65	Veteran
290	7/7/2019	08F44	Veteran
291	7/7/2019	06E34	Veteran
292	7/7/2019	10J36	Veteran
293	7/21/2019	08L66	Veteran
294	7/21/2019	09R64	Veteran
295	7/21/2019	08R88	Veteran
296	8/4/2019	12R63	Veteran
297	8/4/2019	10E60	Veteran
298	8/4/2019	09K04	Veteran
299	8/18/2019	08E47	Veteran
300	8/18/2019	09D08	Veteran
301	8/18/2019	06X60	Veteran
302	8/18/2019	12L72	Veteran
303	8/18/2019	05D88	Veteran
304	8/25/2019	06A68	Veteran
305	8/25/2019	12E63	Veteran
306	8/25/2019	11E56	Veteran
307	8/25/2019	07E33	Veteran
308	9/8/2019	04D47	Veteran
309	9/8/2019	06L90	Veteran
310	9/8/2019	10L35	Veteran
311	9/8/2019	07G37	Veteran

312	9/15/2019	06R43	Veteran
313	9/15/2019	06G25	Veteran
314	9/15/2019	01C70	Veteran
315	9/22/2019	04S51	Veteran
316	9/22/2019	07D04	Veteran
317	9/22/2019	04M21	Veteran
318	10/6/2019	12B81	Veteran
319	10/6/2019	08A04	Veteran
320	10/6/2019	01W97	Veteran
321	10/6/2019	10M91	Veteran
322	10/6/2019	09M99	Veteran
323	10/20/2019	01X43	Veteran
324	10/20/2019	09R68	Veteran
325	10/20/2019	6E+62	Veteran
326	10/20/2019	05R48	Veteran
327	10/27/2019	02P40	Veteran
328	10/27/2019	12D93	Veteran
329	10/27/2019	03A60	Veteran
330	10/27/2019	04M19	Veteran
331	10/27/2019	04A27	Veteran
332	11/10/2019	10A27	Veteran
333	11/10/2019	07V61	Veteran
334	11/10/2019	09L62	Veteran
335	11/10/2019	10M90	Veteran
336	11/10/2019	04E46	Veteran
337	11/17/2019	04W02	Veteran
338	11/17/2019	09T84	Veteran
339	11/17/2019	04P19	Veteran
340	11/17/2019	04G45	Veteran
341	11/17/2019	03V82	Veteran
342	12/15/2019	06L80	Veteran
343	12/15/2019	07A40	Veteran
344	1/5/2020	10D80	Veteran
345	1/5/2020	09D39	Veteran
346	1/5/2020	02A66	Veteran
347	1/12/2020	06E57	Veteran
348	1/12/2020	11R81	Veteran
349	1/12/2020	07A84	Veteran
350	1/12/2020	09D02	Veteran
351	1/26/2020	12T76	Veteran
352	1/26/2020	10R54	Veteran
353	1/26/2020	09J23	Veteran
354	2/9/2020	09T64	Veteran
355	2/9/2020	09M66	Veteran
356	2/9/2020	04I69	Veteran

357	2/9/2020	05G08	Veteran
358	2/9/2020	09J93	Veteran
359	2/16/2020	07M13	Veteran
360	2/16/2020	10J70	Veteran
361	2/16/2020	09J55	Veteran
362	3/1/2020	01M31	Veteran
363	3/1/2020	12L63	Veteran
364	3/1/2020	07J88	Veteran
365	3/1/2020	10J34	Veteran
366	3/1/2020	04A06	Veteran
367	3/8/2020	02L52	Veteran
368	3/8/2020	04J76	Veteran
369	3/8/2020	10C21	Veteran
370	3/8/2020	03S68	Veteran
371	6/7/2020	01E03	Veteran
372	6/7/2020	12E30	Veteran
373	6/21/2020	02L82	Veteran
374	6/21/2020	07P54	Veteran
375	6/21/2020	01L39	Veteran
376	6/21/2020	04N54	Veteran
377	7/12/2020	10X08	Veteran
378	7/12/2020	04S13	Veteran
379	7/26/2020	02J49	Veteran
380	7/26/2020	10T70	Veteran
381	8/16/2020	12S17	Veteran
382	8/16/2020	12R36	Veteran
383	8/30/2020	03A88	Veteran
384	8/30/2020	08R84	Veteran
385	8/30/2020	09C56	Veteran
386	8/30/2020	07T29	Veteran
387	9/13/2020	06D11	Veteran
388	9/13/2020	03G98	Veteran
389	9/13/2020	12M34	Veteran
390	9/13/2020	05G63	Veteran
391	9/20/2020	08P64	Veteran
392	9/20/2020	08W66	Veteran
393	10/4/2020	10G76	Veteran
394	10/4/2020	03T89	Veteran
395	11/8/2020	03S57	Veteran
396	11/8/2020	12N34	Veteran
397	11/8/2020	09S41	Veteran
398	11/8/2020	07J76	Veteran
399	11/8/2020	03S96	Veteran
400	12/6/2020	10M42	Veteran
401	12/6/2020	02A66	Veteran

402	12/6/2020	03A78	Veteran
403	1/10/2021	07C35	Veteran
404	1/10/2021	08W72	Veteran
405	1/24/2021	05M71	Veteran
406	1/24/2021	03L40	Veteran
407	1/24/2021	04L06	Veteran
408	1/24/2021	03J98	Veteran
409	2/7/2021	05R33	Veteran
410	2/7/2021	11M61	Veteran
411	2/7/2021	06F70	Veteran
412	2/7/2021	05A05	Veteran
413	2/21/2021	04E26	Veteran
414	2/21/2021	08S60	Veteran
415	3/7/2021	9M77	Veteran
416	3/7/2021	04J74	Veteran
417	3/21/2021	02D88	Veteran
418	3/21/2021	06E66	Veteran
419	3/21/2021	01A64	Veteran
420	3/21/2021	06H78	Veteran
421	4/18/2021	12A66	Veteran
422	4/18/2021	07M01	Veteran
423	4/18/2021	11R84	Veteran
424	5/17/2021	07H29	Veteran
425	5/17/2021	06H53	Veteran
426	5/17/2021	04P62	Veteran
427	6/6/2021	02R68	Veteran
428	6/6/2021	03J13	Veteran
429	6/6/2021	11J90	Veteran
430	6/6/2021	12L63	Veteran
431	6/20/2021	03P84	Veteran
432	6/20/2021	02S55	Veteran

1	10/4/2020	06L88	Active duty
2	12/6/2020	01D56	Active duty
3	1/10/2021	03R75	Active duty

1	10/10/2016	12A64	Spouse
2	12/12/2016	05R68	Spouse
3	12/12/2016	07C91	Spouse
4	12/12/2016	06J68	Spouse
5	12/12/2016	08L36	Spouse
6	2/13/2017	02W47	Spouse
7	2/13/2017	07L98	Spouse
8	2/13/2017	04P34	Spouse
9	3/13/2017	04J96	Spouse

10	4/10/2017	01E58	Spouse
11	4/24/2017	10A53	Spouse
12	6/19/2017	11M70	Spouse
13	6/19/2017	11S22	Spouse
14	7/31/2017	06T63	Spouse
15	8/28/2017	03M23	Spouse
16	8/28/2017	03L33	Spouse
17	11/6/2017	05J98	Spouse
18	12/4/2017	10A85	Spouse
19	1/21/2018	11A64	Spouse
20	2/12/2018	09J58	Spouse
21	2/12/2018	09J31	Spouse
22	2/25/2018	10W42	Spouse
23	3/11/2018	12A64	Spouse
24	3/18/2018	05A68	Spouse
25	4/22/2018	05L55	Spouse
26	5/6/2018	02R68	Spouse
27	5/20/2018	12N83	Spouse
28	6/3/2018	05O45	Spouse
29	6/17/2018	02L99	Spouse
30	6/17/2018	01A99	Spouse
31	6/24/2018	05S49	Spouse
32	7/8/2018	07M39	Spouse
33	7/15/2018	04N30	Spouse
34	7/15/2018	04A27	Spouse
35	8/20/2018	03D77	Spouse
36	8/20/2018	11C77	Spouse
37	8/26/2018	08N69	Spouse
38	9/9/2018	11A44	Spouse
39	9/16/2018	01A00	Spouse
40	10/14/2018	12E33	Spouse
41	10/28/2018	12A54	Spouse
42	10/28/2018	07J92	Spouse
43	10/28/2018	01J98	Spouse
44	11/4/2018	09S43	Spouse
45	11/11/2018	11C52	Spouse
46	11/11/2018	06E78	Spouse
47	11/11/2018	05M06	Spouse
48	12/17/2018	02S94	Spouse
49	1/13/2019	07A55	Spouse
50	1/27/2019	06M33	Spouse
51	2/3/2019	04N78	Spouse
52	2/17/2019	01P01	Spouse
53	3/3/2019	06D11	Spouse
54	3/3/2019	09M64	Spouse

55	3/3/2019	03E88	Spouse
56	3/10/2019	07M86	Spouse
57	3/24/2019	12A80	Spouse
58	4/1/2019	07X24	Spouse
59	4/1/2019	07A76	Spouse
60	4/14/2019	09G41	Spouse
61	4/14/2019	02S96	Spouse
62	5/13/2019	08L36	Spouse
63	5/13/2019	04H63	Spouse
64	5/13/2019	02E37	Spouse
65	5/19/2019	12E08	Spouse
66	6/9/2019	12M95	Spouse
67	6/9/2019	08L63	Spouse
68	6/23/2019	04R96	Spouse
69	6/23/2019	09S58	Spouse
70	6/23/2019	04R88	Spouse
71	6/23/2019	09F53	Spouse
72	6/23/2019	08S64	Spouse
73	6/23/2019	11L70	Spouse
74	7/7/2019	06D53	Spouse
75	7/7/2019	08A36	Spouse
76	7/7/2019	12E67	Spouse
77	7/21/2019	02M76	Spouse
78	7/21/2019	01R48	Spouse
79	7/21/2019	09A31	Spouse
80	8/4/2019	04D85	Spouse
81	8/18/2019	06D53	Spouse
82	8/25/2019	06S94	Spouse
83	9/8/2019	03R87	Spouse
84	9/22/2019	04M74	Spouse
85	10/6/2019	10L68	Spouse
86	10/20/2019	10M90	Spouse
87	10/27/2019	11M64	Spouse
88	11/10/2019	09N37	Spouse
89	11/17/2019	02P08	Spouse
90	12/15/2019	03J84	Spouse
91	12/15/2019	09D60	Spouse
92	1/5/2020	03X58	Spouse
93	1/5/2020	03L81	Spouse
94	1/5/2020	10P40	Spouse
95	1/12/2020	03P49	Spouse
96	1/26/2020	06N17	Spouse
97	2/9/2020	02K72	Spouse
98	2/16/2020	12L45	Spouse
99	3/8/2020	10M78	Spouse

100	6/7/2020	09C77	Spouse
101	7/12/2020	06M51	Spouse
102	7/12/2020	08N23	Spouse
103	7/26/2020	02J90	Spouse
104	7/26/2020	11G75	Spouse
105	9/20/2020	07P45	Spouse
106	10/4/2020	09L08	Spouse
107	12/6/2020	05E39	Spouse
108	1/10/2021	11R25	Spouse
109	2/21/2021	09N37	Spouse
110	2/21/2021	03P49	Spouse
111	3/7/2021	10R92	Spouse
112	5/17/2021	02C49	Spouse
113	5/17/2021	06K65	Spouse
114	6/20/2021	07J42	Spouse
115	6/20/2021	10S91	Spouse
116	6/20/2021	04A71	Spouse

1	12/2/2018	06K24	Goldstar Mother/Family
2	12/2/2018	07A60	Goldstar Mother/Family
3	12/2/2018	01M67	Goldstar Mother/Family
4	12/2/2018	09I96	Goldstar Mother/Family
5	12/2/2018	01G02	Goldstar Mother/Family
6	12/2/2018	07C54	Goldstar Mother/Family
7	12/2/2018	05S02	Goldstar Mother/Family
8	6/2/2019	08A72	Goldstar Mother/Family
9	6/2/2019	08L29	Goldstar Mother/Family
10	6/2/2019	07M80	Goldstar Mother/Family
11	6/2/2019	02M56	Goldstar Mother/Family
12	6/2/2019	06D58	Goldstar Mother/Family
13	6/2/2019	04L25	Goldstar Mother/Family
14	6/2/2019	09E15	Goldstar Mother/Family
15	12/1/2019	12X19	Goldstar Mother/Family
16	12/1/2019	08A28	Goldstar Mother/Family
17	12/1/2019	08M57	Goldstar Mother/Family
18	12/1/2019	09L60	Goldstar Mother/Family
19	12/1/2019	12A66	Goldstar Mother/Family
20	11/15/2020	08D43	Goldstar Mother/Family
21	11/15/2020	11A96	Goldstar Mother/Family
22	11/15/2020	07A69	Goldstar Mother/Family

1	12/13/2020	04M53	MST
2	12/13/2020	12A64	MST
3	12/13/2020	02O28	MST