

ANNUAL REPORT 2022



BOULDER CREST
FOUNDATION

WE MUST
REMEMBER
THAT ONE MAN IS
MUCH THE SAME AS
ANOTHER,
AND THAT
HE IS **BEST** WHO
IS **TRAINED** IN THE
SEVEREST OF
SCHOOLS

Dearest Friends,

Thank you for helping us make 2022 another amazing year for Boulder Crest Foundation. I sincerely hope that you enjoy reading our 2022 Annual Report and that you are as proud as I am of the significant impact that your investments make across our nation.

As most of you know by now, I turned over the day-to-day CEO duties to Josh Goldberg on January 1, 2023. Unlike my three previous transitions, I don't feel there will be much change as I will remain Boulder Crest's Board Chairman and heavily involved in governance, fiduciary oversight, and fundraising responsibilities. I am very proud of Josh and look forward to working closely with him and cheering on our Team as they continue to make Boulder Crest the best that it can be.

The concept of Boulder Crest and our initial fundraising activities began in 2010 and the grand opening of Boulder Crest Virginia occurred in September of 2013. This year, we will officially commemorate our 10th year anniversary with a wonderful celebration. What a decade it has been! For those who were here in 2013, expect a very similar, inspiring day of programming with lots of fun activities, great speakers, and lunch. For those that were unable to join us, stand ready for what will prove to be a very memorable day. Please mark your calendars for September 8, 2023 and be on the lookout for more details soon.

Thank you for your continued generosity and investments. I am honored by your involvement and please know that we couldn't do this very meaningful and needed work without you!



Sincerely,

A handwritten signature in black ink that reads "Ken Falke". The signature is stylized with a long horizontal line extending from the end.

Ken Falke
Chairman and Founder

Pathh to Transformation

Boulder Crest Foundation is the home of Posttraumatic Growth (PTG). Our mission is to facilitate growth through our unique programs, world-class training and education initiatives, and research and advocacy efforts. Our path to transformation occurs in four key areas:

Training and Education:

Develop and deliver Posttraumatic Growth-based programs that enable participants to transform struggle into strength.

Community and Technology:

Sustain the impact of all training and education efforts through the delivery of compelling content and creation of connected communities, using online and offline mediums.

Research and Evaluation:

Measure the impact of all BCF efforts to facilitate the evolution of programs, external credibility, and funding.

Social and Policy Change:

Inspire innovative and like-minded individuals, organizations, donors, and policymakers to join us in proliferating the science of Posttraumatic Growth.



Posttraumatic Growth is a process that people work through on their journey from struggle to strength. Posttraumatic Growth is the basis for all Boulder Crest's programs. This science underpins our vision of a world where all members of the military, veteran, and first responder communities have the training, skills, and support they need to transform their lives.



Warrior PATHH

A 90-day program for combat veterans and first responders that begins with a seven-day intensive and immersive on-site training course, followed by support, accountability, training, and community through a bespoke mobile application (myPATHH) and regular videoconferences.

Military Teen Weekends

A three-day program that serves teenage children of those who serve. This program provides like-minded peers with lifetime friendships and an unforgettable experience.

Family Rest & Reconnection (R&R) Stays

Family Rest & Reconnection Stays last from two to seven nights and provide combat veterans and their families, as well as Gold Star Families, the opportunity to rest, reconnect, and recharge at our Virginia and Arizona properties.

Struggle Well

One-, two-, and five-day training sessions that teach a variety of audiences how to apply the science of Posttraumatic Growth to their personal and professional lives. The objective of our Struggle Well training is to normalize struggle and democratize people's ability to struggle well.

SW:S PATHH

A three-day program delivered in partnership with SongwritingWith:Soldiers for Warrior PATHH Alumni couples. Participants take part in collaborative songwriting sessions with professional songwriters, which are paired with key modules of PATHH training.

OUR RESULTS

“From the bottom of our hearts thank you for what you do for our military and veteran families. This trip so far has been the best experience I’ve ever had, seeing the whole family happy is the most rewarding thing ever.”

- Family R&R Participant



“An absolutely necessary course. This course will save lives and provide first responders a second chance.”

- Struggle Well Participant

“I’m overwhelmed with joy at this opportunity to reset my life and approach to struggle; I fight back tears of gratitude each time I consider my path forward and the positive impact it will have on my family. I’m excited about the future and my new PATHH teammates. Anger, frustration, shutting down, and imploding my family are things of the past. I’m more committed to my self-care than ever before with the proven practices to leverage each and every day! My life depends on it.”

~ Warrior PATHH Participant



OUR IMPACT

13,660
Struggle Well
Students

1,117 Family
R&R
Guests

196 Students
Warrior
PATHH

OUTREACH
40 Events

588
Volunteers

37 Corporate
Volunteer
Groups

4,643
Volunteer
Hours Logged

SOCIAL & POLICY CHANGE



Boulder Crest Institute hosted the first Posttraumatic Growth Summit last December 6th and 7th in Washington, D.C. which drew researchers and thought leaders from multiple academic and medical fields. The group gathered to share their observations of Posttraumatic Growth in various communities and brainstormed ways to incorporate the philosophy of PTG into the national dialogue on mental health and well-being.





RESEARCH & EVALUATION



Boulder Crest evaluates the effectiveness of our programs using a combination of publicly available and proprietary measurements. Our data proves that program participants experience a sustained reduction in post-traumatic and combat stress-related symptoms, as well as extraordinary improvements in Posttraumatic Growth. Warrior PATHH students experience a 56% reduction in post-traumatic stress-related symptoms and a 58 percent improvement in personal growth. First responders that completed our Struggle Well training reported a 44% increase in Posttraumatic Growth, 58% increase in their ability to relate to others, and 43% increase in recognition of new possibilities.

We launched new mobile applications in support of our Warrior PATHH and Struggle Well programs and, to take advantage of this momentum towards our goal of creating connected communities, we hired our first-ever Director of Learning in October. The new Director is focused on the development and delivery of learning content that supports and sustains the impact of Boulder Crest's programs. Boulder Crest launched a Struggle Well website to help interested organizations identify which Struggle Well training module fits their needs, and to further our goal of raising awareness about the science of Posttraumatic Growth.

COMMUNITY & TECHNOLOGY



Paul's Success Story



*Paul, Combat Veteran, Police Officer,
and Warrior PATHH Alumnus*

There was concern about how Paul had become withdrawn, isolated, and possessed a short fuse. Paul's buddy said he was worried he might one day receive a call that Paul had taken his own life and talked to Paul about how Warrior PATHH helped him regain his self-esteem. He begged Paul to give the program a try.

Paul, a law enforcement officer with previous military combat experience,

was shocked by this conversation because he thought he had hidden his feelings. He had in fact contemplated suicide and planned it out. Then the questions started: How had he gotten to this point in life? Could Boulder Crest possibly help him as it helped his friend? Was there a better way? Paul was honest with himself and realized that he needed help.

Paul attended Warrior PATHH in August 2022. He arrived wanting to feel better, but with reservations. Paul made a list of things he would and would not discuss during training. Then a fellow participant introduced himself by saying he wanted to change his life and planned to be completely open and honest. This led Paul to decide that he, too, would be honest and share everything – the guilt of combat, his plan for suicide,

and the shame he felt from distancing himself from his sons.

Warrior PATHH was not easy for him. There was finally a turning point for Paul after walking the labyrinth. He realized that he had to be both honest and vulnerable, and that he is worthy of happiness. From that point forward, Paul put in the work to transform his life and help others in the process. Paul has volunteered his time during every Warrior PATHH since he graduated and tells participants they can walk from those gates stronger, confident, and exhilarated. Paul shares his story with anyone who wants to hear it, saying,

“Warrior PATHH saved my life. I do struggle, but I am now struggling well!”

**Paul's story
begins with
a frank
conversation
with a good
friend.**

FINANCIALS

<u>ASSETS</u>	<u>2022</u>	<u>2021</u>
Cash	\$5,989,303	\$11,081,010
Pledges Receivable	\$80,098	\$131,789
Net Land, Property, & Equipment	\$15,925,054	\$15,697,826
Investments	\$11,086,962	\$699,332
Other Assets	\$2,488,691	\$403,879
Total Assets	\$35,570,108	\$28,013,836
<u>LIABILITIES & NET ASSETS</u>		
Accounts Payable/Other Liabilities	\$771,856	\$345,884
Total Liabilities	\$771,856	\$345,884
Total Net Assets	\$34,798,252	\$27,667,952
Total Liabilities & Net Assets	\$35,570,108	\$28,013,836
<u>STATEMENT OF ACTIVITIES</u>		
Contributions	\$5,888,225	\$3,189,968
Special Events	\$1,021,003	\$781,856
Grants	\$9,156,892	\$5,286,406
Other Revenue	\$944,534	\$132,663
Total Gross Revenue	\$17,010,654	\$9,390,893
Less Special Event Direct Costs	(\$365,373)	(\$304,154)
Net Public Support & Revenue	\$16,645,281	\$9,086,739
<u>PROGRAM SERVICES</u>		
Total Program Services	\$6,822,871	\$5,746,833
<u>SUPPORTING SERVICES</u>		
Management & General	\$1,055,824	\$620,122
Fundraising	\$1,636,286	\$883,901
Total Supporting Services	\$2,692,110	\$1,504,023
Total Expenses	\$9,514,981	\$7,250,856
Change in Net Assets	\$7,130,300	\$1,835,883
<u>NET ASSETS</u>		
Beginning of the Year Assets	\$27,667,952	\$25,832,069
End of the Year Assets	\$34,798,252	\$27,667,952



DONORS



NikiPro Foundation, Inc.
Raytheon Technologies
Roberts & Ryan Investments
VFW Valley Veterans Ride for Heroes
U.S. Department of Veterans Affairs

\$25,000 - \$49,999

James and Mary Jo Ball
Cushman & Wakefield
Double Wood Farm
Empower AI
Christine and Curtis Gardner
Goldbelt Frontier, Inc.
William and Susan Gray
Harney Peak Foundation
John and Pamela Philips Family Fund
Steven M. Lefkowitz
Lombardi Family Foundation
ManTech Charitable Giving Fund
Morgan Stanley
New York City District Council of Carpenters Relief and Charity Fund
Michael Pronio
RBC Foundation USA
UnitedHealth Group

\$10,000 - \$24,999

1440 Multiversity
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Chris Blundell
Broadleaf, Inc.
Glenn and April Bucksbaum
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Deutsche Bank
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The Enrichment Foundation
Samuel Freeman

Rob and Laurie Gaines
The General's Hot Sauce
Gridiron IT
Guidehouse LLP
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Henry's Wrecker Service
Josh Hirschhorn
Dean Hubbs
The ILEX Group
Integrated Global Services
Island Sunrise Foundation
IT Concepts, Inc.
The JIAN Group, LLC
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Leighton-Oare Foundation, Inc.
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Loudoun Road Runners
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Marsh & McLennan Companies
Mitchell and Pamela McCullough
The McGhee Foundation
T.J. McNicholas and A. M. Diez-McNicholas
Northrop Grumman
The Noto Family
Obsidian Solutions Group
Michelle Olson
Operation 22 - PTSD Awareness
Patty and Greg Penske Family
Piper Sandler Companies
Point One USA, LLC
Michael and Susan Quilty
Derek Schrier and Cecily Cameron
Sheridan Family Charitable Fund
Laura and Greg Spivy
Thunder Mountain Community Church
Truist
Virtu Americas, LLC
Wells Fargo Securities, LLC
Wise Foundation
Scott M. Young

\$5,000 - \$9,999

Acuity, Inc.
American Systems
ASM Research
Assenmacher Foundation
AVI-SPL
Annie Baba
William and Cheryl Bacon
The Baupost Group, LLC
Bear Chase Brewing Company
Alfred Beyer

Bluemont Vineyard
Capital Mechanical, LLC
Christopher and Tracy Carspecken
Cassaday & Company, Inc.
Cetera Investment Services LLC
Charity Golf International
Chip Merlin Memorial Foundation
The Christopher & Sasha Clements Charitable Fund
Clune Construction Company
Concept Plus, LLC
Contemporary Electrical Services, Inc.
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Drexel Hamilton
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Ernst & Young
The Ferguson Family Charitable Fund
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Stanley Martin Homes
Parker and Helene Teel
TekStream Solutions
ThunderCat Technology
Veterans Management Services, Inc.
Anonymous³
Sean Walsh
Trevor and Karen Wright
Michael and Barbara Wynne

\$1,000,000 +

A. James and Alice B. Clark Foundation
Avalon Action Alliance
Gary Sinise Foundation
Bernie and Billi Marcus

\$500,000 - \$999,999

Anonymous¹
Robert Dykes/Michael Lerch - Tora Trading
Johnson Family Fund
Lockheed Martin

\$250,000 - \$499,999

The Boeing Company
Anonymous²
Operation Legacy Foundation
Wounded Warrior Project

\$100,000 - \$249,999

City of Tucson
Disabled American Veterans
The Harry and Jeanette Weinberg Foundation
Bill and Mari Orke
Lynda and Stewart Resnick
Veterans United Foundation

\$50,000 - \$99,999

The Arthur M. Blank Family Foundation
Battelle
Bebout Family Foundation
Ford Motor Company Fund

\$2,500 - \$4,999

American Legion Post 113
Ameriprise Financial, Inc
AMF Walls & Ceilings, LLC
Andersen Financial
Ares Management, LLC
The Ashbaugh Family Fund
B3 Solutions
Lauren Bartlett
BFPE International
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Cantor Fitzgerald Relief Fund Administration
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Sharon Christenson
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KForce
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Sonu Singh
Southland Concrete
James and Laurie Tansey
Thomson Reuters Special Services, LLC
The Townsend Foundation
Trustworthy Accountability Group (TAG)
United Veteran Benefits Agency
Veros Technologies
Votaw Giving Fund
Kylor and Susan Whitaker
Zayo



January 1, 2023 marks the date that our Founder Ken Falke stepped down as the CEO of Boulder Crest, while remaining fully engaged as the organization's Chairman. It is both timely and fitting that Ken was recognized with two awards last November. Ken was inducted into the U.S. Veterans Hall of Fame, and he and Julia received the HillVets Philanthropist of the Year Award for 2022. These honors acknowledge Ken and Julia's years of leadership, as well as the efforts of the Boulder Crest Foundation team, to promote innovative and effective approaches to mental health and wellness in the military, veteran, and first responder communities.

Julia and Ken co-founded Boulder Crest some 12 years ago. The two set out to provide a nurturing environment where wounded warriors and their families could come to rest and reconnect. Thanks to the generosity and support of so many, and the dedicated hard work of an amazing team, this was accomplished and so much more....

Boulder Crest developed many programs, including Warrior PATHH and Struggle Well, to support critical needs in the areas of post-traumatic stress disorder (PTSD) first in Virginia, and then Boulder Crest Arizona. This was followed by the creation of the Boulder Crest Institute for Posttraumatic Growth, and a growing network of PATHH partners around the country delivering our successful programming.

The more things change, the more they stay the same. Ken and Julia are committed now, more than ever, to the success of Boulder Crest and taking it to the next level. It has been and will remain their passion in life. What they have done together since 2010 is nothing short of amazing.

The entire Boulder Crest Board of Directors and staff are grateful to our Founders for their leadership, selflessness, and relentless work to start such a transformative organization. We are also grateful for all our volunteers and investors who have been with them, and us, for this remarkable first decade of life changing work.



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