

# 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, appearing to read 'Ken Falke', with a long horizontal line extending to the right.

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 &amp; 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



## \$1,000,000 +

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

## \$500,000 - \$999,999

Anonymous<sup>1</sup>  
Robert Dykes/Michael Lerch - Tora Trading  
Johnson Family Fund  
Lockheed Martin

## \$250,000 - \$499,999

The Boeing Company  
Anonymous<sup>2</sup>  
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

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  
Accenture Federal Services  
Greg and Barbara Adgate  
ARG, Inc.  
Rob and Liana Assenmacher  
Chris Blundell  
Broadleaf, Inc.  
Glenn and April Bucksbaum  
Carol and George Henry Family Foundation  
Frank and Carol Chambers  
Chive Charities  
Dean Brothers, Inc.  
Deutsche Bank  
Dave Dutch  
Carolyn and Braden Edwards  
Empower Coalition, Inc.  
The Enrichment Foundation  
Samuel Freeman

Rob and Laurie Gaines  
The General's Hot Sauce  
Gridiron IT  
Guidehouse LLP  
David and Jennifer Hatfield  
Henry's Wrecker Service  
Josh Hirschhorn  
Dean Hubbs  
The ILEX Group  
Integrated Global Services  
Island Sunrise Foundation  
IT Concepts, Inc.  
The JIAN Group, LLC  
JUUL Labs, Inc.  
Lesley and Brian Kelly  
Thomas Klein  
Leighton-Oare Foundation, Inc.  
Lord, Abbett & Co. LLC  
Loudoun Road Runners  
Kevin Lynch  
Paige and Ian Macleod  
Fred and Britlan Malek  
Marlene Malek  
Market Securities LLP  
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.  
Gordon Crawford  
Jeffrey and Ilse Deel  
Drexel Hamilton  
Tracey Ellis  
The Erkiletian Family Foundation  
Ernst & Young  
The Ferguson Family Charitable Fund  
Raymond Floyd  
Froelich Family Foundation  
Joe Gervais  
The Greg Wells Team  
John Havlik  
James Heilman  
Horizon Builders Group  
Humana Military  
ID Technologies  
IT Cadre, LLC  
Dennis Kelly  
Kevin Kelly  
LMI  
Ali and Jacqueline Marashi  
Christopher Marshall and Cynthia Carroll  
Thomas McGrath  
Medallia  
Gregory Meisner  
Dick Metz  
Michael Nagy  
Dixie Noffsinger  
Joel Nylund  
Joe Petite  
Phillip V. & Sylvia M. Frederickson Foundation  
Laurie and Todd Platt  
Ann Marie Rink  
Patrick Roberts  
Pete and Elizabeth Seegers  
Soar With Eagles Enterprises  
Allison Sortzi  
Stanley Martin Homes  
Parker and Helene Teel  
TekStream Solutions  
ThunderCat Technology  
Veterans Management Services, Inc.  
Anonymous<sup>3</sup>  
Sean Walsh  
Trevor and Karen Wright  
Michael and Barbara Wynne



## **\$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  
Blackbaud  
BPO Elks Lodge 867  
Tami Bredow  
George and Julie Brown  
David and Leslie Buermeyer  
Cantor Fitzgerald Relief Fund Administration  
Cheers Sports  
Sharon Christenson  
Michael Clune  
Cresset Capital  
Crest Insurance Group LLC  
David Daniel  
The Davis Team with Atlantic Coast Mortgage  
Robert and Jacie Dawkins  
Dell  
Joseph H. Fisher  
Flagship Carwash  
Doreen Gee  
Jasen and Jen Grohs  
Sheryas Gupta  
Haggerty Family Charitable Fund  
Heavy Construction Contractors Association  
Helping Hands Society of Greater Washington  
Kevin Hogan  
Iron Workers International  
The Jerry and Marilyn Handler Foundation  
David and Domenica Kemper  
Kettermans Jewelers, Inc.  
KForce  
KippsDesanto & Co.  
Barsam Lakani  
Nicholas and Meaghan Lockwood  
Maersk Line Limited  
The Major Family Foundation  
Paul Marchetti  
Joseph Mazzo  
Chris McGraw  
Lauren Meader  
Medtronic Foundation Matching Gift Program  
Kevin and Loraine Melich  
Peter Metcalf  
Michael and Katherine Moyer  
Murphy Surgery & Educational Research Trust  
Network Designs, Inc.  
OBXtek, Inc.  
Performance Contracting Inc

Nancy Kay Persley  
Pete Durand Music for Everyone Foundation  
David and Gail Pilmore  
The PNC Financial Services Group  
Power Solutions, LLC  
QTS Data Centers  
John Rains  
Raytheon Technologies Matching Gifts  
Redwood Strategy Group, Inc.  
RenXTech, LLC  
Rock Spring Contracting  
Rosendin Electric, Inc.  
Shoulder 2 Shoulder, Inc.  
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.





Boulder Crest Foundation  
33735 Snickersville Turnpike  
PO Box 117  
Bluemont, Virginia 20135  
P: 540-554-2727  
[www.bouldercrest.org](http://www.bouldercrest.org)



## Board of Directors

**Ken Falke**  
*Chairman and Founder*

**Fred Malek**  
*Vice Chairman and Co-Founder*

**Lesley Kelly**  
*Treasurer*

**Braden Edwards**  
*Secretary*

**Rob Assenmacher**

**James Ball**

**Julie Bowen**

**Mike Burns**

**Jane-Scott Cantus**

**Rob Driscoll**

**LTG John A. Dubia**  
*U.S. Army (Ret.)*

**Rob Gaines**

**Tony Giachinta**

**Frank Killoran**

**Frank Larkin**

**Paul Lombardi**

**Ryan Miller**

**Michael Monroe**

**Pinakin Patel**

**Brian Rathjen**

## Honorary Board

**The Honorable Chuck Hagel**  
*Former Secretary of Defense*

**The Honorable Bob McDonald**  
*Former Secretary of Veterans Affairs*

**The Honorable John Lehman**  
*Former Secretary of the Navy*

**The Honorable Michael Wynne**  
*Former Secretary of the Air Force*

**GEN Henry Shelton**  
*U.S. Army (Ret.)*

**Gen Peter Pace**  
*U.S. Marine Corps (Ret.)*

**ADM William J. Fallon**  
*U.S. Navy (Ret.)*

**Gen Norton Schwartz**  
*U.S. Air Force (Ret.)*

**ADM Eric Olson**  
*U.S. Navy (Ret.)*

**Captain Charles Plumb**  
*U.S. Navy (Ret.)*

**MSG Leroy Petry**  
*U.S. Army (Ret.)*  
*Medal of Honor Recipient*

**Rocky Bleier**  
*Veteran & Former NFL Player*

## Scientific Advisory Panel

**Gary Elkins, Ph.D.**

**Jane Shakespeare-Finch, Ph.D.**

**Christopher Frueh, Ph.D.**

**Bret Moore, Psy.D., ABPP**

**John Norcross, Ph.D., ABPP**

**Kanako Taku, Ph.D.**

**Richard Tedeschi, Ph.D.**

**Judah Viola, Ph.D.**

## Wellness Committee

**John DiJulius**

**Brian Gast**

**Michael Hemphill, Ph.D.**

**Randy Hetrick**

**Rick Houcek**