



BOULDER CREST
FOUNDATION

WHERE
WHAT IF BECOMES
WHAT IS

2024 ANNUAL REPORT





We're on a mission to transform our nation's approach to mental health and trauma, providing powerful training for those on the front lines of society.

So, we ask ourselves:

WHAT IF

We could help end the suicide epidemic devastating our Veterans and Service Members?

WHAT IF

Every First Responder had the skills to metabolize the inevitable stress of their careers?

WHAT IF

Mental health professionals integrated Posttraumatic Growth (PTG) as a central part of their work with Veterans, Service Members, and First Responders?

WHAT IF

Every person who struggled well became a catalyst for positive change in the lives of hundreds more?

At Boulder Crest, “WHAT IF” questions fuel our ambition.
Our bias toward action — paired with a deep commitment to research
and evaluation — drives us to create real, lasting solutions.

2024 has been a year of action. Here are just a few highlights:

Served over 27,500 people — bringing our lifetime impact to over 130,000 lives changed

Scaled our reach and impact with the acquisition of Boulder Crest Texas, creation of Mobile Training Team Texas, and expansion of Struggle Well to 500 agencies across 28 states

Provided PTG-based programs for Active Duty, Reserve, and National Guard personnel at installations around the country

Crossed the 35,000 mark in training mental health professionals, expanding our impact across the field

Launched the Transformation Fund to provide the unrestricted support necessary to power our programs and allow the flexibility needed to grow and adapt to opportunities as they arise

Expanded our online learning capability with two PTG-based online courses

Advanced research into the powerful connection between PTG and suicide prevention

Centralized and optimized our real-time analytical capabilities by building a proprietary platform and user interface, enabling faster and more informed decision-making

Strengthened our ongoing education and participant support by launching the PTG Weekly newsletter, and enhancing the user experience and content in our mobile apps

Introduced Boulder Crest & PTG to new audiences with the “Transformed by Trauma” documentary, the social awareness campaign, “Choose Growth”, and the brand film “Breakthrough”

These accomplishments are only possible thanks to our incredible community of donors and volunteers. Your support helps us aim high — and deliver real hope and actionable solutions to those who serve and protect us all.

Thank you for being part of Boulder Crest.

With gratitude,

Josh Goldberg

CEO, Boulder Crest Foundation



OUR IMPACT

At Boulder Crest, we prioritize rigorous evaluation to assess program outcomes and ensure effectiveness. We utilize validated measurement tools, including the PCL-5 for PTSD symptoms; DASS-21 for Depression, Anxiety, Stress; and PTGI which measures growth in five domains of PTG: Personal Strength, New Possibilities, Relating to Others, Appreciation of Life, and Spiritual and Existential Change.

Across our nationally scaled programs — Warrior PATHH and Struggle Well — participants consistently demonstrate significant improvements in these five domains. These gains reflect not only reductions in PTSD, anxiety, and depression, but also enhanced quality of life, purpose, and social connection.

2024 WARRIOR PATHH OUTCOMES

DECREASE IN PTSD SYMPTOMS

58% reduction in PTSD symptoms
58% reduction in depression
53% reduction in anxiety
50% reduction in stress

INCREASE IN PTG OUTCOMES

58% improvement in Posttraumatic Growth outcomes
76% increase in Relating to Others
78% increase in Spiritual and Existential Change
65% increase in New Possibilities
53% increase in Personal Strength
32% increase in Appreciation of Life

Beyond the numbers, graduates of Warrior PATHH report a renewed sense of purpose and a deeper commitment to their health, families, and communities.

2024 STRUGGLE WELL OUTCOMES (2-DAY & 5-DAY SESSIONS IN AGGREGATE)

“It’s almost like a rebirth... It’s recognizing that when you allow someone through this process to be human, to have emotion — that that’s ok. I’ve never in my 23 years of doing this type of work seen such a powerful program.”

— CHAD KASMAR
TUCSON CHIEF OF POLICE

INCREASE IN PTG OUTCOMES

47% increase in Posttraumatic Growth outcomes
46% increase in Relating to Others
39% increase in Spiritual and Existential Change
38% increase in New Possibilities
31% increase in Personal Strength
29% increase in Appreciation of Life

Beyond the numbers, Struggle Well participants reported a better understanding of growth through struggle, a more positive future outlook, making plans to incorporate daily practices (breathing, meditation, gratitude), an increased willingness to share personal struggles, and improved relationships and connection.

4,794

Volunteer Hours

543

Total Volunteers

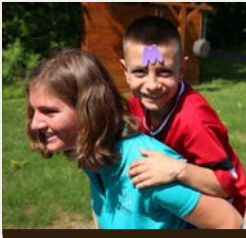
325

People who served
through Corporate
Volunteer Days

26

Corporate
Volunteer Days

TRANSFORMATIVE PROGRAMS



FAMILY R&R STAYS

Offering a Peaceful Place
to Rest and Reconnect as
a Family

Began: 2013

Serves: Combat Veterans and their families, Gold Star families

Program: Guests stay at our Arizona and Virginia facilities and can enjoy activities including archery, equine-assisted learning, walking the labyrinth, hiking, and fishing.

Served in 2024: 1,096 Family R&R Guests



WARRIOR PATHH

Transformative PTG Training
for Combat Veterans and
First Responders

Began: 2014

Serves: Active Serving Military, Veterans, First Responders

Program: 90-day, non-pharmacological, peer-delivered training program. Warrior PATHH begins with a seven-day, on-site program and is followed by three months of support, accountability, training, and community.

Served in 2024: 1,081 Participants



COUPLES PATHH
in partnership with
SongwritingWith:Soldiers
Continuing the PTG Journey

Began: 2014

Serves: Warrior PATHH alumni and their spouses

Program: Warrior PATHH alumni and their partners return to Boulder Crest to participate in select Warrior PATHH modules together. Couples work with the team from SongwritingWith:Soldiers to create music about their experiences and relationships.

Served in 2024: 42 Participants



MILITARY TEEN RETREATS

Serving the Teens of
Those Who Serve

Began: 2019

Serves: Teenage children with an Active Serving or Veteran parent, Gold Star teens

Program: Teens engage in activities designed to introduce Posttraumatic Growth concepts and participate in a variety of recreational activities that help them connect with each other.

Served in 2024: 17 Participants



STRUGGLE WELL
Training First Responders to
Thrive in the Midst of Stress,
Struggle, and Trauma

Began: 2022

Serves: Active Serving Military, First Responders

Program: Struggle Well is a prevention-focused program based on the science of Posttraumatic Growth. By partnering with First Responder agencies and Active Serving Military units, we're fundamentally changing the culture from the inside-out.

Served in 2024: 21,466 Participants



PTG CERTIFICATION

Training Mental Health
Professionals to Use
PTG in Their Practice

Began: 2024

Serves: Licensed Mental Health Clinicians

Program: Developed and taught by Dr. Richard Tedeschi, the co-founder of PTG and Executive Director of the Boulder Crest Institute, this rigorous course enables clinicians to integrate PTG principles into their practices, enhancing their ability to support their clients' growth.

Served in 2024: 150 Certified Mental Health Clinicians

NOTABLE HIGHLIGHTS OF 2024

2024 was a landmark year for Boulder Crest — not only in fulfilling our core mission of delivering transformative PTG-based programs, but also in expanding our reach and deepening our impact in bold new ways.

The accomplishments highlighted below represent milestone achievements that go above and beyond our essential work, advancing our vision for a nation where every Service Member, First Responder, Warrior, and their family can thrive.

Boulder Crest Texas at Eagle Oak Ranch

The acquisition of Boulder Crest Texas represents a major milestone in our mission — expanding access to transformative PTG programs across the region. Boulder Crest Texas allows us to serve even more Veterans, Service Members, and First Responders in a meaningful and lasting way.

Emerging Research: PTG as a Protective Factor Against Suicide

Boulder Crest advanced critical research exploring the role of PTG in suicide prevention. Findings increasingly point to PTG as a powerful protective factor — restoring meaning, enhancing relationships, and reigniting purpose in those at risk. Studies consistently reveal an inverse relationship between PTG and suicide, as well as with interpersonal risk factors. For vulnerable populations like Veterans, PTG offers a proactive, strengths-based approach with potentially life-saving implications.

Launch of Online Learning Platform & 2 Courses

PTG in Practice: Learning to Struggle Well This foundational course offers a 3-hour introduction to the core principles of PTG. *Learning to Struggle Well* is an accessible and powerful resource for families, supporters, and those looking to better understand, reinforce, and support the growth journey of our program participants.

PTG Certification for Licensed Mental Health Clinicians Developed and led by PTG co-founder Dr. Richard Tedeschi, this advanced online training equips licensed clinicians with the tools to incorporate PTG into their therapeutic work. Tailored specifically for those serving Military, Veteran, and First Responder populations, the certification strengthens the mental health community's ability to foster real, lasting growth in those they serve.

To explore the full list of our 2024 accomplishments, please visit our website.



STORIES OF TRANSFORMATION

At Boulder Crest, we have the distinct honor of bearing witness to transformation — every, single, day. Stories of people forged in the fires of their struggle. Stories of triumph, strength, and growth. Here are a few of those inspiring stories.

Peter & Laurie Lautzenheiser: **Held in the Sky, Healed on the Ground**

CW5 Peter Lautzenheiser and his wife Laurie endured unimaginable loss during his 40+ year military career. Warrior PATHH and Struggle Well helped them rediscover the strength in their relationship. Family Rest & Reconnection gave them the time and space to heal. Now, they stand together — not only as individuals, but as partners ready to move forward. [Read More ›](#)

Jeremy Fletcher: **In the Name of Healing**

As a physical therapist, Army Reservist, and graduate of Warrior PATHH, Jeremy Fletcher understands that real transformation takes place at the intersection of mind and body. Now, he integrates Posttraumatic Growth into every part of his practice — empowering others to heal and strengthen from the inside out. [Read More ›](#)

Scott Krassow: **The Man in the Maze**

As a law enforcement officer, the murder of his close friend and fellow officer Jair Cabrera left Scott Krassow carrying a weight that grew heavier each day. It wasn't until Warrior PATHH that Scott truly faced the pain he'd buried for years and found the courage to set it down. Now, he helps others do the same as a Struggle Well guide. [Read more ›](#)

Camille Effler: **Stay True To Yourself**

Camille Effler never set out to make military history — she simply kept following what felt right. From Afghan villages to elite special operations teams, her journey is a powerful testament to the courage of staying true to yourself. [Read more ›](#)

Continue reading these stories and explore even more powerful journeys of transformation on our website — simply scan this QR code



HONOR ROLL OF CONTRIBUTORS

Thank You for Making a Difference

With heartfelt gratitude, we honor those who have made — and continue to make — our mission possible. Thank you for standing beside us and embracing this mission as your own.

Every effort has been made to list current and accurate information for cumulative giving Jan 1-Dec 31, 2024. If you see an error or omission, we would like to hear from you at hello@bouldercrest.org.

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The Platoon Society is our valued community of monthly donors who make life-saving Posttraumatic Growth programs possible for our nation's heroes. We're grateful to recognize the individuals below who have contributed for six months or more — thank you for your unwavering support and commitment.

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FINANCIALS

STATEMENT OF FINANCIAL POSITION

ASSETS	2024	2023
Cash	\$2,927,087	\$3,643,152
Pledges Receivable	\$10,000	\$35,000
Net Land, Property, & Equipment	\$20,252,271	\$15,574,820
Investments	\$22,083,657	\$19,733,818
Other Assets	\$1,172,569	\$863,206
Total Assets	\$46,445,584	\$39,849,996

LIABILITIES & NET ASSETS

Accounts Payable & Other Liabilities	\$519,710	\$650,405
Total Liabilities	\$519,710	\$650,405
Total Net Assets	\$45,925,874	\$39,209,591
Total Liabilities & Net Assets	\$46,445,584	\$39,859,996

STATEMENT OF ACTIVITIES

Contributions	\$8,772,135	\$6,895,901
Special Events	\$1,320,535	\$1,773,816
Grants	\$10,331,991	\$7,724,796
Other Revenue	\$2,022,182	\$1,662,011
Total Gross Revenue	\$22,468,843	\$18,056,524

PROGRAM SERVICES

Total Program Services	\$14,059,212	\$10,775,706
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SUPPORTING SERVICES

Management & General	\$823,189	\$959,506
Fundraising	\$870,159	\$1,429,051
Total Supporting Services	\$1,693,348	\$2,388,557
Total Expenses	\$15,752,560	\$13,164,263
Change in Net Assets	\$6,716,283	\$4,411,339

Net Assets, Beginning of the Year	\$39,209,591	\$34,798,252
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Net Assets, End of the Year	\$45,925,874	\$39,209,591
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5.5% Fundraising

5.5% Management

89% Program Services

Boulder Crest invests 89 cents of every dollar in what matters most: delivering life-changing Posttraumatic Growth training and hosting Military and Veteran families for Rest & Reconnection.



Healthy People Help People. Hurt People Hurt People.

One healthy graduate of our programs can positively impact the lives
of an estimated **500 additional people.**

That's **65 million** families, friends, co-workers, and communities.

That's transformation. Because of You.



BOULDER CREST
FOUNDATION

bouldercrest.org

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