



BOULDER CREST
FOUNDATION

WHERE STRUGGLE BECOMES **STRENGTH**

2025 ANNUAL REPORT

THE HOME OF POSTTRAUMATIC GROWTH

A MESSAGE FROM OUR CEO JOSH GOLDBERG

Dear Friends,

At Boulder Crest, we believe that struggle — met with the right training, support, and community — can become the foundation for profound strength and growth. Not just recovery. Growth.

In many ways, **2025 was our Year of Growth.**

We trained a record 45,000 people through programs like Warrior PATHH, Struggle Well, Family Rest & Reconnection, and PTG Certification for licensed mental health professionals. Since 2014, we have served more than 180,000 service members, veterans, first responders, military families, clinicians, and helping professionals. They didn't just attend a program. They gained skills, found language for hard-to-name experiences, and discovered new ways to make meaning, strengthen relationships, and move forward with clarity and confidence.

That is **Posttraumatic Growth in real life.**

This year also marked a defining chapter for Boulder Crest. We opened Boulder Crest Texas and received the extraordinary gift of a 207-acre ranch in Wyoming — our fourth campus, expanding access to growth in rural communities where the need is great. A landmark Baylor University study, published in the *Journal of Affective Disorders*, reinforced what we see every day: this work transforms lives, with effects that endure.

Today, we are no longer focused solely on demonstrating that Posttraumatic Growth works. We are building the infrastructure to make it available to all who need it — through four campuses, a growing network of partners, digital tools that extend engagement beyond our programs, and trained clinicians carrying PTG into their communities.

None of this happens without you.

Your generosity fuels every program delivered, every guide trained, every study published, and every life changed. Because of you, Boulder Crest meets people where they are — and walks alongside them toward something stronger.

Our ambition is simple and audacious: to redefine trauma — from a life sentence to a catalyst for growth, from limitation to possibility. Thank you for standing with us as we build that future.

With gratitude,



Josh Goldberg
CEO, Boulder Crest Foundation



2025 KEY HIGHLIGHTS

A YEAR OF GROWTH, IMPACT, AND TRANSFORMATION

SERVING THOSE WHO SERVE US ALL

- Brought Posttraumatic Growth to more than 45,000+ individuals across all Boulder Crest programs
- Exceeded Struggle Well goals by 20% — bringing highly-effective, growth-focused training to more communities than ever

SCALING PTG TRAINING

- Launched PTG Qualification for healthcare, education, and peer-support professionals
- Continued growth of PTG Certification for licensed mental health professionals, including the provision of continuing education credits
- Delivered live PTG trainings for key organizations and associations

BOULDER CREST WYOMING

- Gifted a 207-acre ranch in Wyoming from Navy veteran Al Ellis
- Established the future home of Boulder Crest Wyoming, expanding access across rural communities

INVESTING IN EXCELLENCE

- Launched the Master Guide Academy and expanded Guide Continuum Training
- Strengthened the quality, consistency, and expertise of program delivery

ADVANCING THE SCIENCE

- Published three books in the Routledge Posttraumatic Growth Book Series: *Posttraumatic Growth: Theory, Research, and Applications*; *Psychological Growth After Trauma: Insights from Phenomenological Research*; and *Working with Bereaved Parents: A Practitioner's Guide*
- Published six peer-reviewed research articles strengthening the PTG evidence base

SELECT GRANT AWARDS

- Awarded continued support from the Department of Veterans Affairs SSG Fox Suicide Prevention Grant Program, DAV, Veterans United Foundation, and the A. James and Alice B. Clark Foundation

SOCIAL AWARENESS & STORYTELLING

- Created 20+ Stories of Transformation designed to normalize struggle and illuminate growth
- Reached new audiences through three short films: *The Hanoi Hilton POW Story of PTG*, *Ripcord*, and *Burdens Shared: The Weight of the Shield*
- Reinforced a core truth: struggle can be a catalyst for meaningful, positive change

WARRIOR PATHH

5,507 GRADUATES SINCE 2014 • IMPACTING 2.8 MILLION PEOPLE • 1,213 STUDENTS SERVED IN 2025

PROGRAM OVERVIEW

Warrior PATHH is a 90-day, peer-delivered, non-pharmacological training program grounded in the science of Posttraumatic Growth (PTG). Designed for combat veterans and first responders, the program begins with an intensive, week-long initiation, followed by three months of structured support that helps participants make peace with their past, learn to live in the present, and plan for a great future.

Since launching in 2014, Warrior PATHH has served men and women from all 50 states and every branch of the U.S. military. Outcomes consistently exceed those associated with traditional mental health care, with participants experiencing dramatic reductions in a range of symptoms and transformative gains in Posttraumatic Growth. In 2025, we delivered 156 programs across the 11 Warrior PATHH teams, training 1,213 students to transform their struggles into profound strength and lifelong growth.

The impact of Warrior PATHH extends well beyond the individual. Research shows that each graduate positively influences approximately 500 others, creating a ripple effect that reaches families, teams, and communities. With ongoing participant feedback and continual curriculum refinement, the program becomes more effective each year, strengthening our ability to meet Warriors where they are and support lasting change.

PROGRAM STATS

1,213 Participants Trained in 2025

156 Programs Delivered in 2025

11 Warrior PATHH teams operating nationwide

58% Sustained reduction in PTSD symptoms (PCL-5)

65% Increase in Posttraumatic Growth (PTGI-X)





JESSE MCQUEEN

WARRIOR PATHH GRADUATE

Jesse McQueen enlisted in the U.S. Army at 19, just days before September 11, 2001. What began as a search for direction became a life shaped by war, responsibility, and constant readiness.

Before deploying to Iraq, Jesse met Kelly, a fellow service member. They married mid-deployment and built a life inside the demands of military service. “I promised her it would only get better from there,” Jesse said. When they later retired to start a family, Jesse carried that same sense of duty into civilian counterterrorism work. On paper, he was thriving. In reality, he was struggling and unsure where to turn.

Through Warrior PATHH, Jesse found space to pause, speak honestly, and reconnect with his strength beyond service. Kelly later completed Warrior PATHH as well, and the shift became something their entire family felt through greater presence, openness, and steadiness at home.

Together, Jesse and Kelly have built a life shaped by shared growth and deeper connection.

“I told her it would only get better,” Jesse said. “And it has.”

[Read Jesse's full story at BoulderCrest.org](https://www.bouldercrest.org)

“I came here carrying the weight of war, loss, addiction, and regret. I'm leaving with hope, tools for continued growth, and a deep belief that I have the power to transform my pain into purpose. I am not the same man who showed up a week ago — and I never will be again.”

WARRIOR PATHH PARTICIPANT



STRUGGLE WELL

72,607 SERVICE MEMBERS AND FIRST RESPONDERS TRAINED SINCE 2018 • 16,024 TRAINED IN 2025

PROGRAM OVERVIEW

Struggle Well is a peer-delivered, Posttraumatic Growth (PTG)–based program designed to train actively serving military members and first responders to metabolize the stress and struggle that comes with their service. Preventative at its core, the program is built around two key goals: normalizing struggle and democratizing the ability to struggle well.

Boulder Crest began delivering Struggle Well to active-duty military units in 2018. In 2021, the program expanded into the first responder community through a pilot in Miami-Dade County, Florida, that trained police officers and fire rescue personnel in the principles and practical application of PTG. A second pilot followed in Tucson, Arizona. The success of these early efforts led to significant investments later that year, enabling the program to scale rapidly.

Today, Struggle Well operates in 30 states and trained 16,024 participants in 2025. On average, participants experienced a 46% increase in PTG.



PROGRAM STATS

16,024 Participants Trained in 2025

1,598 Training Days Delivered in 2025

633 Programs Delivered across 30 states

46% Average increase in Posttraumatic Growth across all five domains (PTGI-X)



This training has been the single most helpful thing I have experienced in my ten-year career.



STRUGGLE WELL PARTICIPANT



Alex Sachs

STRUGGLE WELL PARTICIPANT AND GUIDE

As a child growing up in Brazil, Alex Sachs watched the police officers who lived next door from her apartment window. Even then, she knew she wanted to serve. At the time, women were not allowed in the police or military, so she found another path — becoming a professional athlete and Olympian, representing Brazil on the national women’s soccer team for more than a decade.

At 43, Alex pursued law enforcement in the United States. She trained relentlessly and exceeded academy requirements, only to tear her Achilles mid-training. The path she had chased for decades suddenly closed.

Instead of letting her go, the Scottsdale Police Department helped Alex find another way to serve. Today, she works in community engagement, building leadership programs for children, engaging with seniors, and coaching adaptive sports for Special Olympics.

Alex found deeper clarity through Boulder Crest Foundation’s Struggle Well program, which Scottsdale Police offered to staff. What stood out most was the space it created for real connection. “It reminded me of something I’ve always known,” Alex said. “Connection is everything.”

[Read Alex’s full story at BoulderCrest.org](https://BoulderCrest.org)



“This course should be mandatory at the beginning, middle, and end of our careers as first responders. After serving more than 20 years as a police officer, this knowledge would have benefited me so much and there would have been less suffering. The things that happen in this career – it’s a heavy burden to carry for so long without help.”

STRUGGLE WELL PARTICIPANT

FAMILY REST & RECONNECTION

11,274 FAMILY R&R GUESTS SINCE 2013 • 1,163 GUESTS IN 2025

PROGRAM OVERVIEW

Military and veteran families carry unique stresses — long deployments, difficult transitions, and the invisible weight of service. Family Rest & Reconnection gives them space to breathe.

At no cost to families, these two- to seven-night stays at Boulder Crest’s Virginia and Arizona campuses (with Wyoming coming soon) offer a chance to slow down and be together. Set in serene natural surroundings, families can hike, fish, explore trails, or simply rest — whatever restoration looks like for them.

By stepping away from the demands of daily life and into an environment designed for connection, families return home with strengthened relationships and a renewed sense of wellbeing. Family Rest & Reconnection reflects Boulder Crest’s commitment to serving not just those who wore the uniform, but the loved ones who stood beside them.



FAMILY R&R NUMBER SERVED

	2023	2024	2025
VA:	674	713	752
AZ:	357	383	411

“ We will never forget this experience. The space. The slowness. The way our hearts reopened to each other. Thank you Boulder Crest — you gave us the gift of presence that doesn’t fade, and we carry it home with us forever. ”

FAMILY REST & RECONNECTION PARTICIPANT

Tammie Senn

For Army veteran Tammie Senn, Boulder Crest is more than a place to visit. It is where rest, memory, and reconnection meet.

After years of service, trauma, and profound personal loss, Tammie found steadiness through Warrior PATHH. But it is Family Rest & Reconnection that continues to anchor her, offering distance from daily demands and time to return to herself and to her son, Brendan, who died in 2021.

Brendan's ashes are scattered across the Boulder Crest Arizona property — in the labyrinth, near the canyon, by the water.

This is where Tammie comes to be with him.

Each visit allows her to reconnect with what remains: with the land, the practices that steady her nervous system, and a community that reminds her she is not alone. Healing, for Tammie, is allowed to unfold at its own pace.

Family Rest & Reconnection offers combat veterans and their families a place to rest, reflect, and reconnect through restorative stays on Boulder Crest's campuses.

[Read Tammie's full story at bouldercrest.org](https://bouldercrest.org)



COUPLES PATHH AND MILITARY TEEN RETREAT

Couples PATHH

PROGRAM OVERVIEW

Couples PATHH invites Warrior PATHH alumni to return to Boulder Crest with their spouses to continue their Posttraumatic Growth (PTG) journey together.

In collaboration with SongwritingWith:Soldiers, couples work with professional songwriters to create original songs reflecting their experiences and relationships, alongside core Warrior PATHH elements such as PTG-based training and time in the labyrinth. With the opening of Boulder Crest Texas, the program has expanded, increasing the number of couples served this year.



Military Teen Retreats

PROGRAM OVERVIEW

Boulder Crest Foundation Military Teen Retreats support children of military service members and Gold Star families by creating space to connect, build friendships, and be themselves alongside peers who share similar experiences. During three-day retreats, teens participate in PTG-informed activities adapted from Warrior PATHH, balancing fun, reflection, and connection.

Military Teen Retreat participants shared both the moments that made them laugh — like water fights and time on the trails — and the lessons they took home, including how to let things go and practice gratitude.



MENTAL HEALTH COMMUNITY

The impact of our training continued to accelerate in 2025, with 24,235 mental health and helping professionals trained — raising our total to 59,937 clinicians and helpers prepared to advance Posttraumatic Growth in their communities.

EXPANDING THE PRACTICE OF POSTTRAUMATIC GROWTH (PTG)

We believe that the future of mental health care must go beyond symptom reduction and pathology management. Our goal is to change how mental health professionals, chaplains, peer supporters, healthcare workers, and educators understand and address trauma by equipping them with the training to foster Posttraumatic Growth (PTG) in the individuals they serve.

These efforts are led by the Boulder Crest Institute for Posttraumatic GrowthSM — our center of excellence for training, research, and innovation in PTG. Through the Institute, we are building a movement of professionals who recognize the possibility of growth in the aftermath of struggle and are trained to help others unlock that potential.

PTG CERTIFICATION

Developed and taught by Dr. Richard Tedeschi, co-founder of PTG and the Executive Director of the Boulder Crest Institute, the PTG Certification Program is an in-depth course on the clinical applications of PTG. Clinicians learn to integrate PTG principles into their practice, enhancing their ability to support individuals in overcoming trauma and promoting psychological growth.

PTG Certification is available to psychologists, social workers, counselors, marriage and family therapists, psychiatrists, and other licensed mental health professionals. Continuing Education Credits are available for the PTG Certification Program.

PTG QUALIFICATION

Launched in mid-June 2025, the PTG Qualification Program is an online training designed for professionals in fields such as healthcare, education, chaplaincy, and peer support who wish to apply PTG principles in their work. The program helps participants recognize signs of growth and implement strategies to support it in others, extending PTG's reach beyond clinical environments and into everyday human support systems.

PTG WORKSHOPS & SEMINARS

In addition to our formal training programs, we engage in PTG education efforts through workshops and presentations aimed at broadening awareness. We train mental health professionals from across the globe, with a primary focus on those working with the military, veteran, and first responder communities.



Our focus is to shine a light on PTG so that mental health practitioners can learn about the possibility of growth in the aftermath of trauma, and in turn, help the people they serve to see their potential for growth, value, and worth.

— Dr. Richard Tedeschi, Executive Director, Boulder Crest Institute for Posttraumatic GrowthSM





AL ELLIS

A Place Where Strength Takes Root

Al Ellis has always paid attention to where his life was leading him.

A Navy veteran, he learned early the value of service, discipline, and responsibility — principles that would shape every chapter that followed. That foundation carried him across decades and landscapes, from the California coast to the mountains of Wyoming, from a life built underwater to one rooted firmly in land.

Ellis began his civilian career as a commercial diver, carving out a place in the abalone and sea urchin industries. He later became an entrepreneur, opening seafood restaurants and creating opportunities for divers and processors to earn more for their work. By his early forties, he was ready to retire from diving, but not from purpose.

He and his wife, Sondra, fell in love with Wyoming after visiting friends near Alpine and eventually purchased property along the Snake River. Ellis spent his days exploring the mountains, where he discovered pack llamas — animals uniquely suited for backcountry travel.

What began as curiosity became commitment. Ellis spent decades breeding and training pack llamas, guiding trips through Wyoming's mountain ranges and introducing thousands of people to wilderness, stillness, and night skies they had never seen before. As his herd grew, so did his sense of responsibility to what he had built.

When the Snake River property could no longer sustain the operation, Ellis faced a choice. He and Sondra sold their home and purchased a run-down cattle ranch in Boulder, Wyoming. There, they rebuilt deliberately, transforming the land into a beautiful retreat.

As Ellis began thinking about the future of the ranch, another moment arrived.

In the summer of 2025, Ellis saw a television segment with Johnny Joey Jones — a Marine Corps EOD veteran, Warrior PATHH graduate, and longtime friend of Boulder Crest co-founder Ken Falke.

Jones spoke about service and renewed purpose in a way that stopped Ellis in his tracks. On a whim, he sent Jones a message, unsure whether it would ever be read.

It was.

Jones immediately understood what Ellis hoped to do. Having walked the Warrior PATHH journey himself — and knowing the mission of Boulder Crest as well as anyone — he knew exactly who could carry that vision forward.

He connected Ellis with Ken Falke, co-founder and chairman of the Boulder Crest Foundation. What followed felt inevitable.

Ellis donated his 207-acre ranch to Boulder Crest so it could serve veterans and first responders, many from rural communities where access to care is limited.

In Wyoming, the land will become a place of strength, connection, and healing, with llamas remaining part of the experience.

“I’m not religious,” Ellis has said. “But all these points came together. Boulder Crest could accept it, and I could give it.”

For Al Ellis, this gift wasn’t about parting with something he built. It was about placing it where it belonged.

HONOR ROLL OF CONTRIBUTORS

Thank You for Making a Difference

With deep gratitude, we recognize the partners who made — and continue to make — our mission possible. Thank you for standing with us.

This listing reflects cumulative gifts of \$5,000 and above, received January 1 – December 31, 2025. Every effort has been made to ensure accuracy. If you notice an error or omission, please contact us at hello@bouldercrest.org.

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Retired U.S. Army Master Sgt. Leroy Petry, Medal of Honor Recipient
Rocky Bleier, Veteran & Former NFL Player





When Emma S. returned to the site where she had been injured in an explosion — the place where she once held a man as he died in her arms — she expected the memories to overwhelm her.

For years, that night shaped everything that followed.

Before her experience at Boulder Crest, Emma described living in a constant state of exhaustion and vigilance. She believed the only control she had left was deciding when her life would end. Her affairs were in order. Getting on the plane to Texas felt less like hope and more like obligation, one last thing she needed to do.

What shifted during the program wasn't the past — it was how Emma saw herself. "It was never a question of whether the program would work," she wrote. "It was whether I believed I was worth it." Hearing that she was special changed everything, even as she continued the work of believing it herself.

"I never 'lived,'" she said. "And now I have an entire life — a future to look forward to."

— Emma S., Veteran, Boulder Crest program participant, now pursuing a master's degree in mental health and leading a nonprofit focused on law enforcement wellness.

Your generosity doesn't just fund programs — it changes and saves lives.

Thank you for standing with us.



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