



BOULDER CREST
FOUNDATION

TRANSFORMATION HAPPENS HERE



**We provide life-changing programs at no cost to members of
the military, veteran, and first responder communities.**



THE HOME OF POSTTRAUMATIC GROWTH

THE NEED IS GREAT

An estimated 30 percent of combat veterans and first responders are suffering in silence with a range of mental health challenges.

It's unacceptable that 20 veterans die by suicide every day, and that more first responders die by suicide than in the line of duty.

Clearly, traditional approaches for those on the front lines are not working.

Something Needs To Change.



New and engaging approaches for the treatment of PTSD are needed.”

—Journal of the American Medical Association (JAMA)

PIONEERING CHANGE

Since 2013, Boulder Crest has been pioneering a new approach for those struggling with stress, hardship, and trauma.

We've developed Posttraumatic Growth-based training programs, established three wellness centers, opened the Boulder Crest Institute for Posttraumatic Growth, scaled our programs nationwide through non-profit partners and mobile training teams, and shined a light on the fact that growth is possible after trauma.

And We're Just Getting Started



THE POWER OF PTG

Posttraumatic Growth (PTG) is the positive transformation that can happen after trauma – simply put, it's the notion that what doesn't kill us can make us wiser.

Boulder Crest uses the science of PTG to train our participants to shift their mindset — making peace with their past, living in the present, and planning for a great future.



“The Boulder Crest philosophy is based on a very clear understanding — that it’s possible to GROW in the aftermath of trauma. That knowledge fuels everything we do.”

— Josh Goldberg, CEO

PTG IN ACTION

“ I have never in my 23 years of doing this type of work seen such a powerful program. Life-changing.”

— Chief Chad Kasmar, Tucson Police Department



PROGRAMS BASED ON THE SCIENCE OF PTG

WARRIOR PATHH (Combat Veterans)

Warrior PATHH is a 90-day, non-pharmacological, peer-delivered training program that begins with a week-long intensive and immersive in-person initiation. This is followed by 3 months of dedicated support, training, accountability, and connection from a team of trained combat veterans.

FAMILY R&R (Military + Veteran Families)

We know firsthand the sacrifices and stresses of military and veteran families. Family Rest & Reconnection offers the opportunity to enjoy a variety of therapeutic and recreational activities, explore local attractions, and spend time as a family in our Virginia and Arizona locations.

STRUGGLE WELL (Agencies + Units)

Struggle Well is a training program for first responder agencies and active-duty military units focused on prevention. The 1, 2, and 5-day training programs are guided by two objectives: normalizing struggle and democratizing participants' ability to struggle well.



APPLY FOR A PROGRAM: If you, someone you know, or your organization can benefit from one of our programs, please share this information or contact us.

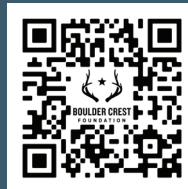
WAYS TO GET INVOLVED



MAKE A DONATION ★ VOLUNTEER ★ HOST AN EVENT



BOULDER CREST
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Boulder Crest Virginia (Bluemont, VA)
Boulder Crest Arizona (Sonoita, AZ)
Boulder Crest Texas (Italy, TX)
Boulder Crest Wyoming (Boulder, WY)

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