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*“Helping our nation’s heroes finally come home”*

## PROJECT SANCTUARY FACT SHEET

### Vision Statement

Assist military service members returning from our nation’s wars and conflicts with reintegration into the family unit through a holistic approach healing the effects of war and treating all members of the family at their level of need; enabling the service members to reintegrate into their families and communities in a healthy and sustainable manner resulting in the preservation of the family unit and strengthening of the community, the military and the country.

### Mission Statement

Project Sanctuary’s mission is to provide therapeutic, curative, supportive and recreational activities to Veterans, active Military personnel, their spouses and children in a leisure environment. Additionally, services are then provided to the families for two years to continue to offer the support required

### Project Sanctuary Quick Facts

- The organization is a Colorado 501(c)(3) nonprofit corporation founded in September 2007.
- The founding principle is that the whole family serves and that the best way to “support the troops” is by supporting the family.
- Services are provided through six-day retreats at YMCA of the Rockies in Granby, CO, at no cost to participating military families.
- Continuing support and services are provided to each family for two years following the retreat.
- Project Sanctuary meets its mission with three employees and more than 200 volunteers.
- **Project Sanctuary has hosted 29 therapeutic retreats and is providing support and services for 228 military families.**
  - Of these families, 128 are active duty, and 100 are veterans.
  - 80% of the participating service members are “wounded warriors” with post-traumatic stress disorder (PTSD) and/or traumatic brain injury (TBI), physical wounds and/or amputations.
- **The numbers speak for themselves. Of the families served by Project Sanctuary:**
  - 90% are still together.
  - Only two arrests have occurred, compared to much higher numbers for the returning military population at large.
  - NO PARTICIPANT HAS COMMITTED SUICIDE.
- **Project Sanctuary’s waitlist now has more than 1000 families patiently waiting.**

*“No wonder so many military families don't make it. I don't think ours will survive this. I try to hide my depression from my daughter, but I'm dying inside. I go to bed alone every night and cry from the loneliness while my broken husband lays in the next room, in his own world of pain. I miss him so much, it's unbearable. I thought deployment was emotionally hard, but it was nothing compared to this. He's home from war, but I still don't have him back. The pills and pain and PTSD have taken him from me.” – 2012 letter from Erin B., a veteran wife currently waiting for a retreat*

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## Statistics for U.S. Service Members, Veterans and Families

- 2.2 million brave men and women have been deployed to Iraq and Afghanistan.
- Of those deployed, 1 in 50 returns home with physical disabilities.
- Of those deployed, 1 in 5 returns home with invisible injuries of war such as TBI, PTSD, alcoholism, anxiety, and depression.
- Child abuse and neglect triples when a parent is deployed.
- **There are 18 veteran suicides EVERY DAY.**

## Project Sanctuary Retreats

### General Information

- Retreats are provided in a therapeutic environment in Colorado for families who are in need.
- **Project Sanctuary is the only organization in the country providing these services for the entire family.**
- Project Sanctuary accomplishes physical and mental healing through a proven and effective therapeutic model of Diversion Therapy.
- Diversion and Recreational Therapy is internationally recognized and aims to improve quality of life through the support and development of clients' psychological, emotional, spiritual, social and physical needs. The benefits to participating families are immense.
- The retreats provide families a safe place to rest, recover and relax from the stress of military life.
- Currently, Project Sanctuary hosts 6-12 retreats per year, and additional retreats as funding permits.
- **Project Sanctuary is currently under contract with YMCA of the Rockies to begin a capital campaign to build a permanent retreat center in Colorado to provide therapeutic retreats and services for 250 families each year. The center will serve as the model for others across the nation.**

### Retreat Activities

Project Sanctuary offers a variety of workshops and recreational opportunities for service personnel to reacquaint themselves with their loved ones, building new and lasting connections, additional supports and skills. All recreational activities are appropriate for even the youngest of family members.

- **Healthy Marriage Project** – An interactive workshop designed to help find new ways to have fun together as a couple
- **Licensed Counselors** – Licensed therapists and a recreational therapist help facilitate the retreat experience.
- **Youth Programs** – Assisting children with structured activities while the parents attend workshops and Heroes Night Out
- **Financial Peace** – Providing real financial tips and tools. Rather than just handing out money, we teach skills.
- **Recreational activities** – skiing, fishing, hiking, swimming, horseback riding, and more

*"It's Jane from the February retreat. I want to thank you so much for all you do and for giving our family the opportunity to attend the retreat; it was so wonderful and it has had a lasting impact. I was so-o-o-o drained, overwhelmed, feeling defeated, etc. Since we've been back, we have increased John's appointments with his therapist, I have found a great counselor for myself, started exercising again, praying again, etc. Mind, body and soul! Having the time with Project Sanctuary gave me the boost I needed to get motivated again, and to take care of myself in order to take better care of my family. Thank you, thank you, thank you!" – Kormanick family, February 2011*

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