Dearest Friends,

We are pleased to present Boulder Crest Retreat Foundation’s 2017 Annual Report.

2017 was extraordinary in many ways, and most notably marked with our expansion out west. We acquired and opened Boulder Crest Retreat Arizona, made possible through the incredibly generous donation of $10 million from the A. James and Alice B. Clark Charitable Foundation. Our grand opening took place in Sonoita, Arizona on November 30, 2017, in front of more than 500 friends, supporters, and community leaders.

In December 2017, we published the 12-month results from our 18-month longitudinal program evaluation. We are learning that our Warrior PATHH curriculum, based on the science of Posttraumatic Growth, is far outpacing all major traditional mental health care for combat veterans. We greatly anticipate the conclusion of this study this July, and we are eager to share the final results.

The overall success of Warrior PATHH has quickly propelled our endeavor to expand the delivery of this program through a growing, select group of national partners. In late 2017, we began including first responders in our Warrior PATHH programs.

Included in the report are feedback and testimonials regarding our programs in 2017, as well as statistics to highlight our community, regional, and national strength. Your continued interest and support are more critical now than ever. Our ambitious strategic plan and annual fundraising goals are only achieved with your continued generosity, dedication, and volunteerism. Although it may appear that ‘on the ground warfare’ is winding down, I assure you that the longer these invisible injuries go untreated, the harder it is for warriors to heal and the more damaging to our nation.

On behalf of Boulder Crest Retreat Foundation’s Board of Directors, Honorary Board, our Wellness Advisory Committee, and Staff, please accept our sincerest thank you and gratitude for your investments in 2017.

With heartfelt respect,

KEN FALKE
CHAIRMAN AND FOUNDER

Boulder Crest Retreat
Virginia
Grand Opening
SEPTEMBER 2013

Walls Annenberg
Heroes Garden
@ BCR VA
Grand Opening
JANUARY 2015

Boulder Crest Retreat
Arizona
Grand Opening
NOVEMBER 2017

2017 Program Results

**WARRIOR PATHH PROGRAM**

**Symptom Reduction**
- 40-60% sustained reduction in PCL (PTSD Checklist, a tool used by VA and DoD) scores
- 50% sustained reduction in anxiety and depression, using the DASS-21 (Depression, Anxiety, and Stress Scale)
- 65% of participants who arrived with what qualified as a clinical PTSD diagnosis do not have one six months later (compared to 2 percent for traditional treatments)

**Quality of Life**
- 31% improvement in Couples Satisfaction (Couples Satisfaction Index)
- 25% reduction in response to stress

**Posttraumatic Growth**
- 75% improvement in Psychological, Spiritual/Existential, and Relationship Growth (Posttraumatic Growth Inventory - PTGI-X)

**REST AND RECONNECTION STAYS**
- 100% of guests would like to return
- 100% of guests would recommend the Retreat to fellow warriors, families and friends.
- 99% of guests said the Retreat provided their family with the opportunity to rest and reconnect
- 9.8/10 ranking by guests for their experience at the Retreat
- 142% improvement in how rested guests felt as they departed Boulder Crest Retreat
- 51% improvement in the extent to which their family was connected upon departing the Retreat

**TOTAL GUESTS SERVED IN 2017**
- 2,967

**GUESTS SERVED IN 2017**
- 698

**TOTAL VOLUNTEER HOURS IN 2017**
- 19,024

**TOTAL VOLUNTEER HOURS**
- 6,634

**CORPORATE/GROUP VOLUNTEER SERVICE DAYS**
- 31
Our community and volunteer support changes lives!

“Thank you BCR for allowing my family to come here and heal together. My husband and [I] truly found love in each other again because you helped us realize our lives can be better. I am forever grateful.”

“What an amazing place. Thank you for all you’ve done for our warriors.”

“Not sure words can express how special our stay has been. Everything from the cabins to the staff were wonderful. Thank you so much for the support you give to veterans like myself. It has been a life changing experience.”

“I would like to thank all of the generous people who have given their time, money and energy making BCR possible...”

“My experience here was like nothing I’ve ever had. This program and staff are experienced and full of knowledge. If it weren’t for all of this I don’t know where I’d be. I look forward to my future. Thank you for this time, it was wonderful. Thank you!”

“SCM Equine Arena
In memory of SCM from his family and friends to serve and honor our nation’s Veterans and their families.”
Every gift makes a huge impact at Boulder Crest Retreat. Our team works hard to thank all donors for their investments throughout the year and in this report, we are only able to recognize gifts of $2,500 and above. Thank you all!
For the last 30 years, the Clarks have been building their Foundation one gift at a time. Committed to giving back to the communities where they live and work, the Clarks have quietly and generously supported community organizations, hospitals, schools, cultural institutions and veterans groups to help those willing to work hard to achieve their greatest ambitions. This generosity has always extended beyond formal philanthropy to a genuine and personal kindness and compassion for those in need.

The Clark family has long supported veterans’ services, and the Foundation proudly carries on its dedication to those who have served in our military. We target our support to help post-9/11 veterans navigate the transition from military to civilian life, investing in their health, education and future. We embrace their families as well, partnering with strong organizations that serve their spouses and their children.

Mr. Clark’s wish was that our Post 9/11 veterans would have the opportunity to succeed after their service. Since the inception of our work at Boulder Crest, the Foundation’s leadership investments are doing just that. Boulder Crest Retreat Arizona is a dream turned reality, and solely made possible through the Clark Family vision.