

2017 Highlights

HELPING THOSE WHO SERVED BOUNCE BACK IN MIND, BODY, & SPIRIT

Many Thanks

As we begin 2018, we have reflected on 2017. The PRLI has much to be thankful for – from our generous donors, to our committed volunteers, and to the veterans who participated!

Donors

Thanks to our generous donors we have had another successful year of providing retreats to veterans at no cost to them! This year we received donations from 81 individuals and cash donations from 17 business and organizations – this doesn't include the many business and organizations that provided us with discounts, services, and equipment! We could not have done all that we were able to accomplish without the help of each and everyone who gave to the PRLI in 2017!

Volunteers

The PRLI is a fully-volunteer run organization. We have only been able to serve veterans thanks to all of our volunteers, including our board

members and facilitators from the VA. This year, our volunteers completed over 2000 hours helping wounded warriors!

The PRLI was fortunate to welcome 10 new volunteers, 3 new Board Members, and an AmeriCorps VISTA member to our team. With their support, the PRLI will be able to build the capacity to serve more veterans in 2018 and beyond.

Participants

It has, without a doubt, been an honor and privilege to serve veterans for the past 3 years. In 2017, we ran 11 Camp Resilience sessions, serving 79 veterans and 14 spouses or caregivers! We wish all the veterans who attended the very best and hope to see them again. Thank you for a great year!

PARTNERSHIPS



Team Building at the NH Fire Academy

This year, 2 groups of veterans were able to visit the NH Fire Academy to participate in team-building activities. Thank you to Captain Keller and all those at the Academy for their time and service!



Sailing with the Lake Winnepesaukee Sailing Association

This year, the Lake Winnepesaukee Sailing Association was able to take 2 groups of veterans sailing on the Lake! The veterans were able to relax and learn to sail the boat.

OUTDOOR EXPERIENTIAL LEARNING



Sport activities, like the snowshoe hike on Pine Mountain in January, give vets the opportunity to be active and use teamwork which many have missed after leaving the military.



After sports activities like kayaking at the River Run Deli in May, facilitators hold "rap" sessions to debrief on what the vets can take away from the sports activities.

FAST FACTS

98.9%

Found the Camp Resilience retreat he or she attended to be useful *Data includes numbers from all Camp Resilience retreats.

94.4%

Rated the overall retreat to be good or excellent! *Data includes feedback from all Camp Resilience retreats.

FOR MORE INFORMATION

Visit our Website: <http://prli.us>

Like us on Facebook: <http://facebook.com/CampResilience>

Email: info@prli.us



Veterans hiking during our Women's-Only Retreat in March.

2017 Sessions

As we close out our 3rd year, we were pleased to run 11 great Camp Resilience retreats. Our sessions included: 2 Equine Retreats at the Live and Let Live Farm, our 3rd Women's-Only Retreat, our 2nd Military Sexual Trauma (MST) Retreat, our 2nd Couples' Retreat, as well as the addition of a Spouses and Caregivers' Retreat, and a Moral Injury Retreat.

New in 2017

This year we were excited to add a special Camp Resilience retreat just for spouses and caregivers in July. The caregivers serve in their own way and we loved giving them the opportunity to connect and relax with other caregivers. One caregiver said, "I wish more people knew about this camp and/or more people wanted to participate. It is truly life changing. As caregivers, I've noticed we feel alone, unsupported and this program reminds and encourages you to take time for yourself. To know were not alone, and just knowing that brings comfort."

We were also excited to add a retreat that focused on Moral Injury in November. These veterans were able to learn about PTSD and moral injury, as well as to work on acceptance and moving on.

In addition to the November retreat being our first Moral Injury retreat, this was also our first group to go to the Escape Hour House in Gilford. They were able to discover the Russian spy in the Russian Connection room, and solve the problem in Area 51. Our facilitators from the Manchester and Worcester Vet Centers thought that this activity was a great ice breaker, so we are excited to bring more veterans back in 2018!

Partnerships

This year, we were able to collaborate with the Gunstock Inn, the Fireside Inn, HomeBase, the Lake Winnepesaukee Sailing Association, the NH Fire Academy, the Live and Let Live Farm, the Escape Hour House, the Gilford Rotary, Pittman's Freight Room, the Nutmeg Inn, Yoga from the Heart, Downtown Gym, Stone Brook Hill Farm, and Temple B'nai Isreal.

We hosted 3 Home Base groups from Boston, and co-hosted a dinner with Home Base at Stone Brook Hill Farm.

The NH Fire Academy and the Lake Winnepesaukee Sailing Association were gracious enough to provide exciting activities for 2 Camp Resilience retreats each.

Growth in 2017

2017 showed lots of growth for Camp Resilience. In addition to the growth in the number of sessions, PRLI was pleased to welcome new board members, new volunteers and an AmeriCorps VISTA member to the team.

Board Members

Our 3 new Board Members are:

Sandi Moore-Beinoras is a Psychiatric APRN who joined our team in June. Sandi helps review our applications and with our Life Skills Program.

Kevin Boyle is a former Army Captain and Vietnam Veteran. Kevin joined our board in December, but has been active with PRLI since August. Kevin has helped us create a Business Plan and will chair our Development Committee to help us fundraise.

Cindi Curtis is a retired Banker and USAF spouse. Like Kevin, Cindi joined our board in December, but has also been active since August. Cindi participated in 3 retreats this year before coming on as our Operations Coordinator.

Volunteers

PRLI is a fully volunteer-run organization. This year, we welcomed 10 new volunteers to help

during our Camp Resilience retreats. These volunteers have helped to provide transportation for participants, helped during the sport/team-building activities, and have begun to help with other operations of Camp Resilience.

In total, our volunteers have put in over 2000 hours of work! Without the time and effort put forth by all of our volunteers, we would not be able to serve veterans.

AmeriCorps VISTA



AmeriCorps VISTA is a program through the Corporation for National and Community Service. VISTA stands for Volunteers in Service to America. Each VISTA dedicates one year to an organization to help build capacity.

Our AmeriCorps VISTA is Olivia Kimmel. Olivia graduated from James Madison University in May with a BA in Psychology. Olivia joined our team in August and has already helped us write a Business Plan, secure 2 grants, and improve our use of technology.

More in 2018

We don't plan to stop the growth we experienced in 2017! In 2018, we hope to launch a 5-year plan in order to grow up to 40 sessions per year.



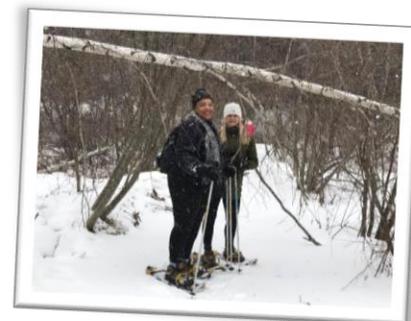
(Above) Our Veterans took a break from morning workshops to do yoga with an instructor from Yoga from the Heart in November.

(Middle) Spouses and caregivers enjoy water aerobics in the pool at the Gunstock Inn in July.



(Bottom left) Veterans relax while kayaking on the Merrymeeting River in October.

(Below) Two vets stop to pose while snowshoeing in January.



2017 Feedback

Camp Resilience received lots of positive feedback this year. Some comments included:

“Amazing self-help program that challenges yet respects the inner wounds of veterans. The growth that takes place with just a few days is only going to benefit me to focus on my needs first.” – Participant in our September MST Retreat

“All vets should have this experience, and probably more than once” – Participant in our January Retreat

“This program will completely change my life in all positive ways” – Participant in the June Couples’ Retreat

“I grew personally from being here. No matter who I spoke with, Camp Resilience staff, volunteers, Gunstock Inn staff or my classmates, I felt like I MATTERED.” – Participant in the September MST Retreat

“I wish more people knew about this camp and/or more people wanted to participate. It is truly life changing. As caregivers, I’ve noticed we feel alone, unsupported and this program reminds and encourages you to take time for yourself. To know we’re not alone, and just knowing that brings comfort.” – Participant in the July Caregivers’ Retreat

“Camp Resilience was an awesome experience. The beautiful terrain and lakes provided a backdrop for the wonderful activities and workshops. I encourage every veteran looking to enhance their post-military life to attend.” – Participant in our November PTSD & Moral Injury Retreat

How to Help

You can help us help veterans. Simply go to our website (prli.us) and click on the donate tab, or you can mail a check to the Patriot Resilient Leader Institute at PO Box 7384, Gilford, NH 03247-7384. All donations are tax-deductible.



(Above) A veteran climbing through the Aerial Treetop Adventures at the Gunstock Mountain Resort in October.

(Below) Veterans built relationships with rescued horses at the Live and Let Live Farm during our October Equine Retreat.



(Left) Veterans learned about mindful eating at the Nutmeg Inn during our Women’s-Only Retreat in March.



Camp Resilience 2017 Highlights

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