THANK YOU

As we begin 2019, we have reflected on 2018. The PRLI has much to be thankful for – from our generous donors, to our committed volunteers, and the veterans who participated!

Donors
Thanks to our generous donors who enabled us to have another successful year of providing retreats to veterans at no cost to them! This year we received donations from 216 individuals and cash donations from 41 businesses 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 everyone who gave to Camp Resilience in 2018!

Volunteers
In 2018, PRLI was a fully-volunteer run organization. We were able to serve our veterans thanks to all of our volunteers, including our board members and facilitators.
The PRLI was fortunate to welcome five new volunteers, two new Board Members, and four new Advisory Board Members. With their support, the PRLI will be able to build the capacity to serve more veterans in 2019 and beyond.

Participants
It has, without a doubt, been an honor and privilege to serve veterans for the past 5 years. In 2018, 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!
2018 CAMP RESILIENCE PROGRAM

As we close out our 5th year, our 11 Camp Resilience sessions included two Equine Retreats, our fourth and fifth Women’s Only Retreats, our third Military Sexual Trauma (MST) Retreat, our third Couples’ Retreat, another Adaptive Sports Retreat in collaboration with Northeast Passage, as well as the addition of a Family Retreat with NH National Guard Family Program, a collaborative retreat with Project Healing Waters Fly Fishing and a Substance Dependency Retreat.

New Sessions

We were thrilled to expand our offerings again in 2018 by adding three new retreat opportunities!

In March, we ran our first collaborative retreat with Project Healing Waters Fly Fishing (PHWFF). During this retreat, our veterans built their own fly fishing rods and reels, and learned about Moral Injury. The veterans also went to the Escape Hour House, hiking on Pine Mountain and along Lake Winnipesaukee and went skiing at Gunstock Mountain Resort.

In May, we ran our first Camp Resilience Family Retreat with the NH National Guard Family Program. The retreat included workshops facilitated by counselors from the NH National Guard Family Program. During this weekend retreat, families learned to improve the way they communicate, respect and support each other, work and play together, express affection and affirmation, and build family resiliency.

In July, we held our first retreat for veterans with substance dependency. The veterans attended workshops on Social Skills, Moral Injury, Overcoming Addiction, Understanding Addiction and the Brain, Mindful Eating, Anger Management, and Next Steps.

Events

We are grateful that we were chosen for the second year as the partners for Temple B’ni Israel’s We Care Memorial Day Concert. We want to thank everyone who participated in the Memorial Day Concert Challenge for helping us raise over $20,000!

We also held our first Vets Got Talent event at Pitman’s Freight Room. The event was a great evening featuring our Veterans talent. We were able to raise approximately $2,500 to support our program.

Partnerships

This year, we were able to collaborate with the Gunstock Inn, the Fireside Inn, the Lake Winnipesaukee Sailing Association, the NH Fire Academy, Bank of New Hampshire Pavilion, the Escape Hour House, the Gilford Rotary, Pittman’s Freight Room, Yoga from the Heart, EVO Rock and Fitness, UpReach Therapeutic Equestrian Center, Gunstock, Northeast Passage, Project Healing Waters Fly Fishing, and Temple B’ni Israel.

We also partner with many Veterans Service Organizations. We continue to partner with VA facilities throughout New England. In 2019 we plan to run 7-8 retreats in cooperation with the VA Readjustment Counseling Service. We have new partnerships with VFR Healthcare, Clear Path for Veterans New England, Home Base and the Wounded Warrior Project.

VFR HealthCare provides dual treatment for substance abuse and Post Traumatic Stress (PTS) for service members, Veterans, first responders and their families to help them overcome the debilitating effects of substance abuse and PTS.

Clear Path for Veterans provides programs and services to active service members, veterans, guard, reserves and their families.

Home Base’s mission is to heal the invisible wounds for Veterans, Service Members and their Families through world-class clinical care, wellness, education and research.

The Wounded Warrior Project (WWP) works with the support of community to give a voice to Veterans and service members who incurred a physical or mental injury, illness, or wound while serving in the military on or after September 11, 2001 and empower our warriors to begin the journey to recovery. We have two Family Retreats in cooperation with the WWP planned for 2019.
GROWTH

2018 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 and new volunteers.

In February, we launched our 5-year plan to raise the funds needed to run up to 40 Camp Resilience retreats per year by 2022. To do this, we significantly increased our fundraising efforts in order to begin to hire a full-time staff. What does this plan look like?

- Staff positions: Executive Director, Fundraiser, Administrative Specialist, Licensed Counselor, and a Recreation Specialist
- Staff will be added slowly when fundraising permits
- Retreats will include both mid-week and weekend sessions
- Gradual increase in retreats per year as outlined in the graph below

In early 2019 we were able to hire our first two staff members. More about Alyssa and Jennifer below.

Board Members
We added two new board members and four new advisory board members in 2018. Our new board members are Linda Robinson and Mark Corry and our new advisory board members are Judge Gerry Boyle, Mr. Peter Burdett, Dr. Louise Graham and Dr. Peggy Laneri.

Linda Robinson - Linda, a retired RN with an MA in Sport Psychology, began volunteering with Camp Resilience after seeing the piece about us on WMUR on Memorial Day in 2017. Over the last few months, Linda has stepped up to help plan and organize retreats by taking on scheduling our Retreat and Workshop facilitators.

Mark Corry - Mark, a Navy Veteran, began volunteering with us in January of this year as a member of the Operations and Programming Committee. Since coming on board, Mark has handled all of the logistics during retreats to include arranging a van, picking up sports equipment and snacks, and scheduling sports facilitators.

Volunteers
In 2018, PRLI was a fully volunteer-run organization. We welcomed 5 new volunteers to help during our Camp Resilience retreats. These volunteers provide transportation for participants, helped lead the sport/team-building activities and assisted in other operations of Camp Resilience including our Vet Got Talent event. Without the time and effort put forth by all our volunteers, we would not be able to serve veterans in the capacity that we do.

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 was Olivia Kimmel. Olivia graduated from James Madison University in May 2017 with a BA in Psychology. Olivia joined our team in August 2017 and completed her year of service with us in August 2018. We were sad to see her go but we are so thankful for everything she did to help grow the Camp Resilience Program!
MORE GROWTH IN 2019

We don't plan to stop the growth we experienced in 2018! We plan to run at least 20 Camp Resilience retreats in 2019. In early January 2019, we hired our first two employees to support our growth - a full time Program Coordinator and a part time VP of Advancement.

Alyssa Tetreault Mosher joins us as the Program Coordinator. Alyssa graduated from Champlain College in 2016 with a BA in Business Administration. She has spent the last two years working in the insurance field where she earned her Property and Casualty Producers License. Alyssa lives in Madison with her husband, a law enforcement officer, and their rescue pup, Bree.

Jennifer Whalen-Sirois joins the team as the Vice President of Advancement. Jennifer's background includes three years as the Director of Advancement for the St. Charles School in Woburn, MA, she is a former Resident Director of Camp Bernadette in Wolfeboro, NH, Junior High School teacher in Medford, MA and for many years worked to develop her family’s electrical contracting business in Burlington, MA. She makes her home in Burlington, MA with her three children and their beloved family dog, Bridie.

"MY TAKE AWAY IS THAT THE CAMARADERIE HERE IS FANTASTIC. I'M VERY APPRECIATIVE. CAMP RESILIENCE IS A SAFE PLACE FOR ME TO COME AND ENJOY MYSELF."
- JULY RETREAT ATTENDEE

How to Help:
You can help us help veterans. To volunteer go to our website (camp-resilience.org) and click on the Volunteer tab. To donate simply go to our website (camp-resilience.org) 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.

Left: Veterans enjoy kayaking during the Retreat for Veterans with Substance Dependency.
Right: Veterans and their spouses at the Gunstock Aerial Treetop Adventure during the Couples Retreat.