

RESILIENT RETREAT

Initiative: Home for Healing and Transformation: Creating a Treatment Room for Trauma Care

FAC: Health & Wellness

Organization Mission Statement: Empowering Survivors of Trauma to Thrive Through Self-Care and Community.

Nonprofit's Description of its Organization and its History of Impact:

Resilient Retreat was founded in 2018 to provide a healing space for survivors of trauma. Since its founding, it has served more than 342 participants and provided 2,424 interactions (e.g., phone calls, emails, face-to-face meetings) for trauma survivors. The need for its services continues to grow with a 196% increase in participants served and a 150.5% increase in interactions provided from 2019-2020 to 2020-2021.

Resilient Retreat values the importance of research and rigorously evaluates all programs provided. Collected data shows a 91% decrease in missed days of work and a 41% decrease in suicidal thoughts after completing its programs.

Impact100 SRQ's Description of the Initiative:

The Impact100 SRQ grant will **FUND** a treatment room to provide services to trauma survivors, specifically survivors of abuse and first responders/helping professionals. The treatment room will be in Resilient Retreat's 5,000 square foot Community Center that is currently being constructed as part of a large capital project that includes an 18,000 square foot Retreat Center on their 84 acres of conservation land. The \$101,000 will contribute to the total cost of the treatment room which is \$113,059. The remaining amount has already been obtained through private fundraising. The treatment room expenses include construction labor and material, including concrete, wood, plastic and composites, electrical, HVAC and finishing.

The Initiative's **IMPACT** on the community will be to provide one centralized location to offer evidence-based services to address the long-term impacts of trauma on the mind, body, and spirit, such as yoga, neurofeedback, meditation, art/music therapy, animal therapy, and support groups. To date, Resilient Retreat has not had one centralized location to provide services. Participants have reported that the lack of a central location has made services not accessible for everyone, disjointed, and ultimately has impacted the quality of care. Providing one

centralized location will streamline services, making them more accessible to the participants, and create a hub for trauma care in a safe and confidential environment. Diminishing the staff/volunteer time traveling to community partner locations where the services are currently provided will increase the number of people served from 150 to 500 in one year. Currently there is a wait list of nearly 300 people. In addition, providing services in one location will make services more participant-centered and trauma informed, ultimately improving the quality of the services and benefits. These lifesaving services will transform lives by improving mental health in our community including decreasing suicidal thoughts, decreasing symptoms of depression and PTSD, and improving overall happiness and well-being.

The Initiative will be **SUSTAINED** by building its major gifts program while continuing to expand its annual giving and fundraising. In addition, Resilient Retreat is growing its revenue streams through its Corporate Partnerships program and Grants Program. Its revenue is enhanced by offering community training sessions to nonprofit, for profit, as well as non-governmental businesses due to the high level of stress, burn-out and fatigue these businesses are seeing in their employees. Finally, it is diversifying its revenue streams by exploring ways to utilize the property for event rentals.

Please use our SRQ 5Q when you are reviewing these executive summaries.

Q1. Is the Initiative clearly defined?

Q2. Is the Initiative viable?

Q3. Is the Initiative sustainable?

Q4. Is the Initiative going to positively Impact the community?

Q5. Are we being good stewards of the dollars we have been entrusted?