

Report on Warrior Songs Creative Arts Retreat:

November 20 - 24, 2019

Franciscan Renewal Center, Scottsdale, AZ

Group Demographics – Who was served?

Thirteen Women veterans who survived military sexual assault participated in the November 2019 retreat. They represented the Army, Air Force, Marines, and Navy. The veterans had served in Iraq, Afghanistan, Panama, Vietnam, and military bases around the world. Their ages ranged from 38 – 70, and combined, they provided a total of 84 years of military service. There were six facilitators staffing the retreat, four of whom were veterans. One was a combat veteran. Two of the veteran staff were MST survivors, while one of the civilian staff was a sexual assault survivor. The two civilian facilitators were both retired therapists. Six of the veterans were from Arizona. The other seven were from Ohio x2, Florida, Maryland, New Hampshire, Texas, and Wisconsin.

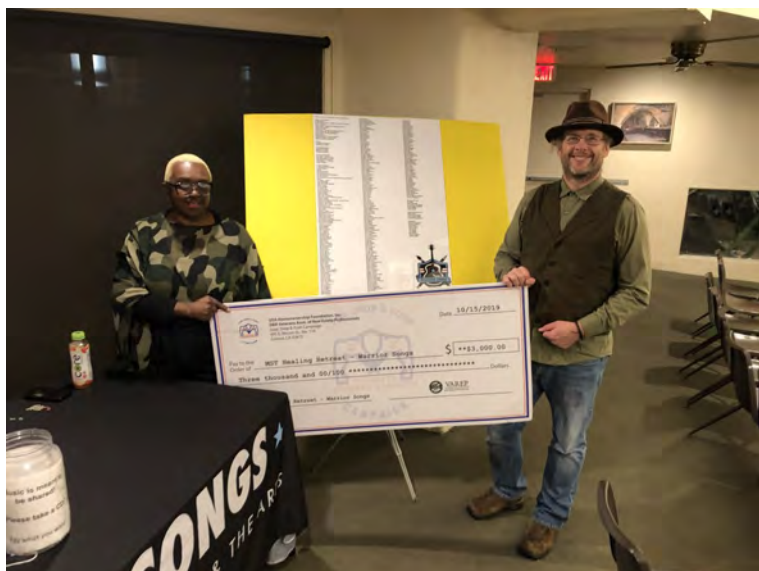


Warrior Songs Retreat Model – How were the veterans served?

The Warrior Songs model is committed to removing all barriers, with the intention of assisting veterans who attend retreats to do so with ease, and with no financial cost involved. The retreat was completely free to the veterans who attended, including all travel expenses. The Scottsdale retreat took place Nov. 20 – 24, 2019 at the Franciscan Renewal Center. Comfortable rooms with private bathrooms were available to all attendees and meals were nutritious and hearty. Veterans were welcomed upon arrival Wednesday afternoon and quickly introduced to other attendees. The first evening included a brief overview and art activity to facilitate introductions and the building of a safe and trusting container. Each veteran was presented a custom

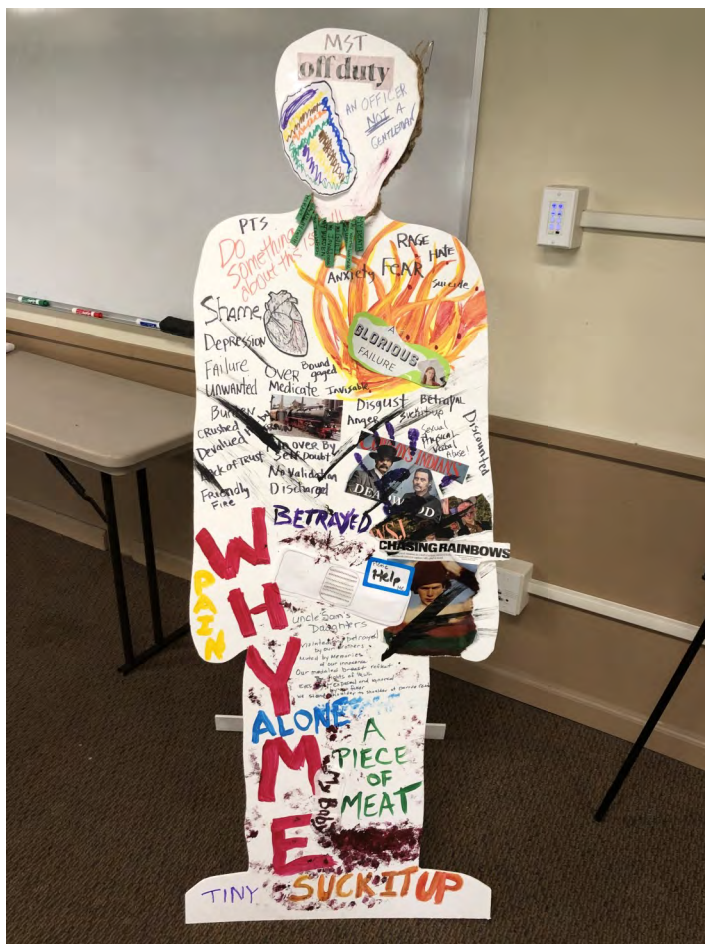
quilt created by Arizona Quilts of Valor. Nearly every veteran attendee spoke of their personal isolation and struggling with anxiety, describing how they needed to push beyond that in order to show up for the retreat. Several reported arriving desperate for connection.

The first 2 full days of the retreat were spent creating art in response to guided activities specifically designed to help participants enter the depths of their trauma and to express resulting feelings through their creations. Topics covered included: initiation into the military, the sexual assault that resulted in MST,



how the symptoms of MST and PTSD effects one's life, and how to integrate the experience and trauma and move forward. Each participant had many opportunities to share and process their story. Staff was always available to veterans who became triggered, and needed one-o-n one processing time.

On the 3rd day, the group transitioned to activities, which focused on moving forward and using strengths and tools available to them as they continue the healing journey. The final exercise involved each person setting post retreat personal goals using the insights and discoveries necessary in leading a more connected and integrated life. Several staff members who are trained in meditation and relaxation work presented informative sessions following each module. These included education on Post Traumatic Growth and helpful, practical ways to decrease anxiety and hypervigilance using different breathing and relaxation techniques. Participants reported these techniques as an important piece of the retreat.



Saturday afternoon public event – Trauma Transformed – The Art and Story of Women Veterans:

An underlying, but ongoing goal during the retreat was the group working toward a Saturday afternoon community presentation where veterans shared their stories through their art in a public forum. This event had a positive and healing impact on the veterans. It provided a focused “mission” and allowed them to work both individually, as well as collaboratively, to support one another as a team. Participants spoke about how powerful it felt for them to overcome their fear of publicly expressing the truths they had kept suppressed for so many years. Others expressed elation at finally being heard after feeling silenced, invisible, misunderstood and abandoned by families and communities. Several mentioned how healing it felt to get the stories out and to leave them there, no longer needing to carry the burden of the memories. The facilitators were joined by one volunteer support staff who assisted during the art show.



Community –

Our community showed great investment in, and support of, the war healing effort - both financially and by physically showing up to volunteer. Over 200 individuals from across the country made monetary contributions. Warrior Songs also received a generous grant from the Arizona Department of Veterans' Services - Veterans' Donations Fund and The Sunstate Foundation. We also received financial support from: The Iron Man Foundation, Kendra Scott, Greystone Title, Citgo of New Berlin - Wisconsin, Peoples Mortgage Company - Smart Branch, HomeSmart, American Legion Auxiliary 196 - Delafield WI, American Legion 39 - Gilbert, Vets THRIVE Foundation- WI, and Veterans for Peace Chapter 13 -Tucson. Blick art materials, Arizona Quilts of Valor, and 28 local Arizona businesses provided additional material support and in-kind donations. Stop, Drop, and Push, a campaign of Veterans Association of Real Estate Professionals (VAREP), covered the travel of three out of town veterans.

The original retreat budget was \$20,000 with the actual final cost being \$24,591.44. Due to the overwhelming generosity of our donors, we raised \$32,691.00. Of that, \$12,343.99 was raised through individual donations, \$12,549.00 through grants, \$3,376.41 through fundraising events, \$2,491.60 through corporate gifts, and \$1,910.00 from veterans organizations and groups. The remaining \$8,079.56 has been allocated to hosting our next MST retreat at the Franciscan Renewal Center, which has been scheduled for February 24-28, 2021.

Outcome and Follow Up –

Post retreat feedback has been extremely positive. Veterans filled out a pre and post retreat PTSD Checklist (PCL) – 5 that indicated an average decrease of 20 points in symptom severity. Follow up PCL's will be done at 30 and 60 days post retreat. Veterans report feeling reconnected with their own hearts, their loved ones and with one another. There is always concern among staff that after the retreat the vets will return to old patterns of shutting down and closing the world out as a means of self-protection and survival, which only perpetuates the isolation of PTSD. To help remedy this, a private Facebook group was created so the participants could stay in touch with each other and share their success and growth.





Here is some feedback given by the veterans:

"I thank you from the bottom of my heart for doing this. You have no idea how important I felt. Knowing that there are people out there that take time and money to do this for strangers, is amazing. Don't stop, because if it helped me open up, I know it will help others!" - Anonymous Attendee

"I lost more then I realized until I went to this Art retreat! I found color again in my dark and dying world. It has brought back something I had lost a long time ago. It gave me the strength to stand tall and say out loud that I don't have to stand-alone. I felt safe and heard by other Veterans and the staff. I am honored to have been there." Melody

"If anyone needs help in healing, this is the place to go to. Jason is an excellent leader and he has excellent staff to help him. The retreat center was excellent. I was glad I went." - Anonymous Attendee

"Warrior songs empowered me with renewed strength; hope to carry on my healing journey from PTSD/MST!"
- Anonymous Attendee

"Warrior Songs was the best thing I have done for myself in my 30 plus years of recovery. In a few short days, I was taken from my state of post-traumatic stress to post-traumatic growth—the golden nugget of the retreat. Don't put it off. Go now and heal." - Mary Anne Sambo 1st Lt, USAF (retired)

"Warriors Songs allowed me to move further down the path of my healing journey. Helping to understand that I have transitioned from PTSD to PTG is the greatest gift. I feel emboldened to face the future." - Barbara Lee

You can view a video montage of the art, which also contains the song written at the retreat at:
www.warriorsongs.org or youtu.be/QuUyS1VNEzs

Thank you,

Jason Moon—Warrior Songs Founder



2019 CAR PHX Income/Expense report

Actual Expenses		Projected Expenses	Difference
Supplies Total	\$964.53	\$1,500.00	(\$535.47)
Fundraising Total	\$3,181.86	\$2,200.00	\$981.86
Promotions Total	\$362.38	\$500.00	(\$137.62)
Retreat Center Total	\$11,255.30	\$11,400.00	(\$144.70)
Snacks Total	\$379.21	\$500.00	(\$120.79)
Guest Travel Total	\$6,341.56	\$2,400.00	\$3,941.56
Staff Travel Total	\$2,106.60	\$1,500.00	\$606.60
	\$24,591.44	\$20,000.00	\$4,591.44

Fundraising

Individual	\$12,343.99
Veterans Groups	\$1,910.00
Grants	\$12,549.00
Events	\$3,376.41
Corporate	\$2,491.60
<u>Total</u>	<u>\$32,671.00</u>
Remaining	<u>\$8,079.56</u>

2019 CAR PHX Itemized Expense Report - Safe to Share

Date	Amount	To	Item	Purpose	Category
11/13/2019	\$45.67	Michaels	Supplies	Retreat	Art
11/22/2019	\$5.43	99 Only Store	Supplies	Retreat	Art
9/16/2019	\$332.81	Merchant	Art Supplies	Art	Art
9/16/2019	\$114.66	Custom Crafts	Art Supplies	Art	Art
	\$498.57	Art Supplies Total			
4/26/2019	\$250.00	Merchant	Restrooms	Fundraising	Fundraising
5/10/2019	\$227.64	Merchant	Beer	Fundraising	Fundraising
5/14/2019	\$1,170.00	Charity Benefits Unlimited	Fundraising Art - BB	Fundraising	Fundraising
7/31/2019	\$39.00	Facebook	Matching donation	Fundraising	Fundraising
7/24/2019	\$60.90	Gasoline	Winedown Wednesday	Transport	Fundraising
8/7/2019	\$31.78	Gasoline	McSally Rep Meeting	Transport	Fundraising
7/8/2019	\$12.54	Amazon	Envelopes	Fundraising	Fundraising
12/9/2019	\$1,260.00	Charity Benefits Unlimited	Fundraising Art - RR	Fundraising	Fundraising
5/9/2019	\$130.00	Mailing	Solicite local AM/VFW	Fundraising	Fundraising
	\$3,181.86	Fundraising Total			
11/22/2019	\$31.67	Office Depot	Donor Sign	Art Show	Promo
11/22/2019	\$26.92	Office Depot	Donor Sign #2	Art Show	Promo
12/31/2019	\$219.88	Facebook	Facebook Ads total	Promo	Promo
7/11/2019	\$86.05	International Minute Press	Flyers	Retreat	Promo
	\$364.52	Promotions Total			
4/19/2019	\$1,000.00	Franciscan Renewal Center	Center	Center	Retreat
11/1/2019	\$322.00	Ansay & Associates LLC	Event Insurance	Center	Retreat
12/20/2019	\$9,933.30	Franciscan Renewal Center	Center	Center	Retreat
	\$11,255.30	Retreat Center Total			
11/21/2019	\$20.06	Walgreens	Supplies	Retreat	Snacks
11/20/2019	\$254.65	Costco	Snacks	Retreat	Snacks
11/20/2019	\$72.10	Target	Snacks	Retreat	Snacks
11/21/2019	\$15.85	Walmart	Snacks	Retreat	Snacks
11/21/2019	\$3.04	Trader Joes	Snacks	Retreat	Snacks
11/23/2019	\$3.35	Walgreens	Water	Retreat	Snacks
11/21/2019	\$6.39	Walgreens	Snacks	Retreat	Snacks
11/22/2019	\$3.77	Office Depot	Supplies	Retreat	Snacks
	\$379.21	Snacks Total			
11/22/2019	\$14.67	Office Depot	Office	Art Show	Supplies
11/22/2019	\$3.77	Office Depot	Office	Art Show	Supplies
11/5/2019	\$13.48	Amazon	Tape	Retreat	Supplies
11/16/2019	\$5.04	Mail Call	Copies	Retreat	Supplies
11/17/2019	\$336.47	Amazon	Books and Yoga Mats	Retreat	Supplies

11/20/2019	\$42.26 Harbor Freight	Flashlights	Retreat	Supplies
11/23/2019	\$8.56 Walmart	Copy Paper	Retreat	Supplies
11/24/2019	\$10.34 Amazon	Replace Mic battery cap	Retreat	Supplies
11/23/2019	\$10.89 Walgreens	Supplies	Art Show	Supplies
11/22/2019	\$20.48 Hobby Lobby	Supplies	Retreat	Supplies
\$465.96 Supplies Total				

9/2/2019	\$250.00 Guest	Flight partial payment	Transport	Travel
11/1/2019	\$574.00 Guest	Flight	Transport	Travel
11/1/2019	\$75.00 Guest	Checked Bag	Transport	Travel
11/1/2019	\$75.00 Guest	Checked Bag	Transport	Travel
11/1/2019	\$75.00 Guest	Checked Bag	Transport	Travel
11/1/2019	\$75.00 Guest	Checked Bag	Transport	Travel
11/1/2019	\$50.00 Guest	Checked Bag	Transport	Travel
11/1/2019	\$0.00 Guest	Flight	Transport	Travel
11/1/2019	\$50.00 Guest	Travel	Transport	Travel
11/1/2019	\$50.00 Guest	Travel	Transport	Travel
11/1/2019	\$50.00 Guest	Travel	Transport	Travel
11/1/2019	\$50.00 Guest	Travel	Transport	Travel
11/1/2019	\$50.00 Guest	Travel	Transport	Travel
11/1/2019	\$50.00 Guest	Travel	Transport	Travel
11/1/2019	\$335.77 Guest	Flight	Transport	Travel
11/20/2019	\$1,200.00 Guest	Flight - Hotel	Transport	Travel
11/21/2019	\$1,200.00 Guest	Flight - Hotel	Transport	Travel
11/22/2019	\$1,000.00 Guest	Flight - Hotel	Transport	Travel
11/19/2019	\$586.49 Guest	Flight RT	Transport	Travel
11/24/2019	\$42.74 Guest	Gasoline	Transport	Travel
11/24/2019	\$502.56 Guest	Rental Van	Transport	Travel
\$6,341.56 Guest Travel Total				

11/20/2019	\$99.62 Best Western Airport	Hotel Connie	Lodging	Travel-Staff
11/20/2019	\$23.04 Uber - Luz	From Airport	Transport	Travel-Staff
8/9/2019	\$360.96 Southwest	Flight Lin RT	Transport	Travel-Staff
11/16/2019	\$25.00 Uber - Lin	From Airport	Transport	Travel-Staff
11/19/2019	\$514.32 American Airlines	Flight Connie RT	Transport	Travel-Staff
11/19/2019	\$461.96 Southwest	Flight Luz RT	Transport	Travel-Staff
11/20/2019	\$202.50 American Airlines	Flight Heath to PHX	Transport	Travel-Staff
11/24/2019	\$81.70 Southwest	Shuttle	Transport	Travel-Staff
11/24/2019	\$337.50 American Airlines	Flight Heath from PHX	Transport	Travel-Staff
\$2,106.60 Staff Travel Total				

\$14,789.72 Travel Total

Grand Total \$24,593.58