

WARRIORS' ASCENT

PROGRAM EVALUATION SUMMARY

JANUARY 2020



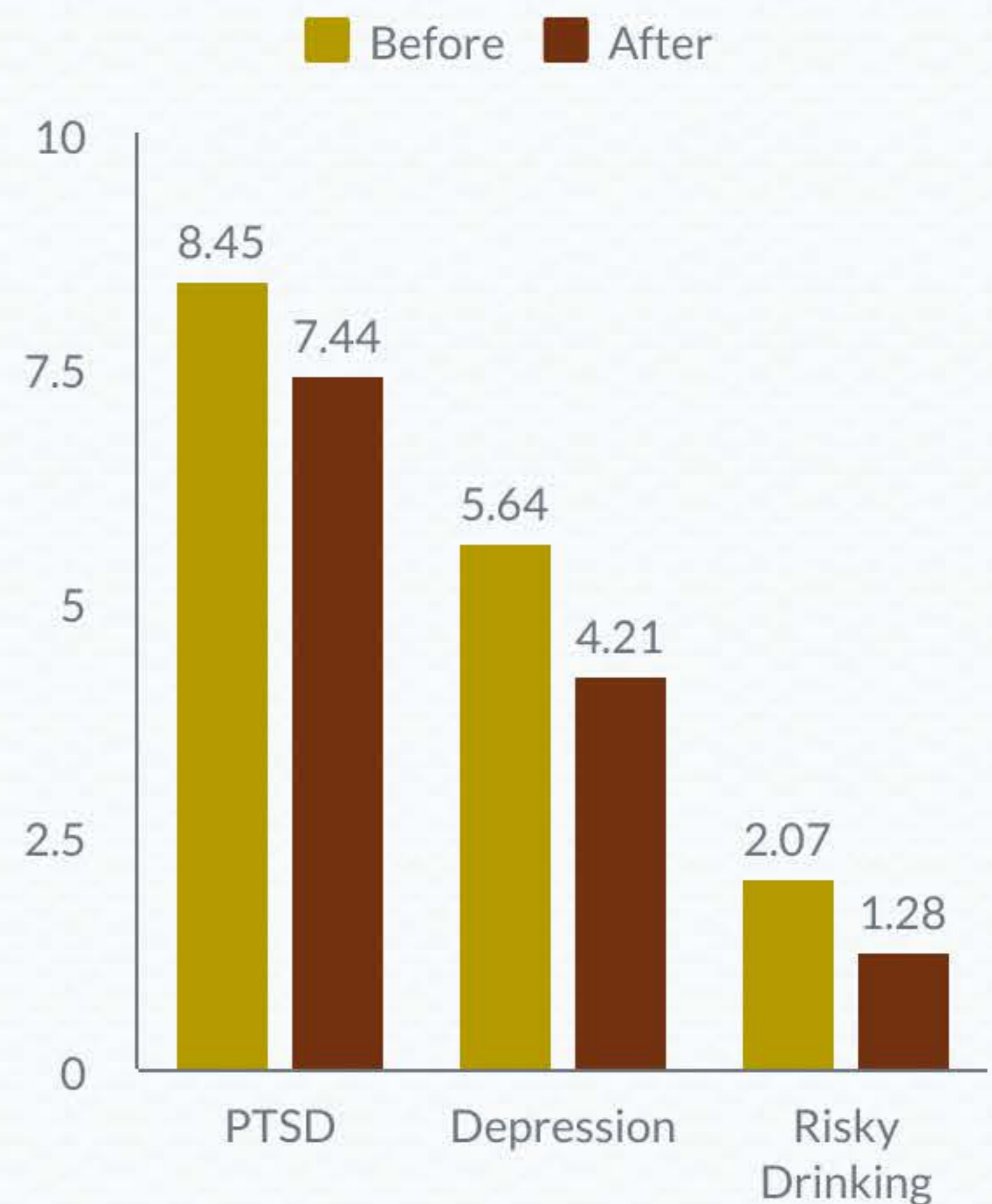
THE WARRIORS' ASCENT PROGRAM

- Founded in 2014
- Has served over 400 veterans and first responders across more than 35 cohorts
- Primary aim: help veterans and first responders recover from trauma associated with their service
- Participants attend a 5 day retreat and engage in activities to promote psychological knowledge, insight, emotion regulation, mindfulness, and physical health

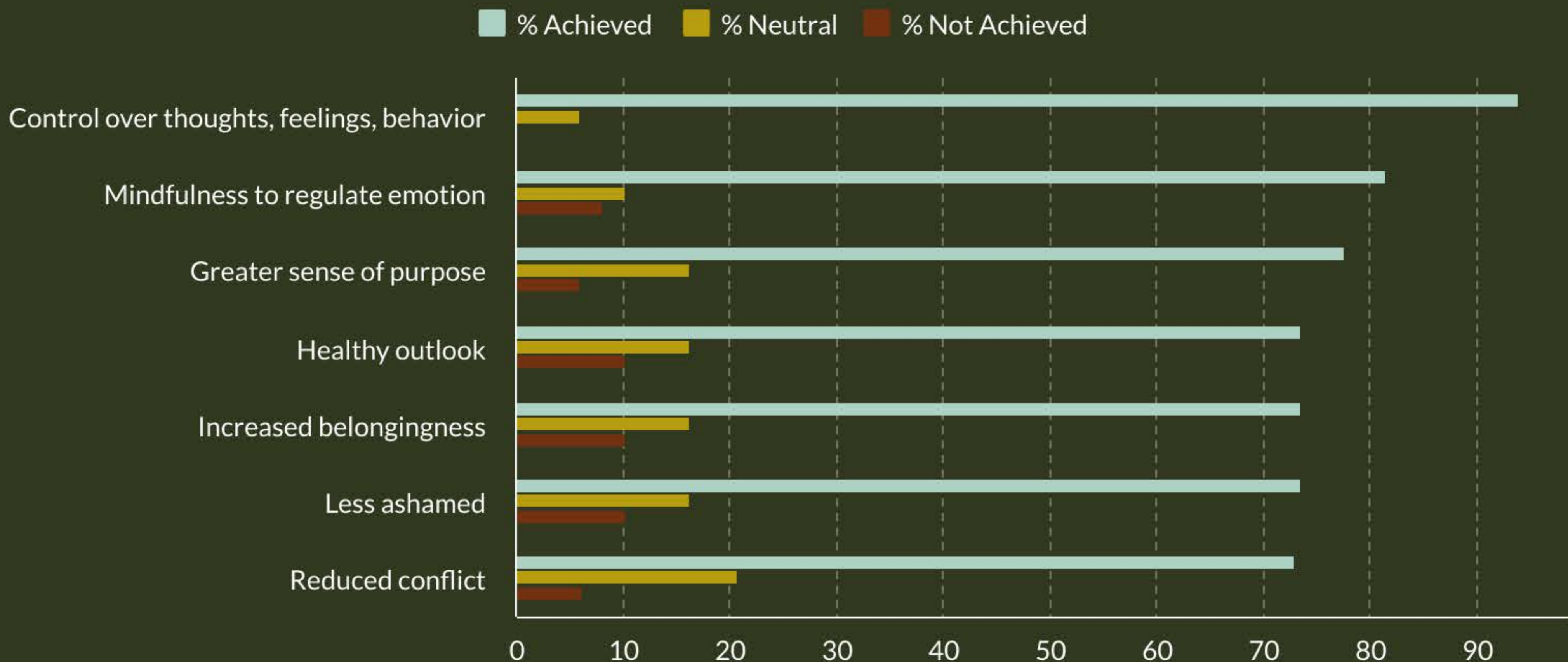
EVALUATION AND OUTCOMES

- Established a partnership with the Cofrin Logan Center for Addiction Research and Treatment at the University of Kansas, to develop and evaluate its curriculum
- A recent rigorous follow-up conducted by the Cofrin Logan Center found that, on average, at follow-up:
 - Veterans' symptoms of PTSD were reduced at a clinically significant level
 - Veterans' symptoms of depression were reduced from 'moderately severe' to 'moderate'
 - Veterans' hazardous drinking behavior had reduced to be within safe limits

BEFORE AND AFTER SCORES ON THREE MEASURES OF FUNCTIONING

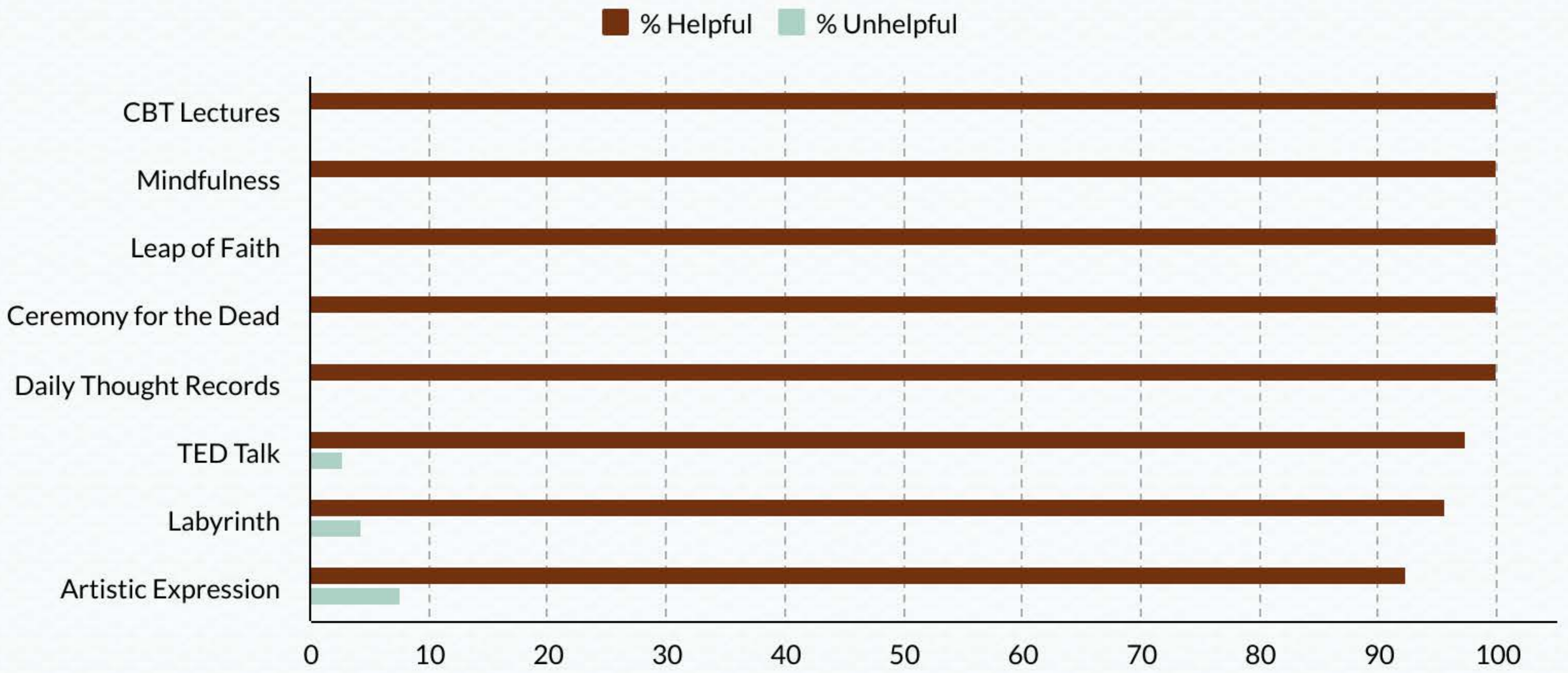


VETERANS' PERCEIVED ACHIEVEMENT OF PROGRAM GOALS



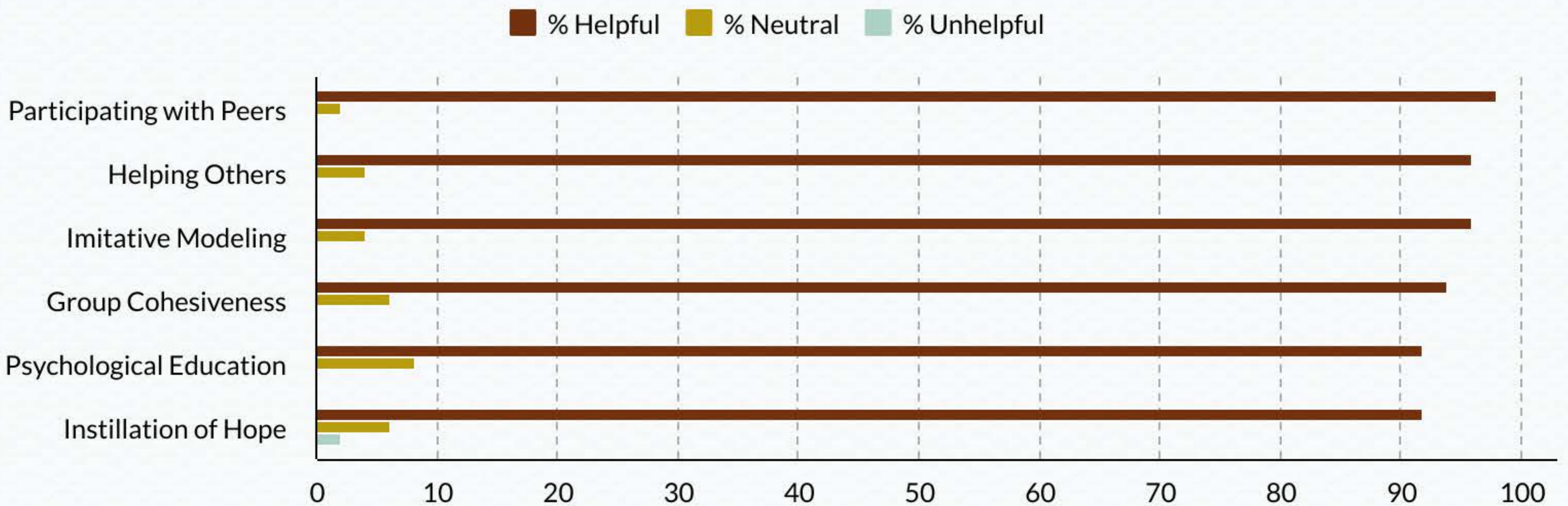
VETERANS' RATINGS OF PROGRAM ACTIVITIES

- All program activities were found helpful by a majority of veterans



VETERANS' RATINGS OF GROUP PROCESSES

- The most helpful processes were:
 - Participating in the program with peers
 - Helping others
 - Learning new skills and coping strategies by imitating successful others
 - Group cohesiveness
 - Psychological education
 - Instillation of hope



SUMMARY

- Warriors' Ascent received high ratings for structure, all activities, leadership, and objectives
- Veterans perceived Warriors' Ascent to be beneficial in improving their well-being
- Research with control groups is needed to determine if participation causes observed reductions in symptoms
- We are excited about these findings and the value of Warriors' Ascent to all future participants
- We plan to continue improvements following each and every cohort