Dearest Friends,

We are pleased to present Boulder Crest Retreat Foundation’s 2018 Annual Report.

2018 was another great year for our organization. Our programs, our growth, and our outreach efforts are becoming nationally recognized thanks to your support.

2018 notably marked our five year anniversary at Boulder Crest Retreat Virginia, the first year of operations at Boulder Crest Retreat Arizona, and also our formal launch of the Boulder Crest Institute for Posttraumatic Growth in Bluemont, Virginia.

In September, we officially launched the Boulder Crest Institute for Posttraumatic Growth. The Institute’s mission is to develop, deliver, study, and scale Posttraumatic Growth-based solutions. Our goal is to teach all those who struggle with anxiety, depression, PTSD, and suicidality how to transform their struggle into profound strength and lifelong Posttraumatic Growth. Our work and beliefs are exemplified by this credo — Vis A Proelio — a Latin phrase meaning “From the Struggle Comes Strength.”

The Institute is made possible by the Marcus Foundation in Atlanta, Georgia supported by a substantial gift from the Harry and Jeannette Weinberg Foundation in Baltimore, Maryland. Because of their tremendous generosity, we now own the building presented on the cover of this report and, it is beautifully restored and modernized. We invite everyone to stop by to see the Institute any time.

2019 will prove to be another great year. We are excited that our first formal Warrior PATHH expansion partnership will kick off with the training of a team in Florida. Expanding this scientifically proven program nationwide ensures that we can really make an impact on those suffering with PTSD, anxiety, and depression. As we begin to serve an even larger population, we will hopefully start to see a reduction in the numbers in our veteran suicide epidemic.

Your interest and support are more critical now than ever. Our ambitious strategic plan and annual fundraising goals are only achieved with your continued generosity, dedication, and volunteerism. Although it may appear that ‘on the ground warfare’ is winding down, I assure you that the longer invisible injuries go untreated, the harder it is for warriors and their families to heal and the more damaging overall to our nation.

On behalf of Boulder Crest Retreat Foundation’s Board of Directors, Honorary Board, our Wellness Advisory Committee, and Staff, please accept our sincerest thank you and gratitude for your investments in 2018.

With heartfelt respect,

Ken Falke
Chairman and Founder

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2018 Results

<table>
<thead>
<tr>
<th>Symptom Reduction:</th>
<th>Quality of Life Improvement:</th>
</tr>
</thead>
<tbody>
<tr>
<td>sustained reduction in...</td>
<td>sustained improvement or reduction in...</td>
</tr>
<tr>
<td>- 39% PTSD ↓54% SYMPTOMS</td>
<td>- NUTRITION ↑26%</td>
</tr>
<tr>
<td>- 52% DEPRESSION SYMPTOMS</td>
<td>- COUPLES SATISFACTION ↑14%</td>
</tr>
<tr>
<td>- 44% ↓DRUG USE</td>
<td>- STRESS REACTIVITY ↑33%</td>
</tr>
<tr>
<td>- ANXIETY SYMPTOMS ↓41%</td>
<td></td>
</tr>
</tbody>
</table>

Posttraumatic Growth

sustained improvement in...

<table>
<thead>
<tr>
<th>and growth in...</th>
</tr>
</thead>
<tbody>
<tr>
<td>- APPRECIATION FOR LIFE ↑26%</td>
</tr>
<tr>
<td>- SPIRITUAL-EXISTENTIAL CHANGE ↑78%</td>
</tr>
<tr>
<td>- 58% NEW POSSIBILITIES</td>
</tr>
<tr>
<td>- 36% PERSONAL STRENGTH</td>
</tr>
<tr>
<td>- 69% DEEPER RELATIONSHIPS</td>
</tr>
<tr>
<td>- SELF COMPASSION ↑22%</td>
</tr>
<tr>
<td>- CAPACITY TO INTEGRATE PROBLEMATIC LIFE EXPERIENCES ↑23%</td>
</tr>
<tr>
<td>- 40% READING</td>
</tr>
<tr>
<td>- 32% ABILITY TO CHANGE PERSPECTIVE</td>
</tr>
</tbody>
</table>

1,013 GUESTS SERVED

TOTAL GUESTS SERVED SINCE INCEPTION: 4,004

VOLUNTEER HOURS: 8,272

TOTAL VOLUNTEER HOURS SINCE INCEPTION: 26,969
Boulder Crest Retreat Arizona celebrated its 1st Anniversary of opening on November 30.

Hosted 273 service members, veterans, and their families.

Conducted 23 organized training programs.

Logged more than 2,449 hours of community and corporate volunteer time.

Over 200 bikes turned out for the Inaugural Healing Heroes Ride West Motorcycle Ride and Rally on October 20 to make for a very successful first event.

Completed construction of The Wallis Annenberg Foundation Hall and Heroes Garden.

Hosted 273 service members, veterans, and their families.

Conducted 23 organized training programs.

Logged more than 2,449 hours of community and corporate volunteer time.
Boulder Crest Retreat Virginia celebrated its 5th Anniversary of opening on September 6.

Logged more than 5,823 hours of community and corporate volunteer time.

Completed construction of our new treehouse in memory of 1st Lt. Ronald Winchester.

Hosted a total of 740 service members, veterans, and their families.

Conducted 23 organized training programs.
INSTITUTE

Published the final report for Warrior PATHH’s 18-month longitudinal program evaluation study.

Acquired, renovated, and furnished Boulder Crest’s Institute for Posttraumatic Growth in 2017-2018. The Institute opened to the public on September 30.

Completed the development of Family PATHH curriculum and completed eight pilot programs in December.

In the News

Business Innovation Factory (BIF)  
CBS, Miami  
CBS News Radio  
FOX 11  
Good Day Washington  
Marie Claire Magazine  
Megyn Kelly Show  
NBC News  
WUSA 9

Hosted Visits

United States Secretary of Veterans Affairs  
The Honorable Robert Wilkie, Jr.  
Sergeant Major of the National Guard  
SGM William Kepler  
Senior Enlisted Advisor to CJCS  
SGM John Wayne Troxell  
National Guard Behavioral Health Leadership Team

Awards and Recognition

Non-Profit of the Year  
Purcellville Business Association  
Purcellville, Virginia

Excellence for Service  
The Loudoun School - Business Partnership  
Ashburn, Virginia

Developed Train-The-Trainer Curriculum with the first application to train our Arizona Team.
Thank all donors for their investments throughout the year and in this report, we are only able to recognize gifts of $2,500 and above. Thank you all!

As of December 31

<table>
<thead>
<tr>
<th>ASSETS</th>
<th>2018</th>
<th>2017</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cash</td>
<td>$3,577,677</td>
<td>$4,106,948</td>
</tr>
<tr>
<td>Pledges Receivable</td>
<td>$5,643,552</td>
<td>$2,719,118</td>
</tr>
<tr>
<td>Net Land, Property, &amp; Equipment</td>
<td>$17,588,620</td>
<td>$16,451,470</td>
</tr>
<tr>
<td>Investments</td>
<td>$260,004</td>
<td>$0</td>
</tr>
<tr>
<td>Other Assets</td>
<td>$97,978</td>
<td>$59,217</td>
</tr>
<tr>
<td>Total Assets</td>
<td>$27,367,831</td>
<td>$23,336,753</td>
</tr>
</tbody>
</table>

As of December 31

<table>
<thead>
<tr>
<th>LIABILITIES &amp; NET ASSETS</th>
<th>2018</th>
<th>2017</th>
</tr>
</thead>
<tbody>
<tr>
<td>Accounts Payable &amp; Other Liabilities</td>
<td>$664,550</td>
<td>$377,105</td>
</tr>
<tr>
<td>Total Liabilities</td>
<td>$664,550</td>
<td>$377,105</td>
</tr>
<tr>
<td>Total Net Assets</td>
<td>$26,503,281</td>
<td>$22,959,648</td>
</tr>
<tr>
<td>Total Liabilities &amp; Net Assets</td>
<td>$27,367,831</td>
<td>$23,336,753</td>
</tr>
</tbody>
</table>

STATEMENT OF ACTIVITIES

Contributions | $1,818,440 | $1,958,250 |
Special Events | $1,097,043 | $1,172,204 |
Grants | $6,340,933 | $14,049,130 |
Other Revenue | $59,934 | $3,193 |
Total Gross Revenue | $9,316,350 | $17,182,777 |
Less Special Event Direct Costs | ($255,078) | ($305,459) |
Net Public Support & Revenue | $9,061,275 | $16,877,318 |

PROGRAM SERVICES

Total Program Services | $4,780,611 | $2,983,613 |

SUPPORTING SERVICES

Management & General | $269,677 | $405,180 |
Funding | $467,354 | $659,341 |
Total Supporting Services | $737,031 | $974,521 |
Net Assets, Beginning of the Year | $22,959,648 | $10,040,464 |
Net Assets, End of the Year | $26,503,281 | $22,959,648 |

Every gift makes a huge impact at Boulder Crest Retreat. Our team works hard to thank all donors for their investments throughout the year and in this report, we are only able to recognize gifts of $2,500 and above. Thank you all!
Boulder Crest remains in awe of the amazing generosity and selflessness shown by so many to our combat veterans and their family members. This year, we express our deepest appreciate to the Friends of Ronald Winchester.

This special gift is in honor of fallen warrior - 1st Lt. Ronald Winchester. Ronnie was a proud graduate of Chaminade High School ('97) where he played four years of both football and lacrosse. From there, Winchester graduated from the US Naval Academy ('01) where he was a captain of the Navy football team in his senior season. Upon graduation from the Naval Academy, Ron accepted his commission as a United States Marine Corps Infantry ground officer.

While escorting a convoy days into his second combat tour, on September 3, 2004 in the AL Anbar province of Iraq, 1st Lt. Winchester, along with three other Marines tragically lost their lives when an improvised explosive device (IED) detonated nearby.

In honor of 1st Lt. Ronald Winchester, and a generous anonymous gift, we named our new children’s treehouse at Boulder Crest Retreat Virginia. The 1st Lt. Ronald D. Winchester Tree House will bring joy and happiness to all the families that visit.

“You get a chance to sit on the bench or play in the game. I don’t want to sit on the bench.”

-Ronald Winchester

Locations:
Boulder Crest Retreat Virginia (Bluemont, VA)
Boulder Crest Retreat Arizona (Sonoita, AZ)

Mailing Address:
18370 Bluemont Village Lane
PO Box 117
Bluemont, Virginia 20135
P: 540-554-2727
E: info@bouldercrestretreat.org

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U.S. Navy (Ret.)
Captain Charles Plumb
U.S. Navy (Ret.)
MSG Leroy Petry
U.S. Army (Ret.)
Medal of Honor Recipient
Rocky Bleier
Veteran & Former Pittsburgh Steeler, 4x Superbowl Champion

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