

*“The Soldiers Project has helped turn my life around. I have clear goals that I’m now working towards and am more clear and confident in my thinking.”*

—Veteran, U.S.M.C.

*“The Soldiers Project doesn’t put you through the nightmare the VA does. They made it easy for me to obtain mental help assistance for my relationship, and our communication only continues to grow and improve.”*

—Spouse, U.S. Army

*“I suffered for three years without help until I reached out in response to the repeated offers from The Soldiers Project. I was given a psychologist who immediately began to help me a great deal.”*

—Afghani War Veteran

# FOR SOME VETERANS, THE TOUGHEST JOURNEY BEGINS WITH COMING HOME.



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**The Soldiers Project**  
ANNUAL REPORT 2014



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MISSION STATEMENT

Free confidential therapy  
for Post 9/11 veterans and  
their loved ones. Serving  
all branches, regardless of  
discharge status.

## LETTER FROM THE CHAIR OF THE BOARD OF DIRECTORS



Dear Friends,

A heartfelt thanks to all who have supported The Soldiers Project in the past year. We have experienced tremendous growth and change as an organization over the last several months, and we are excited about the challenges and opportunities that lie ahead.

To all of us on the Board of Directors, the hallmark of The Soldiers Project has always been the quality of the services we provide to our veterans. By focusing our efforts on recruiting experienced mental health professionals and then ensuring these professionals receive the highest level of training available, we are able to provide excellent care to the brave men and women who seek our help.

While these services are pro bono, their management, and the strategy behind deepening their impact, requires the efforts of a dedicated and tireless staff. We cannot thank them enough for all they have accomplished, and we owe it to them to continue to provide the resources they need to continue their work.

As you review this report, please remember this organization started in Dr. Judith Broder's living room a mere ten years ago. It is a miracle that we have come so far, and with your help we hope to travel further still.

Shawn Domzalski, Esq.  
CHAIR, BOARD OF DIRECTORS

***“The wars have caused mental and emotional health problems in 31 percent of vets — more than 800,000 of them. When more specific questions were asked, the rates increased: 41 percent — more than 1 million — report having outbursts of anger, and 45 percent have relationship problems with their spouse or partner. Both are indicators of post-traumatic stress and could suggest that rates of affliction may be higher than the government has forecast.”***

—After the Wars: A poll of Afghanistan and Iraq war Veterans -  
Washington Post and Kaiser Family Foundation, 2014

## LETTER FROM THE EXECUTIVE DIRECTOR



Dear Friends,

It is an exciting time for The Soldiers Project. The past few years have seen growth and change for our organization, not least of which is the culmination of our first Annual Report. As we have grown from the living room of our founder to a national organization with nine chapters in seven states, we have learned a tremendous amount about providing our life-saving mental health services to military veterans and their loved ones.

When I was promoted to Executive Director last September after our founder Dr. Judith Broder retired, I saw my primary task as preserving the spirit of the organization while continuing to ensure its sustainability through enhanced fundraising and communication. Our primary concerns are the privacy of our clients and providing quick access to excellent care. However, in order to ensure we do so, we must measure the care provided and continuously seek to improve our services.

2014 saw a substantial jump in the number of clinical hours provided from 2013. The estimated value of these hours is over \$1 million dollars. Maintaining a small but efficient program staff ensures each dollar we receive offers a substantial return on your investment. Based on revenue and clients served, we estimate that every \$1,000 in donations allows us to provide a full year of mental health services per client.

Last year's growth facilitated the launch of a new chapter in Houston, and initiated conversation about expansion into Colorado and Florida, areas with large military populations in need of access to care. To support this outreach, we are making a concerted effort to grow our volunteer base across our chapters, as well as continuing to provide the highest quality training and support services for the volunteer clinicians who are the core of The Soldiers Project. We could not do this work without their dedication and expertise, just as we could not do it without the support of our donors.

Thank you again for your dedication to the men and women that we serve.

Adam M. Greenwald, MBA  
EXECUTIVE DIRECTOR

***“The largest study to date of recent military and veteran suicides has identified two high-risk groups of former troops who are generally ineligible for the psychiatric care afforded to all others who served: those forced out of the military for misconduct and those who enlisted but were quickly discharged for other problems.”***

— Los Angeles Times

***“The end of a war is not the end of the effects of war.”***

—Don Gustavson, Treasurer

## CONNECTING VETERANS WITH MENTAL HEALTH SERVICES TAKES DEDICATION, TIME AND MONEY.

The Soldiers Project provides free, confidential, and easily accessible mental health services to post-9/11 service members, veterans and their loved ones, including parents, spouses, partners, friends and children. Through a network of mental health professionals, The Soldiers Project addresses the unmet psychological needs of veterans regardless of discharge status, focusing on prevention and early intervention dealing with service-related psychological injuries.

Managing and expanding this therapeutic network in order to reach at-risk veterans and their families takes dedication and resources. Over 475 therapists have offered their services pro bono. This civilian service corps provides psychological relief to the military population they serve.

*“...the veterans have so much pain, they work very hard. As a therapist, it feels good when they work through it.”*

— Lola B. Greenspan, MFT

**L**ola Greenspan has served as a volunteer therapist with The Soldiers Project for more than seven years. Her work with multiple young veterans has led her to believe that military personnel are taught not to talk about their state of mind, but only that they are supposed to “handle it.” Yet in her opinion, the training on how to “handle it” never comes.

The inability to process strong emotions can lead some veterans suffering from severe cases of depression or post-traumatic stress to consider suicide as the only way to solve the problem. You don’t talk about it. You just do it.

**A NOTE TO THE READER:** The stories on the following pages, while real, are composited from several interviews with servicemen and -women who shared their journeys with us. Names and locations have been changed to honor the confidentiality of those that have sought treatment with The Soldiers Project.

The Soldiers Project’s commitment to service members extends to the well-being of their families and friends. The Soldiers Project provides free mental health counseling to their loved ones. These services can provide solace for those who have confronted veteran suicide within their communities as well as their families.

### TRAINING AND RECRUITMENT

All therapists must take a minimum of three trainings, such as Military Culture, Introduction to Traumatic Brain Injury and Introduction to Post-Traumatic Stress before seeing clients. The Soldiers Project also provides access to continuing education and consultation groups with experienced clinicians.





**T**he Soldiers Project provides services to families as well as individuals. Pete, returning home after a 15-month deployment, sought services not only for himself, but also for his son Dale. Pete was having trouble getting out of “soldier mode,” resulting in escalating confrontations between the two of them.

Dale had been the man of the house while his father was gone. But when Pete got home, the transition to a “normal” father-son dynamic became a test for them. Dale was feeling a loss of control in his life. Dad was back now and he called the shots.

# THE SON WHO NEEDED HEALING

They went head to head on everything from chores to bedtime. When Dale slammed his books down in anger, the reaction from his father was unpredictable, and sometimes frightening. The downward spiral brought miscommunications and silence. Dale became more isolated from his friends. His grades dropped.

Pete called The Soldiers Project for help for his own PTSD and the depression his son had fallen into. He knew the VA did not provide mental health services to family members of veterans. Fortunately, The Soldiers Project was there to provide immediate treatment to guide both Pete and Dale through the difficult transition many families undergo when a parent returns from a long deployment.

Through talk therapy, both individual and together, father and son were able to understand each other's positions and work on positive responses to behaviors that had previously triggered confrontations. Dale found his sense of self-worth again, regaining his confidence at home and in school. Pete was able to gain insights to his PTSD and learned coping skills to minimize its effects on his home and work life.

**IMMEDIACY**  
When a veteran or family member is in crisis, he or she often requires immediate treatment. The Soldiers Project returns requests for help within 48 hours. Clients are usually placed with a compatible therapist in their geographic area within weeks.



*“Kids don’t enlist. We enlist.”*

— USMC Ret



**UNCONDITIONAL  
ACCEPTANCE**

Deployment affects not only the veteran but is a challenge for family and friends as well. The experiences of war the veterans bring home can also affect those around them. That's why The Soldiers Project offers services for loved ones as well as service members for as long as they need it.



*“...it was difficult to talk about certain issues ...”*

— Spouse, U.S. Army

# THE FAMILY BOUND BY THE HIDDEN TRUTH

**O**ne of the most common challenges to the military family dynamic is multiple deployments.

The service member may be physically present but psychologically absent, making communication difficult. For Angela, her husband Kyle's behavior was confounding after he returned home from his first deployment. Things that used to delight Kyle, like having his daughter sneak up and surprise him, now caused him to react in fear, upsetting their child.

When her husband was deployed a second time, Angela sought help from The Soldiers Project to learn how to decode her husband's responses and teach new behavior patterns to her children. When Kyle returned home, family communication was much easier. He was now able to connect in a way that had previously been lost.

Seeing evidence of the success The Soldiers Project's services had brought to his family, Kyle agreed to go to therapy with Angela and, after a while, his children. The sessions resulted in opening their lines of communication and reestablishing bonds within the family.



# THE SOLDIER COULDN'T SEE THE WOUNDS

**M**any veterans who suffer from post-traumatic stress and other mental health issues are frustrated with the VA's heavy reliance on medications to treat symptoms. Kerry is a veteran who suffered for many years before seeking treatment for her PTSD. She was struggling with job loss, separation from her husband, and substance abuse when she heard about The Soldiers Project from a friend and fellow veteran.

Kerry was very concerned about the VA finding out about her "mental instability." Her friend assured her services provided by The Soldiers Project were completely confidential and had no connection to the military. Reassured, Kerry began treatment and within months was able to get her life back on track.

Today, Kerry still sees her therapist occasionally and credits therapy with allowing her to manage her PTSD without medication. She has moved back in with her family, gotten her substance abuse under control, and started working again.

*"...I felt I was going to hurt myself or just didn't know what to do..."*

— Iraq War Veteran

*The Soldiers Project doesn't report to, or get any financing from the government. When a veteran sees a therapist from The Soldiers Project all information is kept confidential.*

**CONFIDENTIALITY**





# HEALING THE HIDDEN WOUNDS OF WAR

**91.8%**  
OF DONATIONS  
SPENT ON  
OPERATIONS AND  
PROGRAMS

**MORE THAN  
5,600  
HOURS OF  
DONATED SERVICES  
IN 2014, WORTH  
MORE THAN  
\$1.1M**

**T**hese stories reflect the thousands of individuals to whom The Soldiers Project has provided free mental health treatment since 2004. With ten years of service behind us, The Soldiers Project hopes to grow that number exponentially in the years to come. With our current base of nine chapters in seven states, The Soldiers Project is reaching only a small percentage of veterans who are most in need of mental health care.

Over the next three years, our goal is to recruit and grow our national network of therapists, in order to provide servicemen and women, their families, and friends with millions of dollars in free and confidential therapeutic services. In order to do this, we have made it our mission to increase awareness of our services among active-duty service members, veterans, and the families who would benefit from our services. We also hope to decrease the stigma associated with seeking mental health treatment in the military community.

**17.5%**  
POST-9/11 VETS  
ARE FEMALE

**MORE THAN  
2.7M**  
POST-9/11 VETS  
IN AMERICA

**MORE THAN  
500**  
CLIENTS SERVED  
IN 2014

**MORE THAN  
130**  
NEW DONORS  
IN 2014





# AUDITED CONDENSED FINANCIAL STATEMENTS

## STATEMENT OF FINANCIAL POSITION

	2013	2014
<b>Total Assets</b>	<b>\$ 186,700</b>	<b>\$ 239,297</b>
Total Liabilities	7,978	3,307
Net Assets, Unrestricted	178,722	235,990
<b>Total Liabilities &amp; Net Assets</b>	<b>\$ 186,700</b>	<b>\$ 239,297</b>

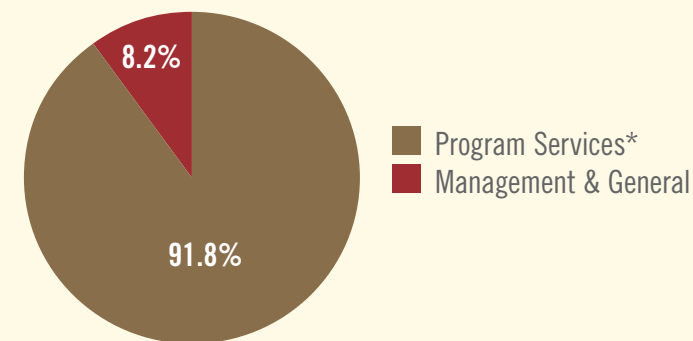
## STATEMENT OF ACTIVITIES

	2013	2014
<b>REVENUE GAINS &amp; OTHER SUPPORT</b>		
Contributions	\$ 509,595	\$ 520,863
In-Kind Contributions	619,900	1,127,986
Other Revenue	1,318	269
<b>Total Revenue Gains &amp; Other Support</b>	<b>\$ 1,130,813</b>	<b>\$ 1,649,118</b>
<b>EXPENSES</b>		
Program Services	\$ 1,049,726	\$ 1,470,638
Management & General	148,971	121,212
<b>Total Expenses</b>	<b>\$ 1,198,697</b>	<b>\$ 1,591,850</b>
<b>Change in Net Assets</b>	<b>\$ (67,884)</b>	<b>\$ 57,268</b>
<b>Net Assets, Beginning of the Year</b>	<b>246,606</b>	<b>178,722</b>
<b>Net Assets, End of the Year</b>	<b>\$ 178,722</b>	<b>\$ 235,990</b>

Audited financial statements are available at [TheSoldiersProject.org](http://TheSoldiersProject.org)

## EXPENSES BY CATEGORY

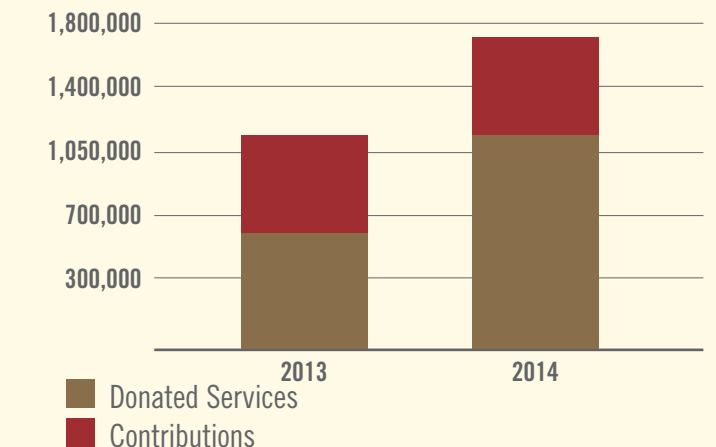
	2014
Program Services*	\$ 1,470,638
Management & General	121,212



\* includes donated services

## INCOME BY CATEGORY

	2013	2014
Donated Services	\$ 619,900	\$ 1,127,986
Contributions	509,595	520,863



# YOUR DONATION CREATES THE CONNECTION

**Y**our support is vital in ensuring that The Soldiers Project continues to reach thousands of veterans who may be suffering from the Hidden Wounds of War and need access to immediate and free mental health care.

The Soldiers Project relies entirely on private donations. Through these generous gifts, we are able to provide continuing education and training on the psychological

challenges of veterans to the therapists who volunteer their valuable time with us. With increased funding, we will be able to expand our therapeutic network into the regions where our services are most needed.

Donations (tax-deductible where allowed by law) sustain us and allow us to provide services to all. Please visit [www.TheSoldiersProject.org](http://www.TheSoldiersProject.org) for more information or to donate online.

## DONORS

### \$100,000 & UP

**Genentech**  
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EOS Foundation  
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The Soldiers Project is a non-profit, tax-exempt charitable organization under Section 501(c)(3) of Internal Revenue Code. Tax ID: 27-2815356  
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