



NAVY SEAL FOUNDATION

Honoring our warriors. Supporting their families.

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THE SITUATION REPORT

JUNE 2019

NEWS & UPDATES

MISSION ACCOMPLISHED!

On May 15th, 2019, staff from our East Coast office visited the **Mission BBQ Virginia Beach** location for MISSION's annual donation check presentation ceremony. Since 2016, MISSION BBQ has been a proud supporter of NSF — helping to raise vital funds through its **American Heroes Cup** program, donating \$2 of every purchase to NSF. American Hero Cups are available at all Hampton Roads, VA locations. This year's donation amount was **\$91,872** bringing MISSION's support via the Heroes Cup program to over **\$207,000!**

"This donation, which was created one cup at a time, demonstrates that working together we can make a positive difference in our community and we cannot thank you enough."

—Scott Burke
Chief Financial Officer for the Foundation





PROGRAM SUPPORT UPDATES

MILITARY SPOUSE APPRECIATION

NSF is honored to support our NSW operators' most valuable teammates--their dedicated spouses! A dynamic atmosphere of TEAMWORK and TOGETHERNESS took hold as NSF celebrated NSW spouses during our Spouse Appreciation events on the West, East, and Gulf coasts, as well as Washington D.C.!



At NSF we believe that making time to recognize those who serve on the home front matters. Connectedness also matters and allows for much-needed laughter, sharing and celebration among the record-breaking 600 NSW spouses in attendance. NSF's message for the evening was simple but impactful: **Thank you for being a great teammate!**

"I started writing this feedback on the Spouse Appreciation Dinner evaluation but realized I have been writing this note in my head for some time and felt it more appropriate to share directly. I want to thank you and the Navy SEAL Foundation for all the support you continue to give our families. I was in a rough stretch over the holidays caring for our two small children while my husband was deployed, and I honestly don't know what I would have done without the babysitting hours and the YMCA membership. They gave me the space I needed to be myself so I could be present for our kids when their dad couldn't be there. Thank you for supporting us while we are in the trenches. As a spouse in this community, it's so easy to feel invisible in the role of supporting a warrior, but the Foundation and its donors make us feel seen. Endless thanks to you and everyone there for all the effort behind the scenes to lift us up, feed us, teach us new things, entertain our kids for a few hours, and fill up our tanks. We really, really appreciate it. Thanks and God bless."



EDUCATIONAL OPPORTUNITIES

NSF SCHOLARSHIPS UPDATE - ROUND TWO

Mark your calendars for June 3rd, 2019!

The Navy SEAL Foundation's second round of scholarships will open to qualified applicants on **June 3rd, 2019!** For questions about NSF educational opportunities, please contact us at programs@navysealfoundation.org



SURVIVING FAMILY SUPPORT

When the NSW community loses a warrior, we must never forget that his parents suffer the loss in ways that most people cannot understand. Each year, NSF is honored to bring these mothers and fathers together for our **Parents' Wellness Weekend (PWW)**. This incredible event allows parents to find comfort and strength as they continue to navigate their grief and their journey with those who best understand their heartache and their needs. NSF provides evidence-informed clinical support, as well as activities intended to foster connection, healing, encouragement and sharing.

This month, **73 Gold Star Parents attended our most recent PWW**. When asked what the weekend meant to them, so many shared that this time together is positively life-changing.

Through the generous support of our donors, the Navy SEAL Foundation is honored to serve these families under our Tragedy Assistance pillar of support.



MILITARY ART PSYCHOTHERAPY (MAP) PROGRAM

We know that prevention and intervention are force multipliers that allow service members to remain in service and doing what they love. The Navy SEAL Foundation continues to close existing gaps in order to promote mental fitness among Naval Special Warfare (NSW) operators. We also know that promising alternative treatment modalities proven to have persistent, positive effects are essential for operators to continue to perform at optimal levels and to have successful transitions when their NSW service is completed. One such proven modality is art therapy, especially when it treats combat-related trauma or PTSD, as well as moral injury. NSF is honored to provide NSW community members with this support through the Military Art Psychotherapy (MAP) program. Since January 2019, 56 NSW community members have successfully completed this program.

The MAP program has added single-session art therapy workshops for NSW-families to help active duty service members reconnect with their family members upon returning from deployment or during their transition phase to facilitate family network reintegration. Patients who have received family art therapy have responded positively to the shared experience of creating artwork together with their family members. Most significantly, the opportunity to spend quality time with their children was considered highly valuable and artmaking was continued at home to maintain family connectedness.

"I am grateful for this opportunity that could not be replicated with government funds. This is an outstanding and professionally run program with tangible healing results."

-NSW operator

"This program ranks at the very top of my experiences with mental health care... truly put me in a better place mentally and emotionally."

-NSW operator

THE NAVY SEAL FOUNDATION IS PROUD TO BE A PRINCIPAL PARTNER OF SEALKIDS

The Navy SEAL Foundation is proud to be a Principal Partner of SEALKIDS by providing significant annual funding in support of NSW's most treasured members, its children.

Through SEALKIDS' all-encompassing approach of academic testing, tutoring, therapy, advocacy, and enrichment to foster the success and well-being of the child, stressors on the entire family are dramatically reduced. Through their programs, children in need receive both educational support and the benefit of experiencing academic success, and the operator parent never has to choose between the needs of their child and the requirements of his job and mission.

Since January, NSF's funding provided critical support to **74 children** of active duty NSW service members.



WARRIOR TRANSITION

NSF recently held two very successful and transformative Transition Symposiums. The turnout was exceptional with **254 NSW community members** in attendance between both coasts. In addition to highlighting a variety of transition organizations, the symposiums featured a panel of psychologists, clinicians and executive coaches who specialize in transition and performance with the goal of helping transitioning NSW personnel and their spouses frame their transition perspective in a positive way while utilizing the myriad of resources provided through the Navy SEAL Foundation.

As a result of the symposiums, NSF accepted **31 new transition support requests!** Additionally, WARCOM's Transition Program Manager informed attendees of NSW's initiative in support of active duty members to better prepare them to enter civilian life. NSF is honored to continue its efforts alongside NSW.



— NAVY SEAL FOUNDATION —

IMPACT FORUM 2019

SEPTEMBER 30TH-OCTOBER 1ST, 2019

SAVE THE DATE. REGISTRATION COMING SOON!

HAPPY 5TH BIRTHDAY, THF!

The Navy SEAL Foundation (NSF) is proud to be the Founding Partner of The Honor Foundation (THF) a non-profit organization which provides transition support for the Special Operations Forces (SOF) community. Since its inception in 2014, THF has grown from just an idea to a program with 504 graduates, 16 full-time staff members, four campuses (three physical in San Diego, Virginia Beach, and Camp Lejeune) including a virtual program (THFv), a strong Tribe of Supporters – coaches, mentors, faculty, employer partners and donors – and endorsement of leaders in the SOF community.

Their three-month transition program encompasses an extensive curriculum to include 120 hours of executive-style education coupled with coaching, mentorship, opportunities to experience various company cultures and industries and other resources to assist in the transition process of the Fellows and their families. “THF bridges the networking gap that Special

Operations veterans do not have the time to manage and perfect while on active duty. Without THF, this talent pool would not be aware of as many professional options, except perhaps for the typical government contract job. THF provides options and limitless opportunity,” said Anthony Rivera, a former SEAL, THF Alumni, and current Amazon employee.

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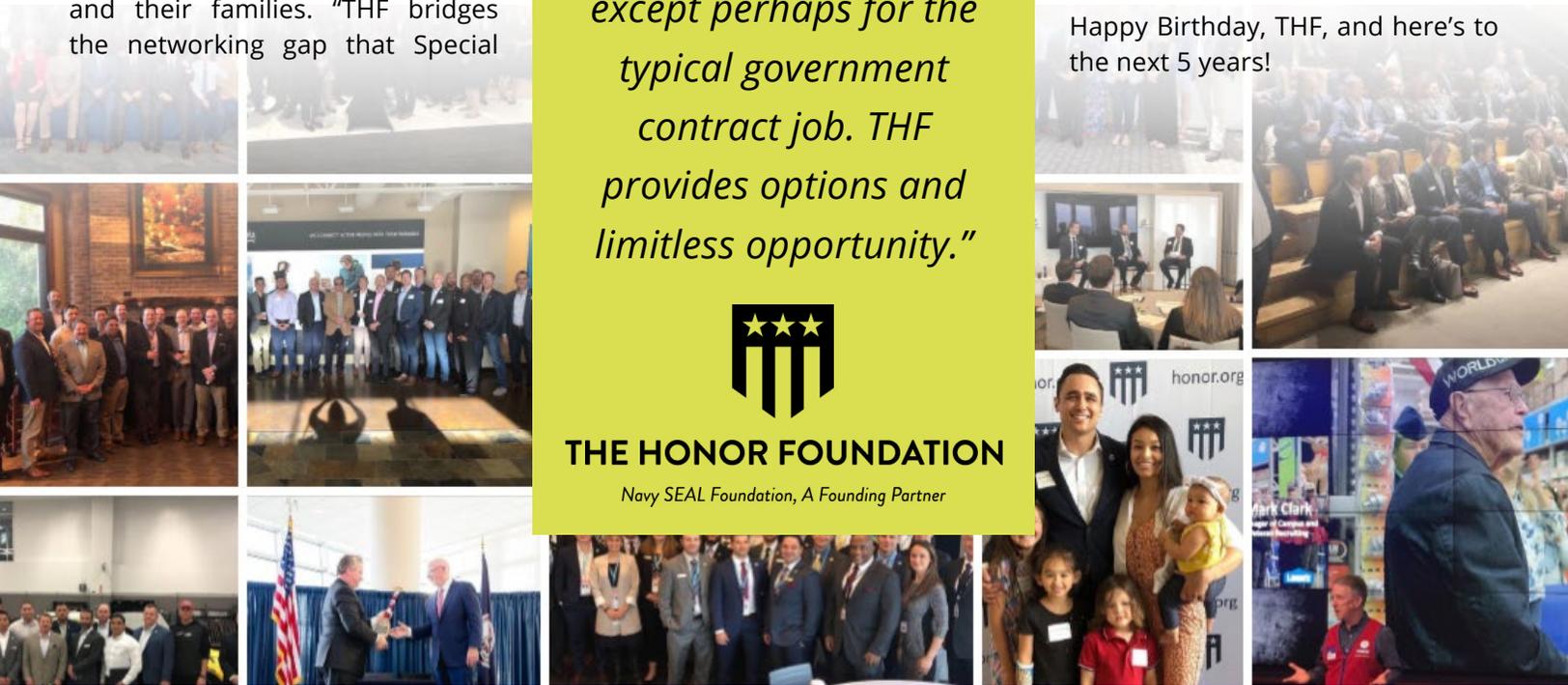


THE HONOR FOUNDATION

Navy SEAL Foundation, A Founding Partner

THF also has a proven track record of hiring alumni of their program, with the most recent addition being THF CEO Matt Stevens, a 26-year veteran SEAL. “I can think of few people more qualified to take the helm at THF than Matt,” said Robin King, CEO of Navy SEAL Foundation. “Because of his rich experience within the NSW community and the fact that he was a graduate of the very first THF East Coast cohort, I feel confident that he will lead with care, compassion and a commitment to every transitioning warrior who walks through the door.”

Happy Birthday, THF, and here’s to the next 5 years!



OUR COMMITMENT

THE NAVY SEAL FOUNDATION PROVIDES IMMEDIATE AND ONGOING SUPPORT AND ASSISTANCE TO THE NAVAL SPECIAL WARFARE (NSW) COMMUNITY AND ITS FAMILIES UNDER FIVE MAIN AREAS: WARRIOR & FAMILY SUPPORT, EDUCATIONAL OPPORTUNITIES, TRAGEDY ASSISTANCE & SURVIVOR SUPPORT, WARRIOR TRANSITION, AND LEGACY PRESERVATION.

92

SURVIVING SPOUSES,
FIANCÉES AND
SIGNIFICANT OTHERS

109

SURVIVING
CHILDREN

202

SURVIVING
PARENTS

103

SURVIVING
SIBLINGS

8

PRIMARY CAREGIVERS
OF SURVIVING
CHILDREN

TOTAL PROGRAM SUPPORT YTD: \$5,115,321

\$1,091,698

EDUCATIONAL
OPPORTUNITIES

\$146,673

LEGACY
PRESERVATION

\$595,848

CHILD RESILIENCY



\$955,962

TRAGEDY ASSISTANCE
AND VETERAN SUPPORT

\$922,384

SURVIVOR SUPPORT

\$753,596

TRANSITION
ASSISTANCE

\$649,160

WARRIOR AND
FAMILY SUPPORT

TOP 0.7%

OF ALL NONPROFITS
FOR FINANCIAL STEWARDSHIP

94 CENTS*

OF EVERY DOLLAR DONATED GOES
DIRECTLY TO PROGRAMS OR IS
RESERVED FOR FUTURE MISSION USE



4-STAR

CHARITY NAVIGATOR
RATING SINCE 2011

*Fundraising ratios and efficiencies are calculated using the Charity Navigator three-year average for these areas.

71

NSW KILLED IN ACTION
SINCE SEPTEMBER 2001

22

NSW KILLED IN TRAINING
SINCE SEPTEMBER 2001

46

NSW LINE OF DUTY SINCE
SEPTEMBER 2001

6

NSW VETERAN-
DIPLOMATIC MISSION

11

OTHER NSW LOSSES SINCE
SEPTEMBER 2001

NAVY SEAL FOUNDATION'S

JOGGIN' FOR FROGMEN

5K & RACE TEAM

100% OF THE PROCEEDS
EXCLUSIVELY BENEFITING



NAVY SEAL
FOUNDATION

UPCOMING RACES

SAN DIEGO, CA

7.27.19

LOUISVILLE, KY

9.14.19

PITTSBURGH, PA

9.21.19

ALEXANDRIA, VA

10.5.19

VIRGINIA BEACH, VA

10.19.19

LOS ANGELES, CA

11.9.19

TO DONATE, REGISTER, VOLUNTEER, SPONSOR
AND FOR EVENT DETAILS, PLEASE VISIT:

JOGGINFORFROGMEN.COM

INSPIRED BY US NAVY SEALS (FROGMEN), THE NAVY SEAL FOUNDATION'S JOGGIN' FOR FROGMEN RACE SERIES BRINGS COMMUNITIES AND FAMILIES TOGETHER TO JOG IN HONOR OF THE NAVAL SPECIAL WARFARE COMMUNITY AND THEIR FAMILIES.

SPECIAL THANKS TO OUR NATIONAL GOLD SPONSOR



Veterans United.
Foundation

UPCOMING EVENTS

DATE	EVENT NAME	CITY
6/2/2019	Inaugural Boston Frogman Swim	Boston, MA
6/14/2019	3rd Annual Kyle Milliken Golf Tournament	Virginia Beach, VA
6/15/2019	Golf Outing to Benefit NSF	Etters, PA
6/22/2019	LT Michael Murphy 4 Mile Run Around the Lake	Lake Ronkonkoma, NY
6/22/2019	Navy Beach Kickoff Event	Montauk, NY
6/22/2019	Hess Fest	San Diego, CA
7/13/2019	20th Annual Allen Stone Run Swim Run	Virginia Beach, VA
7/14/2019	San Francisco Frogman Swim	San Francisco, CA
7/27/2019	Joggin' for Frogmen San Diego	San Diego, CA
8/8/2019	Denver Evening of Tribute	Denver, CO
9/4/2019	Midwest Evening of Tribute	Chicago, IL
9/6/2019	Commander Pete Oswald Memorial Golf Tournament	Bellingham, WA
9/14/2019	SHMC Ironclad Poker Run	Norfolk, VA
9/14/2019	Joggin' for Frogmen Louisville	Louisville, KY
9/15/2019	IRONMAN Superfrog 70.3	Imperial Beach, CA
9/20/2019	Shootin' for the Stars	Carson City, NV
9/21/2019	Joggin' for Frogmen Pittsburgh	Pittsburgh, PA
9/23/2019	Birdies By the Bay Golf Event	Half Moon Bay, CA
9/27-9/29/19	SEAL Tribute Celebration	Half Moon Bay, CA
9/30-10/1/19	Navy SEAL Foundation Impact Forum	La Jolla, CA
10/5/2019	Joggin' for Frogmen D.C.	Washington, D.C.
10/19/2019	Joggin' for Frogmen Virginia Beach	Virginia Beach, VA
11/3/2019	TCS New York City Marathon	New York City, NY
11/9/2019	Joggin' for Frogmen Los Angeles	Los Angeles, CA
11/9/2019	Amelia Island Charity Event	Amelia Island, FL

FOR A FULL LISTING OF EVENTS VISIT NAVYSEALFOUNDATION.ORG/EVENTS

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