



SHEEP DOG[®]
IMPACT ASSISTANCE



2020 Accomplishments



Outdoor Adventures

Promote an active lifestyle & provides crucial healing, camaraderie, and an introduction to the Struggle Well and Posttraumatic Growth (PTG) concepts.

25 Outdoor Adventures & Get Off The Couch Events

422 Sheep Dogs Sponsored

On Outdoor Adventures, Sheep Dogs receive the camaraderie and peer support necessary to foster healing, and their attitude and perspective are drastically improved.

After our two-day events, Sheep Dogs report a **10-13% increase** in positive feelings about themselves and their relationships.



Warrior PATHH

Progressive and Alternative Training for Healing Heroes

Cultivates and facilitates Posttraumatic Growth and teaches how to transform times of deep struggle into profound strength and lifelong growth.

- Non-clinical program
- No cost, 18-month training
- Classes begin in NWA March 2021



Posttraumatic Growth (PTG) offers hope to Veterans and First Responders who have been injured in combat or the line of duty and suffer from PTSD and other symptoms of trauma.

PTG allows these heroes to THRIVE-not in spite of, but because of-their trauma and launch themselves into living their best lives.



Disaster Response

Mission deployments provide opportunities to volunteer, and to continue serving and giving back to our communities & country.



Tornado

4



Hurricane

2



COVID-19

258



1,037 Volunteers assisted
46,884 People



by mucking out & tarping 124 homes and clearing 677 trees from 169 properties



and distributing 306,555 lbs of food, 728 cases of water and 1,098 lbs of supplies.



Other Assistance

During the Holidays, more than 1,000 Sheep Dogs and their families received Thanksgiving meals, Christmas gifts and/or gift cards.

Resource referrals and other assistance was provided to 300+ Veterans, First Responders, & their families in 2020.



Donations \$1,421,712



\$1,031,946 Cash

\$389,766 Product/
In-Kind Donations

