



STRENGTH IN SUPPORT ANNUAL REPORT

2016

“Every service man, service woman, veteran, and their family members should have their mental health services, resources, and support that they earned, deserve, and need.”



22

Vets a Day Lose
Their Lives to
Suicide

300,000

Iraq-Afghanistan
Vets Suffer From
PTSD

1.8 Million

Veterans Suffer
From Substance
Abuse

1 in 5

Female Veterans
Suffer From Military
Sexual Trauma

About U.S.

Strength in Support was created to battle the veteran suicide epidemic by providing holistic behavioral health services to military personnel, veterans, AND their families through individual and family therapy, mentorship, and educational workshops.

Strength in Support's founding board members have served veterans and their families in Southern California for decades through their private clinical practices and informal mentoring. In the last few years, as they saw how military funding did not meet the needs of the simultaneous wars over the past decades and how lack of funding impacted veterans services available and wait-times and reduced advocacy for military families, they knew something needed to change. Thus a small group of passionate people, including veterans, military family members, therapists, and businesspeople formed SIS.

Extensive family services are not offered by the VA, while our low-cost counseling, free mentorship, and workshops are open to military members and their families. SIS provides faster access to needed services such as counseling. Wait-times for services can take nearly two years with the VA, compared to immediate responses, minimal wait times, and less paperwork at SIS.

While the VA does its best to support veterans, as a small nonprofit, SIS is able to treat each veteran and family member as an individual, not only tailoring counseling sessions, but even workshops and events to fit the current needs of our clients. SIS acknowledges the efforts of other nonprofit organizations dedicated

Furthermore, we are not aware of any other formalized program that specifically facilitates veteran and family mentor relationships here in Orange County.

SIS serves all military and family members, including active, non-active, reserve, guard, or veteran, from any branch of

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to serving veterans and their families, as there are organizations offering counseling, education, workforce development, housing, and other supportive services to veterans. However, there are very few who offer our comprehensive range of services under a mission focused solely on military members and their families.

the military to address their challenges in a timely, competent, and supportive manner. All ages are welcome, and while no family will be turned away, most are low-income. As described in our mission statement, SIS structures its programs on three pillars: Counseling, Mentorship, and Workshops

2016 WAS QUITE A YEAR!

82 Individuals Mentored by Our Vet Mentors

52 in Orange County
&
30 in Los Angeles

77% of SIS clients

reported problems of anxiety
and/or PTSD at the start of treatment.

Only 29% of clients reported problems
with anxiety and/or PTSD at the
end of treatment.

764
Individuals
Served

Over 2/3 of SIS clients

who experienced depression at the
beginning of treatment, reported no
symptoms of depression at the end of
treatment

303

Individuals Served in
Orange County

3,841 Sessions Were Provided
3,001 in Orange County
& **840** in Los Angeles

264 Individuals were provided counseling

132 in Orange
County &
132 in Los Angeles

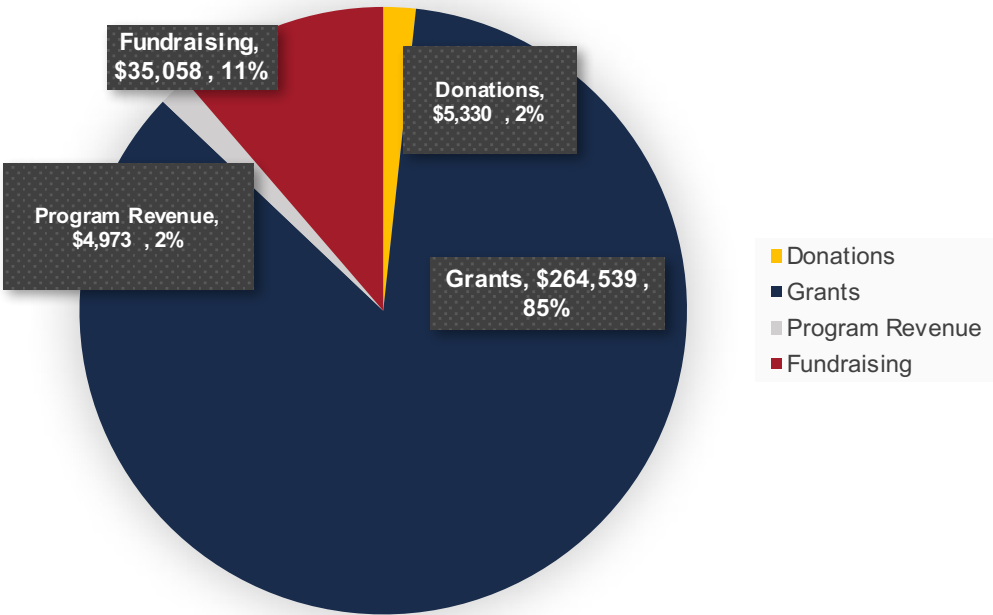
398 Individuals attended our workshops

84 Recreational & **45** Educational
Workshops were given in Orange
County

&

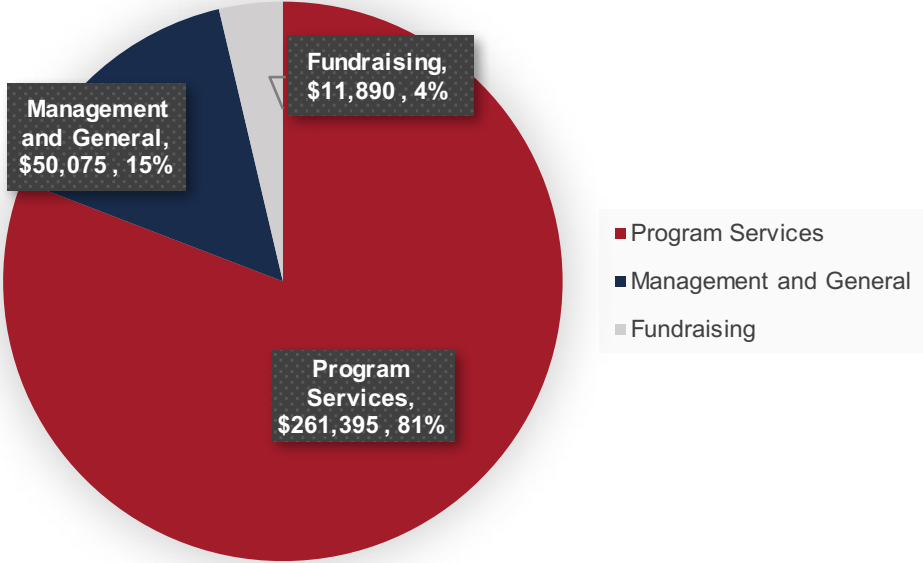
29 Recreational & **240** Educa-
tional Workshops were given in Los
Angeles

Support and Revenue



During 2016, 81% of expenses were allocated to program services

Expenses





Strength in Support

**23461 S. Pointe Dr, Suite 300
Laguna Hills, CA 92653
(949)505-5015**

**3780 Kilroy Airport Way, Suite 200
Long Beach, CA 90806
(310)736-1090**

www.StrengthInSupport.org