



## STRENGTH IN SUPPORT ANNUAL REPORT

2018

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



# Post 9/11 U.S. Veterans

The Invisible Wounds of War

**20%**

Have considered  
suicide

**17%**

Have made a  
plan to die by  
suicide

**50%**

Report they did  
not receive help

**44%**

Have PTSD

**46%**

Have depression

# About U.S.



U.S. Vets at Our 2018 Golf Tournament

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 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. They have observed how military funding has failed to meet the needs of simultaneous wars and how this has impacted veterans services, increased wait times and reduced advocacy for military families. It became clear something needed to change. Thus, a small group of passionate individuals — including veterans, military family members, therapists and businesspeople — formed SIS.



Strength in Support's 2018 Clinical & Outreach Teams

**Strength in Support is able to treat each veteran, each active military member and their family members as individuals, tailoring a treatment program to fit their current needs. Treatment programs include *counseling, vet to vet mentorship and workshops.***

# 2018 Was Quite a Year!

## Ethnicity

White/Caucasian 41.2%  
Black/African American 9.3%  
Asian 4.2%  
Hawaiian/Pacific Islander 0.6%  
Hispanic/Latin American 24.3%  
Other 15.5%  
Unknown 6%

## 99% Reported

They strongly agreed or agreed that they were satisfied with the counseling they received at Strength in Support.

## Service Sites in Long Beach & Laguna Hills

## Partner Service Sites

Santa Ana College  
Santiago Canyon College  
Long Beach City College

96% of those who received services would recommend Strength in Support to others.

## 857 Unduplicated Individuals Served

65% in Orange County & 35% in Los Angeles

## 96% Reported

They strongly agreed or agreed that they were very satisfied with the workshop they attended at Strength in Support.

## Individuals Participating in Services

Range in age from 4 to 75 years old  
(median age of 36, average age of 24)

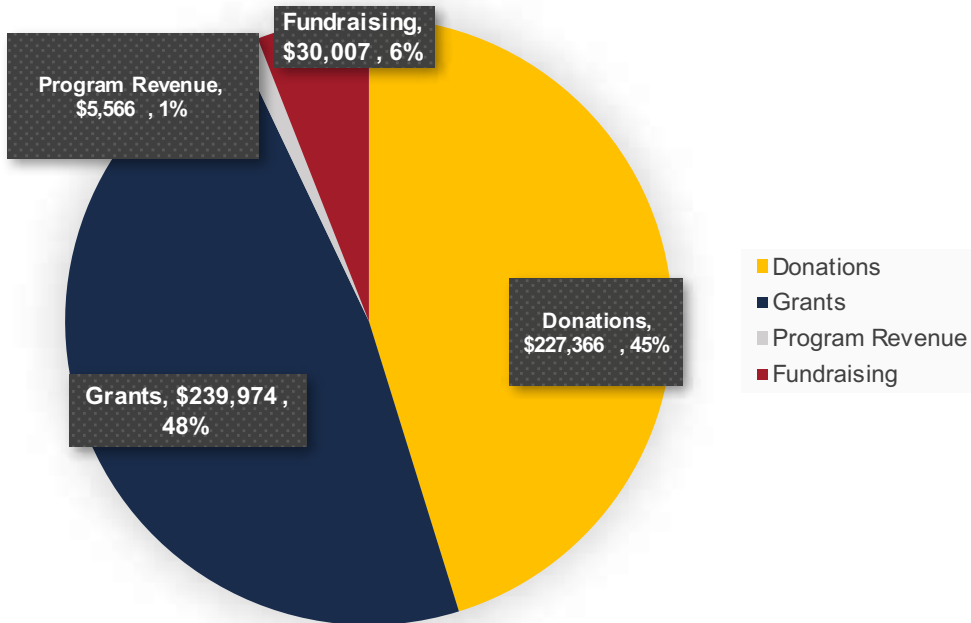
63% were male

30% were female

3% were transgender

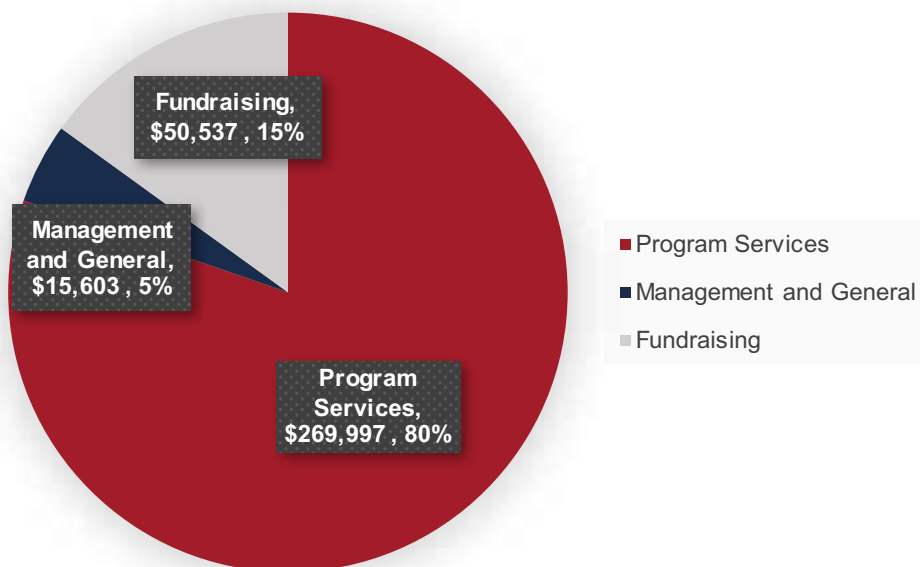
and the rest did not state their gender

## Support and Revenue



***During 2017, 81% of expenses were allocated to program services.***

## Expenses



# 2018 Supporters

We are eternally grateful to our funders,  
who also want to serve those who served U.S.

Orange County Community Foundation/OCVI/OCRE

Stanley W. Ekstrom Foundation

Arnold Penner Foundation

David Berley

Hoag Memorial Hospital Presbyterian

The Allergan Foundation

Samueli Foundation

Edison International

The Croul Family Foundation

Leo Buscaglia Foundation

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Michel-Rhyne Family Foundation Fund

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Sidney Stern Memorial Trust

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Barbara and Patrick Deming

Behm Family Foundation

Charles D. Cencibaugh Foundation Fund

Linda I. Smith Foundation

Stephens Family Trust



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