



2022 ANNUAL REPORT

Operation Healing Forces' mission is to serve the needs of America's wounded, ill, injured, and Fallen Special Operations Forces service members, veterans, their families, caregivers, and survivors through a suite of programs that promote long-term mental, physical, emotional, and fiscal well-being.

A MESSAGE FROM OUR LEADERSHIP

Dear Friends of Operation Healing Forces,

As OHF began its second decade in support of America's Special Operations Forces (SOF) community, we expanded our capacity and enhanced our ability to provide creative solutions that positively impact the mental, physical, emotional, and fiscal well-being of those who have sacrificed much in service to our nation.



GARY MARKEL
Founder and Chairman

Throughout 2022, we remained resolute in our determination to pay tribute to the wounded, ill, and injured SOF community through a suite of programs specifically designed to strengthen human bonds and empower healing. OHF was privileged to evolve its mission in 2022 to thoughtfully develop and implement life-changing programs to serve the needs of SOF Gold Star Family members, as well.

We honored our commitment to SOF by providing our tailored and proven programs to this very deserving community. The growth and success of our Therapeutic Retreat and Resource Programs is due to a strong base of committed donors and a dedicated staff who strive to perform with the same level of commitment and professionalism that America's Special Operators exude.

In 2022, OHF hosted 50 Therapeutic Couples Retreats, offering 400 SOF warriors and their significant others the opportunity to reconnect with one another while creating bonds with others who can understand and relate to the unique challenges associated with a life lived at the Tip of the Spear. Additionally, because we strongly believe in the importance of self-care and wellness for family members whose loved ones have been severely injured, we hosted four specialized retreats for SOF Caregivers offering these hidden heroes an opportunity for beneficial respite, connection, and restoration.

OHF had a banner year in 2022, providing critical financial assistance when it was needed the most. We received an influx of requests for benevolent assistance from United States Special Operations Command's Warrior Care Program, SOF military units, and other Chains of Concern. Due to the generosity of our patriotic supporters, OHF proudly fulfilled more than 99% of the nearly 600 requests received – aiding 1,830 SOF operators, veterans, and their family members through financial grants – the greatest number assisted by OHF in a single year since our inception.

OHF is also proud of the new relationships we forged in 2022 with other organizations that share our passion for serving the needs of SOF heroes and their families. These partnerships have increased OHF's presence on a national level, provided awareness and access to our programs, and bolstered our capacity and reputation as a premier non-profit organization in the Special Operations Forces ecosystem.

OHF is steadfast in our commitment to America's wounded, ill, injured, and Fallen Special Operations Forces service members, veterans, their families, caregivers, and survivors. We are grateful to all who stand alongside us as we pay tribute to the service and sacrifice of a very deserving population of our nation's active-duty and veteran community.

Their lives are our mission - we look forward to another year ahead of Creating Bonds That Cure – together.

With gratitude,

Gary Markel, Founder and Chairman
Kerry Irvin, Executive Director



KERRY IRVIN
Executive Director

A SPECIAL KIND OF HEALING

Creating Bonds That Cure

Operation Healing Forces (OHF) provides a suite of programs to aid the Special Operations Forces (SOF) community which has endured decades of perpetual combat operations and extreme hardships as a result of their service. Although SOF account for less than five (5) percent of the Department of Defense, SOF are the U.S. military's most highly trained units and account for some of the highest casualty, divorce, cancer, and suicide rates of all the military.

OHF's Retreat Programs are specifically designed to enable these war-torn men and women to openly discuss their battlefield and personal hardships and to build critical connections that provide healing. OHF retreat leads, themselves members of the SOF community, create an environment that allows participants to share their experiences with others who can understand their unique challenges while "Creating Bonds that Cure."

Their lives are our mission. We remain committed to aiding and promoting the well-being of those we serve throughout their lives. Once an individual or family has received services from OHF, they become a member of our wide-spread OHF Alumni Family and are networked into valuable resources and life-enhancing opportunities.

A SPECIAL KIND OF COMMUNITY

Special Operation Forces (SOF) are frequently referred to as “quiet professionals”.

Branches of the United States Armed Forces have their own Special Operations units. The parent command of all SOF is U.S. Special Operations Command (USSOCOM), which is headquartered on MacDill Air Force Base in Tampa, Florida, and celebrated its 36th Anniversary in April 2023. The force grew from 38,000 personnel in 2001 to more than 70,000 by 2021 as the global war to defeat violent extremists expanded.

Special Operations units typically work in hostage situations, reconnaissance, surveillance, surgical raids, and high-value targets among other dangerous situations. After the September 11, 2001 attacks, USSOCOM took a lead role in the Global War on Terrorism. The Department of Defense has increasingly depended on these specialized SOF units to defend and protect our Freedom.



THE MISSION CONTINUES

While you may not hear about it on the news, the SOF community continues to deploy and serve all over the world. The Special Operations footprint has grown in reach and abilities in recent years. Operation Healing Forces continues to adapt and evolve to the specific needs of a community that carries the weight of our Nation's freedoms.

REINTEGRATION

SOF couples and families connect with the community, critical wellness information, and each other.



Couple & Peer Connection
Communication
Share Information & Resources
Meaningful Support



REHABILITATION

SOF couples and families receive support for healing the body, mind, and family unit.



Connect to Care & Resources
Promote Wellness
Restorative Recreation
Respite



RESILIENCE

SOF couples and family members experience positive emotions, a sense of control over critical aspects of life, and strengthened relationships.



Positive Emotions
Strengthened Relationships
Hope & Purpose
Pride in Service

A SPECIAL KIND OF CONNECTION

Operation Healing Forces conducts therapeutic retreats for Special Operations Forces couples and caregivers throughout the United States. Each retreat is led by a SOF Veteran or SOF Caregiver and respected member of the SOF community. OHF Retreats focus on providing healing through the benefits of peer-to-peer interactions among individuals with shared experiences, challenges, and traumas. Upon conclusion of OHF retreats, participants become members of the OHF Alumni Network and are provided opportunities and resources to build on the positive outcomes of the retreat program.

RETREAT IMPACT



Over **93%** of respondents reported improved communication with their spouse following the OHF retreat



96% of respondents reported continued improvements following the OHF retreat, six months to one year past retreat

100% of respondents would recommend OHF to other SOF couples



84% of respondents believe that the peer-to-peer exchange during the retreat aided in their personal recovery



83% of respondents believe that outdoor recreational activities aided in their personal recovery



Over **97%** of respondents reported increased confidence participating in recreational activities following the OHF retreat



98% of respondents reported improvements in multiple mental health symptoms following their retreat



82% of respondents learned of new benefits or resources available to their families on the retreat

A SPECIAL KIND OF CARE

Operation Healing Forces designed resilience-based Caregiver Retreats to provide respite for SOF caregivers and encourage self-care for those often-overlooked heroes.

Many caretakers shoulder the major responsibility of daily care for their wounded, ill, or injured service member along with managing the daily responsibilities of caring for a family, running a household, and their own professional careers.

COUPLES & CAREGIVERS RETREATS

Total # of Retreats Since Inception	241
Total # of Retreats in 2022	54
Total Individuals Served	1,588

"This organization is one of the best out there. This special operations community has been through so much these last two decades. It's organizations like this one that recognize the sacrifices that have been made and are there at the end of the day to lend a helping hand or to offer some reprieve. Thank you from a SOF spouse who is truly grateful for all you have done for our family!"

- OHF Alumni



A SPECIAL KIND OF HOPE

The Special Operations Additional Resource (SOAR) Program provides numerous resources, and most notably encompasses OHF's Immediate Needs Program (INP). INP provides direct crisis support to wounded, injured, ill, and Fallen SOF service members and their families. The program covers emergency travel and expenses; medical treatment; medical and adaptive equipment not covered by government means; funeral and memorial costs; respite care for full-time caregivers, and many other forms of critical support such as rent and mortgage assistance, food costs, and support with many other basic human needs. SOAR also provides support for the long-term stability of the SOF community in areas such as job/skill certification, access to financial planning experts, and transition assistance. The SOAR program fulfills 30 to 40 requests for assistance from U.S. Special Operation Command's Warrior Care Program each month and often within 24 hours of the request. The SOAR program experienced substantial growth in 2022 and OHF was able to assist more families than ever before.

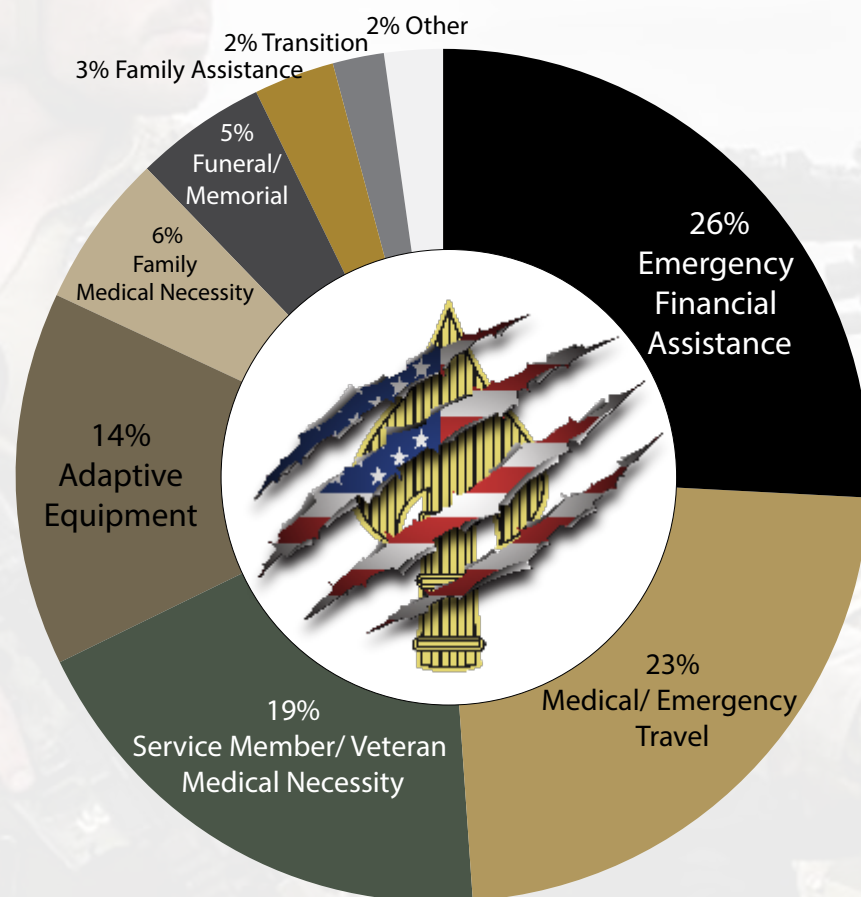
SINCE INCEPTION

1,514 Requests Fulfilled
5,708 Individuals Assisted
\$2,116,578 Total Spent

2022 SUPPORT

546 Requests Fulfilled
1,830 Individuals Assisted
\$949,262 Total Spent

OHF's Immediate Needs Program provides assistance to the SOF community in crisis, often within **24 hours** of the request.



GRAPH FOR 2022 TYPE OF REQUESTS

"I would like to thank everyone in OHF, their donors, and their volunteers for providing support from outside of our walls. I have been living with a litany of injuries ever since I was blown up by an IED near Shadikhak, Qalat, Afghanistan. I received a fractured neck, ribs, and a TBI. I was so overwhelmed by injuries that it was hard for me to perform at the level SOF warriors are expected to perform. With my understanding of TBIs and behavioral health, I really felt like there was no light at the end of the tunnel. I thought that pain and weakness were mine for perpetuity. It wasn't until I was sent to a specialty clinic in San Antonio, which brought me into contact with OHF, that I would receive the tools and the knowledge to finally get out of the tunnel."



"I cannot express enough gratitude for your support and generosity after the training injury of my son. He catastrophically destroyed his knee after a night training jump and is undergoing several reconstructive surgeries at West Point, New York to hopefully regain full function/ use of his leg. His surgeries and recovery will be at least a year long. He is unable to use his leg at all right now, and requires assistance in the most basic of movements. Your organization supported him by covering the cost of a rental mini-van and an ADA accessible hotel room during his stay at West Point for his first surgery. This was so helpful and so necessary. I accompanied him and drove him to his surgery/ appointments, and I could not have done this without your help."

"Operation Healing Forces has been a huge blessing to me, my three children, and my entire family as we navigate the passing of my husband. My husband passed away in November after a long eight months of battling cancer. Operation Healing Forces didn't skip a beat in offering assistance. To be able to not have the pressure of worrying about the cost of hotel rooms for my family was such a blessing. I really do not know what we would do without organizations like Operation Healing Forces coming alongside our family and lifting us up in our greatest time of need. Our story is still unfolding but this chapter with Operation Healing Forces will be one that does not go forgotten."



A SPECIAL KIND OF ENGAGEMENT



Operation Healing Forces is dedicated to helping active-duty and retired Special Operations Forces (SOF) elite warriors and their families heal, both mentally and physically, to integrate into family and civilian life, or to return to the front lines in defense of our Nation. As OHF's programs continue to grow to meet evolving needs, it is imperative that we remain steadfast in sustaining awareness of the continued missions and challenges faced by those who serve at the Tip of the Spear. Through numerous community outreach engagements OHF staff, Alumni, Board of Directors, and National Advisory Council members build a network of resources and relationships that bolster our network and enhance our capacity to support those we serve.



A SPECIAL KIND OF STEWARDSHIP



TRANSPARENCY MATTERS

Our commitment to those we serve comes with a responsibility OHF does not take lightly. Each year, Operation Healing Forces is independently audited by a highly respected external accounting firm. Key financial documents including the audit report are available by request or by visiting our website: www.operationhealingforces.org/documents.

Additionally, OHF is proud of our 4 out of 4-star rating from Charity Navigator and other awards and distinctions that recognize our dedication to financial efficiency and administrative accountability.



OHF has achieved Charity Navigator's top ranking of Four Stars. Described as "Exceptional" - Exceeds industry standards and outperforms most charities in its cause.



OHF has achieved the GuideStar Platinum Seal of Transparency Rating, the top 0.1% of the nation's non-profit organizations in terms of transparency.



OHF received the "Top Rated" rating by Great Nonprofits. Rated highly by people who experience their work first hand - clients served, volunteers and donors.

A SPECIAL KIND OF STEWARDSHIP

OHF's Board of Directors have committed to covering all overhead costs associated with the operation of OHF. **100% of every dollar donated funds our vital and life-changing programs.**



TOTAL RAISED IN 2022

\$ 4,565,586



556 First Time Donors



52 Homes Donated



1,155 Volunteer Hours

Stand alongside us as together we pay tribute to the sacrifices of our nation's wounded, ill, injured, and Fallen Special Operations Forces warriors and their families. Donate Today.

WAYS TO SUPPORT

Financial Support
1-Week In-Kind Home Donations
Airline Mile Donations
Matching Gift Designations
Individual Fundraising

Planned or Legacy Gifts
Gifts of Stocks or Securities
Sponsorships
Volunteer
Follow Us on Social Media



2022 AUDITED FINANCIALS

Program Expenses	\$ 4,202,832
General & Administrative Expenses	\$ 219,377
Fundraising Expenses	\$ 599,630
Total Net Assets	\$ 1,817,440

BOARD OF DIRECTORS

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A SPECIAL KIND OF FUTURE

Our vision is that all members of the Special Operations Forces community are able to enhance their resilience, empower their rehabilitation, embrace their reintegration, and lead fulfilling and productive lives.



OPERATION HEALING FORCES

Creating Bonds That Cure

 5100 WEST KENNEDY BLVD, SUITE 100 | TAMPA, FL 33609 | (727) 631-9713

OPERATIONHEALINGFORCES.ORG



INFO@OPHF.ORG



FACEBOOK.COM/OPERATIONHEALINGFORCES



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OPERATION HEALING FORCES

Creating Bonds That Cure