



OHF INTEL

Summer 2025

A Quarterly Report from Operation Healing Forces

To be Seen, Heard, and Honored

Dear Operation Healing Forces,

It is hard to encompass the gratitude and appreciation we have for what felt like a dream during our stay at Brays Island. From beginning to end we felt so honored to be on the receiving end of such a generous outpouring of support, resources, and hospitality.

Not only did we experience the selflessness of OHF and their donors firsthand, but through Trudy and Glen, we listened and learned how they couple together to support the SOF community. With each story shared, I felt such an overwhelming sense of peace knowing that all the sacrifices SOF families give is not taken lightly, but rather deeply appreciated.

During our trip Glen said, "A Special Forces guy will take care of everyone else but himself". There is no statement truer than that for my husband. While we experienced incredible meals, breathtaking sights, unforgettable outdoor activities, and stayed in the most beautiful home during our time at Brays; the memory I will forever hold in my heart is seeing my husband appreciated for the hero I have always seen him to be. Simply put, that was a dream come true. For the last 14+ years he has given so much, our family has given so much and in truth, I have had times that I felt no one would ever see nor understand. Like the other SOF guys, he did not join for the recognition or a pat on the back. He holds his sacrifices in silence and with quiet confidence, but selfishly, I have wanted to boast with pride so that he is valued and seen.

I learned through this time that he is in fact seen. All his time away, seen. All the special occasions missed, seen. All the 'firsts' for our children missed, seen. All the tears, so many tears, seen. All the fear and worry, seen. All the months with no communication, seen. All the mental and physical ailments, seen. A life with no normalcy, seen. Everything, seen. With endless gratitude, thank you. Thank you for seeing our guys for who they are and what they give. Thank you for making it possible for us to have the opportunity to refuel, reconnect, and recenter our focus on what a distinct privilege it is to be a part of the SOF community and why it matters so very much. For your selfless giving of your time, support, resources, and your heart—we are so thankful."

Sincerely,

Shelby Young, U.S. Army Special Forces spouse



2025 Mid-Year Impact

Since the beginning of 2025, Operation Healing Forces programs have continued to provide meaningful support to the Special Operations community—meeting urgent needs and fostering long-term healing.

Immediate Needs Assistance:

- 931 individuals supported
- 380 cases completed
- \$550,000+ in assistance provided to SOF families

Therapeutic Retreat Program:

- 25 retreats hosted
- 200 individuals supported

From crisis response to connection-building, OHF remains committed to helping Special Operations families find stability, strength, and renewed purpose.

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THE STRENGTH OF A TRIBE

For Josh Martin, a nine-year veteran of Army Special Operations Aviation, service was defined by versatility and constant change. “Wearing as many different hats as you can fit on your head,” he says, reflecting on the fast-paced, ever-evolving nature of his role. But after a motorcycle accident, everything shifted. A long road of complications, multiple surgeries, and difficult decisions eventually led to the amputation of his leg—and the end of his military career far earlier than planned.

After his medical retirement, Josh focused on rebuilding. He went back to school, earned his MBA, and secured a strong civilian job. But even with professional success, something deeper was missing.

“I wasn’t as fulfilled or as energized,” he reflects. “I was always trying to find that way or thing that could bring me back to the Special Operations community. People that have a similar understanding and mentality. A sense of tribe.”

That pull toward connection and purpose brought Josh into the world of adaptive sports, where he discovered the Warrior Games and Invictus Games. It was Team SOCOM that stood out—not just for the level of competition, but for the people.

These were individuals with similar injuries, similar experiences, veterans who understood.

“Adaptive sports have provided that focus and outlet that I think is therapeutic in a way where we’re all pretty competitive as type A people— the rivalry, competition, and being part of a team again was healing.” -Josh Martin.



Josh and his family at the 2025 Invictus Games.

“That perspective is what really separates the Warrior Games and Invictus Games apart,” Josh explained. “We come from different backgrounds, but the camaraderie is pretty much instantaneous. It filled a hole I’ve been trying to fill for years.”

Operation Healing Forces had the honor of providing Josh with financial assistance to participate in the 2024 Warrior Games and 2025 Invictus Games, as well as a Game Ready Ice Machine to support recovery after his latest leg revision surgery. “It’s an asset to have after strenuous training sessions,” Josh shares.

Adaptive sports have become a powerful tool for members of the SOF community seeking purpose, connection, and the drive to push their limits. They offer more than just competition—they offer healing, goals, and a way to stay close to the brotherhood forged through service. Operation Healing Forces is proud to support members of Team SOCOM competing in the 2025 Warrior Games through flights, lodging, selection camp costs, and other essential expenses. We are excited to stand behind these incredibly resilient athletes as they represent the strength, unity, and spirit of the Special Operations community.





Joseph and Lauren share a peaceful moment together in Nicaragua.

When Joseph Brokamp followed his dream and joined the Air Force Special Operations Forces (AFSOF) as a Combat Controller, he knew it would mean sacrifice. What he didn't expect was how deeply that sacrifice would affect his marriage. The Combat Control pipeline alone takes two consecutive years to complete, followed by extended deployments and constant travel. Joseph went from sharing everyday moments with his wife, Lauren, to being away nearly all the time.

"Lauren was home with our young children, doing it all alone. We had some incredibly hard times, and many times our marriage was tied by mere threads, ready to break. We had lost each other," he explained. Even now, as Joseph transitions out of the military, the pace of life for their family of five doesn't slow down. There's little time to focus on repairing what years of separation left behind.

The couple found hope for the future through Operation Healing Forces' therapeutic retreat in Nicaragua. For the first time in years, they were able to pause, reconnect, and be present with one another. "We got to experience a different kind of life, something that was slower-paced and simpler. It let us focus on the good parts of life," Joseph reflected.

While they took part in several therapeutic activities, including hiking and horseback riding along the beach, the most powerful moments came during morning yoga. "We started every day on this ledge where you could see the

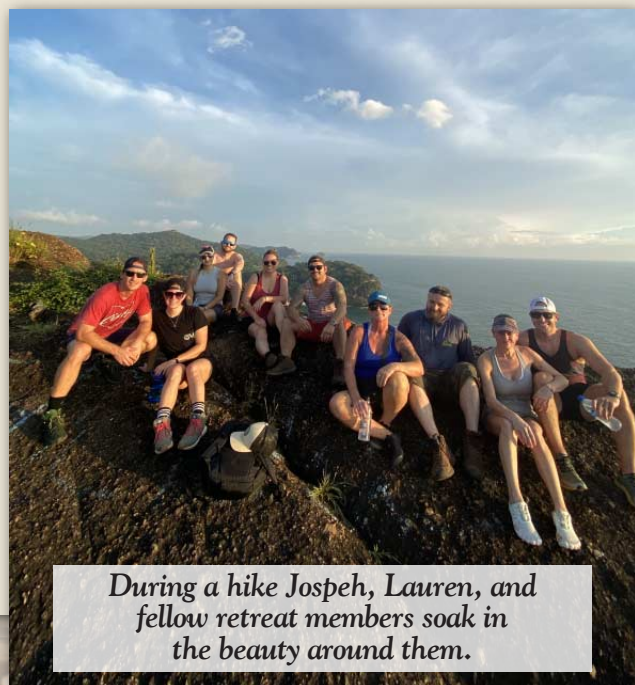
A PAUSE IN THE CYCLE

ocean and hear the waves crashing," Joseph said. "It allowed us all to open up."

It wasn't just the peaceful location that created lasting memories, but the feeling of genuinely being cared for. "Lauren has sacrificed so much for me and our family," Joseph said. "I was grateful to do this for her and with her."

For many SOF couples, this kind of intentional time together simply doesn't happen. The cycle of separation, reintegration, and the emotional armor required to cope can slowly build walls between partners. "You get cold because you have to, in order to survive," Joseph explained. "Then I come home and we start to connect, but I just leave again. It's a cycle."

Operation Healing Forces' retreat program is designed to create a break in that cycle—a space for reconnection, reflection, and repair. For Joseph and Lauren, it was a chance to find each other again, to heal what had been lost during several years apart, and to return home feeling closer and more confident in their marriage.



During a hike Joseph, Lauren, and fellow retreat members soak in the beauty around them.



DELTA

Proud Honor Donor Supporting Operation Healing Forces' Therapeutic Retreat Program

Operation Healing Forces is proud to recognize Delta Air Lines as an Honor Donor and the leading air travel partner powering OHF's Therapeutic Retreat Program. With their continued support, Delta Air Lines awarded OHF a \$100,000 grant dedicated specifically to providing travel for retreat participants. This grant ensures Special Operations Forces families can reach meaningful, therapeutic retreats with reliable, comfortable, and worry-free travel.

OHF's Therapeutic Retreat Program offers a setting where SOF couples and caregivers can step away from their unique daily responsibilities, invest in their relationships, and focus on healing. Each retreat is thoughtfully designed to foster resilience and renew hope for those who serve and the loved ones who stand beside them.

"Delta Air Lines has demonstrated an unwavering commitment to the Special Operations Forces community and the families and caregivers who stand beside them," said Kerry Irvin, CEO of Operation Healing Forces. "Their continued support allows OHF to bring SOF couples and SOF caregivers together for life-changing, therapeutic retreats that provide meaningful time to reconnect, restore, and strengthen relationships. These retreats also foster strong peer connections with others who truly understand the unique challenges of this community. The bonds built and the healing that begins in these settings create lasting impacts on the mental, emotional, and physical well-being of our nation's warriors and those who love and care for them. We are deeply grateful for this partnership."

Operation Healing Forces is proud to partner with Delta Air Lines, who provides the opportunity for travel to SOF service members, caregivers, and their families. Their support helps foster connections and experiences that empower healing and strengthen the bonds within our nation's Tip of the Spear families.

WELCOME TO THE TEAM FRANCES BROWN

Operation Healing Forces is proud to welcome Frances Brown as Wellness Coordinator. She joined the team in May and is helping to shape the future of OHF's holistic wellness programming.

In her role, Frances leads OHF's virtual wellness coaching program in partnership with HatchPath, supporting members of the Special Operations Forces community through personalized, one-on-one coaching. With a strong background in psychology and multiple certifications—including Board Certified Coach, advanced yoga instructor (500 hours), Myers-Briggs Type Indicator Assessor, and certified personal trainer—Frances brings a wealth of knowledge and heart to the OHF mission.

With a family background deeply rooted in various military branches, she has a profound respect for the sacrifices made by service members. Having experienced constant deployments firsthand, Frances is married to a retired west coast SEAL with 26 years of service. She understands the challenges faced by military spouses and has a deep compassion for the SOF community, recognizing the mental and physical hurdles during and after military life. Her life's work revolves around researching ways to cultivate gratitude in the present and excitement for the future through a growth mindset. Her dedication to wellness drives her to connect healing modalities to the SOF community and discover unique methods to ease the transition from military to civilian life.

Frances's leadership will help expand OHF's wellness offerings and contribute to programs that strengthen the long-term health, resilience, and overall well-being of SOF service members and their families.



Frances Brown
OHF Wellness Coordinator

WELCOME TO THE TEAM JEFF TANNERY

Operation Healing Forces is pleased to welcome Jeff Tannery as a Retreat Project Manager. In this role, he joins the team of Retreat Leads responsible for planning and guiding therapeutic couples retreats for Special Operations Forces veterans and their families.

With more than 25 years of U.S. Army service—15 of those in Special Forces—Jeff brings a wealth of operational knowledge, leadership experience, and global perspective to OHF. His career included multiple combat deployments and training missions across Asia during the Global War on Terrorism, giving him a deep understanding of the unique needs and experiences of the SOF community.

A strong background in project coordination is only part of what shapes his approach. Having sustained multiple traumatic brain injuries in combat and training, Jeff's own recovery journey brings powerful empathy to his work. In 2023, he and his wife attended an OHF retreat that marked a turning point in their healing. That time together, away from daily distractions, reinforced just how vital connection and rest are in the recovery process.

Jeff holds a Bachelor's degree in Business Administration from Troy University and is a Certified Project Director through the Center for Project Innovation. His presence strengthens OHF's mission to deliver meaningful, restorative experiences that support the long-term health, healing, and resilience of SOF service members and their families.



Jeff Tannery
OHF Retreat Project Manager

CONNECT WITH OHF

Help expand OHF's impact – Please share this newsletter.

Help spread the word about Operation Healing Forces and the battles faced by our nation's Special Operations Forces. Forward this newsletter to a friend, relative, or colleague today. You may end up connecting OHF with its next donor, supporter, or recipient family.

"I read an article online about Operation Healing Forces a couple of years ago and as a U.S. Marine Corps veteran myself, I felt compelled to get involved."

— OHF Supporter David T. Maccagnone,
CEO Multi-Bank Securities Inc.

Helping SOF SOAR

Now more than ever, the SOF community need your support. OHF continues to expand its programs to provide for immediate needs, SOF spouses and caregivers, and assistance with career transitions, employment, and financial planning. To contribute or learn more about these programs, please contact SOAR Program Manager **Tiers Arnts** at Tiers.Arnts@ophf.org or (253) 241-7271.

SOAR (Special Operations Additional Resources) Program

OHF's SOAR Offers:

- Immediate Needs Assistance
- Access to Financial Planning Experts
- Access to Tax Preparation Experts
- Alumni Support
- Virtual Wellness Coaching
- Transition Assistance

A Home for Healing:

Operation Healing Forces offers transformative therapeutic retreats for SOF couples and caregivers, where meaningful connections are made in homes that provide the perfect setting for creating bonds that cure. A powerful way to give back to those who have sacrificed so much is by donating your home or offering your space to support these life-changing experiences.

OUR NEED:

5-bedroom, 5-bathroom homes at destination locales throughout North America and Worldwide.

TIMING:

Retreats take place over 5 days. We have needs for retreat locations in 2026 and beyond.

LEARN MORE:

Contact **Kerry Irvin** at kerry.irvin@ophf.org to learn more about opening your home to our nation's Special Operators and their spouses.





Mutually Beneficial

Aside from helping support a worthy cause, stock donations can maximize the value of a gift to both the charitable recipient and the donor. Compared with selling appreciated securities and donating the after-tax net proceeds, a direct gift of stock has the potential to increase the net proceeds to the charity and maximize a donor's tax deduction.

When donating appreciated securities (e.g., stocks, bonds, mutual funds, etc.) with long-term holding periods of one year or more, the amount of the donor's tax deduction is equal to the average value of the high and low price of the securities on the date of the gift. You may generally deduct up to 30% of your Adjusted Gross Income for contributions of appreciated securities held more than one year.

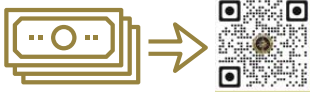
Donating stock to charity is as easy as calling your financial advisor and providing transfer instructions. To learn how to make a stock donation for Operation Healing Forces, visit <https://OperationHealingForces.org/Donate> or contact **Kerry Irvin** at kerry.irvin@ophf.org.

Giving to Operation Healing Forces is Easier Than Ever!

Simply scan or click on the
OHF QR Code to make a
contribution right away!



More Ways You Can Help!



Cash contributions.*

100% goes to program costs thanks to our board of directors covering all overhead expenses.



Donate a Home.*

5-bedroom/5-bath home for a week.



Host an in-home reception* introducing OHF's mission to your friends and neighbors



Donate your airline miles.

Email Desiree at desiree.holley@ophf.org to find out how

***Contact Director of Philanthropy Mike Kaufman, at mike.kaufman@ophf.org to learn more.**

OHF's Retreat Program and Immediate Needs are especially meaningful and healing to the Special Operations Forces community because these opportunities are offered at no cost to the participants. By alleviating the burden of financial stress, deserving elite warriors and their families can access much-needed respite and focus on restoring and strengthening each other's bonds which makes a significant difference in the healing process.

OHF's transformative programs are only possible thanks to our partnership with dedicated donors like you. As you consider making a tax-deductible donation to OHF to aid the Special Operations Community, do so with the confidence that **100% of your donation** will go toward supporting our programs. **This unique assurance is possible because of the committed support of our board of directors, who personally cover every penny of OHF's overhead expenses. That means every dollar you give will go directly toward special operators and their families.**

Thank you for your support!



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 firsthand - clients served, volunteers and donors.

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Thank you for supporting Operation Healing Forces

Comments? Questions?

Please tell us what you think about our quarterly newsletter. Direct questions, comments, or to unsubscribe, e-mail us at: info@ophf.org or by mail to:

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Creating Bonds That Cure

www.operationhealingforces.org

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