



PERMISSION
— TO START —
DREAMING

• FDN •

Annual Report
2018



A Note from Our Founder

We are pleased to present the Permission To Start Dreaming Foundation's 2018 Annual Report.

Approximately 6,000 Veterans and First Responders throughout the Pacific Northwest states of Washington, Alaska, Oregon, Idaho, and Montana suffer from Post-Traumatic Stress (PTS) and Traumatic Brain Injury (TBI) resulting from their courageous service to protect us, specifically, though not exclusively, in war. Trauma does not discriminate, but combat trauma is unique. Many lack awareness of, or access to, the resources and support it takes to resolve the related mental health issues. And regrettably, traditional medical approaches and therapies don't seem to work very well for these wounds. The Permission To Start Dreaming Foundation is at the forefront in the Pacific Northwest to create or find strength-based programs that help those who serve find fulfilled lives with passion and purpose, separate from the tremendous and courageous work that they do to keep us safe. We also offer hope and healing through the opportunity to participate in a groundbreaking and innovative training retreat, lending support for the life time journey. And we encourage the citizens of the Pacific Northwest to join us as we keep our promise to our veterans and first responders--that we will be there for them as they have been there for us

For the last 10 years, the Permission To Start Dreaming foundation has led the way in the PNW to bring awareness, to fund many alternative programs, and to being committed to doing more than "show support". We believe in giving our veterans and first responders permission to start dreaming about a life of purpose and passion.



A handwritten signature in black ink that reads "Leslie Mayne". The signature is fluid and cursive, with a large, stylized 'L' and 'M'.

Leslie Mayne
Founder



2018 Highlights

We are excited and encouraged that the Permission To Start Dreaming Foundation has continued to grow and reach more milestones in continuing our active support of local veterans, as well as expanding to first responders in the Pacific Northwest. In 2018, the PTSD Foundation:

- Held monthly “Huddle” events, which provide veterans and first responders a space to encourage healing and connection
- Offered our first post traumatic growth workshop
- Sent six Pacific Northwest veterans and first responders to be the first PNW participants at Boulder Crest Warrior PATHH (Progressive and Alternative Training for Healing Heroes) retreat program in Arizona
- Put on four major community outreach events: Race for a Solider (run) ; Pull for a Solider (skeet) ; Swing for a Solider (golf); and Prayer Breakfast
- Connected with countless individuals, businesses, and communities about the PTSD Foundation and the importance of caring for our local veterans and first responders

The foundation would not exist without its strategic partners, community of volunteers and compassionate allies. We would like to offer all of them our heartfelt thanks for their generous support.

Our community and volunteer support changes lives!

“...The foundation opened new possibilities that helped foster new hope within me. Thanks to them, I’ve attended Bolder Crest Retreat in Arizona, had my dog accepted into All American Assistances Dogs training program, ran races, and volunteered to serve in our community and give back. I’ve been inspired to help others realize that we have hope and that there is a way to achieve Post Traumatic Growth.”

Veteran and BCR alumnus



"We tend to blame our brain a great deal — for inability to remember, for making us feel bad, for being slow... — as if it was a capricious

ruler whom the rest of our body needs to follow no matter what. We refuse to assume responsibility for our brain’s health and our mind’s happiness. If we did, we could experience this phenomenal organ becoming our loyal friend rather than an eternal enemy."

via Veterans Yoga Project

“This foundation is such a worthy cause. One of the highlights for me, my clinic and my patients is supporting the Race for a Soldier weekend, Leslie Mayne and the Permission to Start Dreaming Foundation. They are working so hard to support those and their families impacted by PTSD. They are truly making a difference!! I’ve seen it first hand year after year.”

Race for a Soldier supporter



“I am going to do this in memory of my dad who served 20+ years in the army and for my niece and nephew who are currently serving. My husband also was in the army and another nephew also served overseas. I grew up knowing freedom is not free and so grateful for all military men and women.”

Race for a Soldier participant



“The Permission to Start Dreaming Foundation has had a direct impact on the lives of over 20 combat veterans with PTSD through our local and national programs. They have not just been funders but partners in our efforts to develop alternative methods for overcoming PTSD through empowering both local and national vet run projects. The PTSD Foundation is what all veteran

service organizations should strive to be: in the trenches empowering veterans through local community support.”

Army officer diagnosed with PTSD

“For the Seattle Seahawks, Permission to Start Dreaming has educated us on the nature of PTSD problems and solutions, and provided us with a way to give back to service members and their families. It has been invigorating to be involved in the Foundation’s professional and effective support of service men and women who have given so much to our country.”

Seattle Seahawks Representative

“..the most amazing thing that the organization does is one of the hardest things to do in this field. to connect the civilian populace to veterans and vice-versa....cracked the code and helped both groups understand how to communicate and take care of one another. This is a talent few other organizations have and is why I support them whenever I have the opportunity.”



Spikes K9 Fund

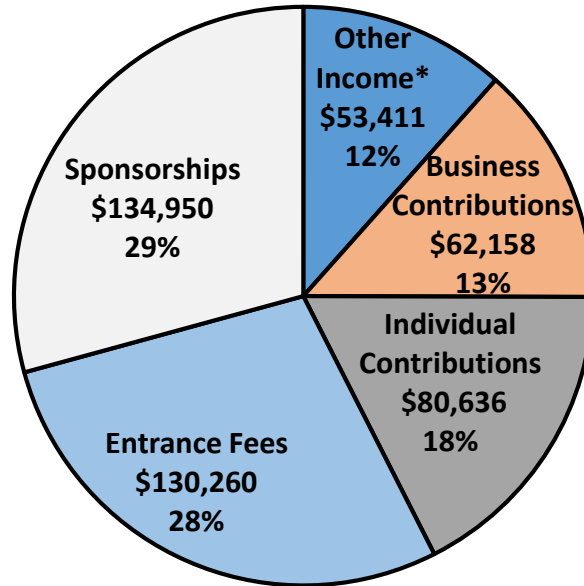
“[The PTSD Foundation] has given me hope that there are real opportunities for Post Traumatic growth and healing right here in the PNW....has found real alternative programs and follow on care to give tools to combat hopelessness and make positive changes in veterans, AD, and first responders. That when I reached out after my loss, with open arms of compassion they brought me in and gave me hope.”

A mother and military member who lost her
Army veteran son to suicide because of PTSD

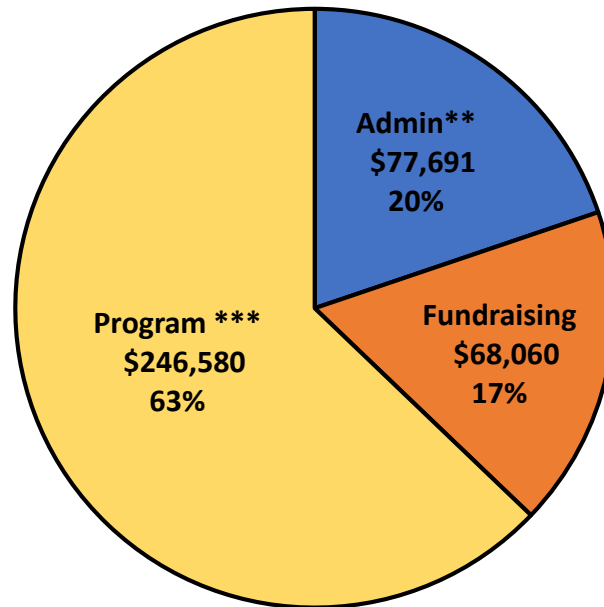
Financials

Permission To Start Dreaming Foundation

(Abbreviated version; please see our website for complete details)



Income
\$461,414



Expenses
\$392,331

*Sales, Foundations, Gifts in Kind, Restricted income
**Depreciation, Payroll, office, professional services, postage, Insurance, travel and meetings, Advertising & Mktg, Office, Professional Services, Dues & Subscriptions, Postage, Travel & Mtgs
***Promotion, Advertising & Mktg, Office, Dues & Subscriptions, Printing and Mailing, Travel & Mtgs, Independent Contractors, Storage Fees, Giveaways; Insurance; Business Registration Fees; Professional Services; Prizes; Race shirts; Participant meals; Misc. Expenses; Equipment, Facility and Tent Rental, Bank related, Other

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Trish Huff

Operations

Jill Peters

Accounting

Melissa Huston

Media + Marketing

Rachel Braaten

Media Director

Jason Neighbors

Information Technology

How you can help:

Make an investment in Time, Treasure, Talents

Give Someone Permission To Dream

The Permission to Start Dreaming Foundation believes that it is incumbent on every American citizen to be a part of the integral and critical support when a soldier returns home, or a first responder has memories of too many tragic calls he or she sees daily. We welcome you to take part in this important effort. We have opportunities for you to donate your time and talents at our community outreach events and to help continue serving those who so generously have served our country.

Please join us to provide an “epidemic of hope” and healing for our veterans and first responders. There are so many opportunities, whether you run, golf, shoot trap, or pray, you can become a “compassionate ally” and keep our commitment to our veterans/first responder members and their families.

- **Upcoming events:**
 - Mind Body Spirit Workshop – April 6, 2019
 - Pull for a Soldier – May 17, 2019
 - Swing for a Solider – July 8, 2019
 - Prayer Breakfast – September 13, 2019
 - Race for a Soldier – September 15, 2019
- **Donations** are processed through The Permission To Start Dreaming Foundation, a registered 501(c)(3) nonprofit organization. Our tax ID# is 27-5251886. To make a tax-deductible donation you can donate at www.ptsdf.org or mail a check to:

Permission To Start Dreaming Foundation
3110 Judson St. PMB 144
Gig Harbor, WA 98335
