



**Presentation before the Military & Veterans Affairs Committee**

**By the National Veterans Wellness & Healing Center**

**Tuesday September 13, 2022 @ 1:30 PM**

**Organization Program Summary:**

- Since 2009, NVWHC has hosted 42 retreats, serving a total of 815 retreat participants (420 veterans and 395 partners).
- Retreat modalities offered: Experiential education, private counseling, massage therapy, acupuncture, chiropractic care, reiki, nutrition, Qi-ssage, yoga, art therapy, an equine experience, healing ceremonies, and relationship building activities
- Continued Care Program: Offered one-on-one modalities to veterans and their partners across the state during COVID; highly effective and successful
- Program efficacy study: Completed by Cicero Group in March 2022; results indicated that 83% of retreat participants experience a significant decrease of 10 points or more in their PTS symptoms from day 1 to day 7. Link to study: <http://veteranswellnessandhealing.org/wp/wp-content/uploads/2022/03/NVWHC-PCL-Test-Analysis-2022.pdf> *Long term?*
- Growth: Land/building donation, retreat facility construction plans, cabin/community building capital campaign, 1.29 million dollar loan approval, first cabin purchase, groundbreaking

**Organization Infrastructure:**

- Retreat Cabins: 15 total- 399 sq/ft each, sleeps up to 4 (9 for participants, 6 for staff)
- Ceremonial Fire Pit
- Community Building: 10,000 sq/ft, will house the kitchen/dining room (indoor/outdoor), classroom/board room, yoga studio/gym, 10 therapy rooms, laundry/maintenance, and storage
- Estimated Cost of Project: 3 million
- Estimated Time of Completion: Spring 2024
- Uses: will allow NVWHC to host up 12+ retreats per year, will provide respite care for veteran families, affordable vacation rentals, and space for other organizations to host their retreats

# of Retreats	# participants	BHSD Grant	
4 Retreats	28	\$127,950.00	Currently Receiving
8 Retreats	56	\$255,900.00	Need for increase
12 Retreats	84	\$383,850.00	Need for increase
*Continued Care Program	Up to 1,857	130,000	Would provide over 1,800 self-care appointments to NM veterans and their partners across the state during a year