

IMPACT REPORT

2020

# WHAT.A.YEAR.

## **Well, we made it. 2020 is in our rearview.**

It was a year like none other. COVID-19, social and political tensions, remote working, closed schools and churches, a monumental election. Our lives were turned upside down. We have all experienced deep levels of exhaustion, fear, and uncertainty.

And yet, amidst it all, I have been awestruck. Day in and day out, our military and first responder heroes continued to report for duty. While we sheltered in place, they helped the sick. Took care of the homeless. Stood in the middle of protests. Shored up our borders and helped the efforts for testing nationwide. They took COVID-19 on daily as they looked into the eyes of the people they helped, some who were infected and scared. Then, they got in their cars, and they went home to their families.

Our gratefulness for this level of sacrifice and service is hard to put into words. But clearly, you believe more in action than words. You showed that in full display this year. With your help and support, we did not have to slow down our effort to help our heroes. We were able to jump in and offer immediate solutions to help heroes.

Stronger Families served just under 10,000 people and trained 315 NEW facilitators. Our team quickly pivoted the OXYGEN program and offered online virtual events. Because of this, we continued to serve installations WORLDWIDE. Locally, we met the need of our first responders with meals, virtual retreats, counseling, and support for overwhelmed departments. Our heroes needed us more than ever. And, you showed up.

Yes, in this year, a lot has happened. Many things we will be glad to have in the past. But let me remind you of other things we can be glad are in the rearview: family generational scripts of broken relationships. Divorce papers. Hurting families. Kids with unstable homes. Heroes who felt alone.

Because of you, LOVE and LIFE in the families of our heroes has been restored.

From canceled divorce papers to reunited families after separations to renewed connection between parents and teens. Stories have poured in. You have made an OVERWHELMING impact.

Thank you for teaming with us to serve, protect, and say thank you to our heroes and their families.

No one is more deserving. I am proud to serve alongside you in this very important mission.

Even greater impact is on the horizon! Stay tuned.

For Stronger Families,



Noel Meador  
President & CEO



## **Your support is making a difference in the lives of thousands of military, veteran, and first responder communities.**

Let me stress this again. You have made a difference for this community in ways we cannot even express. As I write this short note regarding 2020, I am so encouraged at what Stronger Families accomplished in this past year during the most difficult circumstances. The organization was able to quickly pivot the delivery method of reaching and impacting families. Our amazing Oxygen curriculum was adjusted for virtual delivery, and the message continued to be heard around the country.

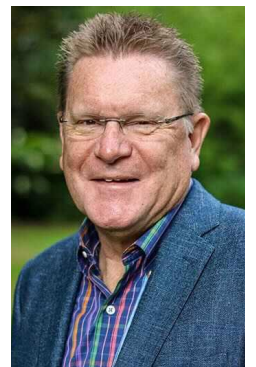
Let me emphasize something that we may think we understand but there is absolutely no way we can without living their life every day. The high stress, the trauma, and the pressure to perform without support by others takes a toll on our military, veteran and first responder communities. I have a daughter who has been a first responder for the past 15 years. If I shared what is routinely said to her by "her customers," as she says, you would be appalled. She and her co-workers must take these comments home with them. This is where Stronger Families can and is making a difference. Our focus on marriage and relationships is the key element that is needed to support our heroes. I could give example after example of the success of Stronger Families in these communities. Keep in mind we are not talking about hundreds of examples, but rather thousands.

For Stronger Families, 2020 was a year of significant impact within our target communities despite the issues in our country, including the COVID 19 pandemic. We are so thankful that supporters such as yourself have chosen to see Stronger Families as an organization that can make a difference.

Thank you again for your amazing support as Stronger Families continues to impact families in the military, veteran and first responder communities.



Doug Sackville  
Board Chair  
President of MedSpace Innovations





**STAND  
TOGETHER**

**HELP 4 HEROES**  
STRONGER FAMILIES



The Anderson Family  
Bellevue Fire



The Ellis Family  
Seattle Police



The Lallas Family  
Bothell Police



The Underwood Family  
Seattle Police

While 2020 may be remembered for the unprecedented challenges we experienced as a nation, Stronger Families will also remember 2020 as an incredible season for our nation's trusted heroes, because of your support. Through our STAND Together campaign, we set an audacious fundraising goal of \$350,000 for the fourth quarter of 2020, and we didn't just meet it, we blew it away. Your generosity helped raise \$353,613 to directly provide life-changing relationship skills to hundreds of active military and first responder families all over the country. Individuals, businesses, and foundations jumped in and stood in unity to provide transformation in a time of deep division and high conflict. Marriages were saved, relationships were healed, and hope was restored. And we are just getting started.

**THANK YOU!**

# WE NEEDED THIS

Denise and Greg are trusted heroes. Denise has been a Corrections Deputy for 30 years, and Greg served in the Army and National Guard for 32 years, with military tours in Iraq and Afghanistan, and additional relief efforts in response to Hurricane Katrina and Hurricane Rita. Together, they have seen and experienced tremendous trauma and conflict as they have served and worked sacrificially to keep our community safe. They have also experienced great success in their respective roles, but over the years they learned this success came at a great and almost unbearable cost. While their careers flourished, their relationship and marriage suffered.

They met on a blind date. Bowling. Greg couldn't bowl to save his life, while Denise showed up with her own bowling ball. They discovered quickly they laughed at the same things and totally hit it off.

'He was tall, dark, and handsome. And, I could tell he was genuine.'

'Denise was just so much fun.'

They dated for some time, participated in pre-marital counselling and personality assessments, and were married 3 years later. Denise already had two children and so they leapt into their ready-made, blended family and were off and running.

In the early days, neither of them worked the same shift and they would use a notebook to ensure they were in touch. Looking back on the notes, it's easy to find evidence that some days were great, and others – not so much.

**'We had some really, really tough times.'** When I was working 12-hour days and Greg was downrange during active duty, I felt completely lost. I couldn't be the same person at work that I needed to be at home. And, when he was away, I'd be afraid he was being shot at, and there were big adjustments we needed to make when he left, and when he came back.'

'Being in the military is just hard. When you're over there, that's your concentration.'

Back then, Stronger Families was not around to provide life-changing relationship skills to trusted hero couples like Greg and Denise, and there were very few programs like OXYGEN to offer the transformation, curriculum, and community they needed. When it became clear they responded to conflict and challenges differently because of their personalities and on the job training, they started experiencing a heightened amount of tension, frustration, and resentment. Greg would close himself off and focus on solving the problem, while Denise would experience high levels of emotion and needed his compassion and support more than getting things fixed. They often missed each other when they needed each other the most and as a result, both experienced deep hurt and misunderstanding.







***'There were several occasions where if we had the money, we would have gotten a divorce.'*** I needed Greg to be emotionally available, and he wasn't even physically available. When we experienced conflict and he couldn't be there, I was overwhelmed, sad, pissed, and confused.'

'I kept things bottled up,' says Greg.

Trying to cope without the tools and community to do so in a healthy way led to alcohol abuse, and other ineffectual and unsustainable efforts to keep it all together.

I was a functioning alcoholic at work, at home, was a blur,' Denise recalls. 'He would withdraw, I would seclude and drink.'

'Drinking was part of being in the military at the time, and when conflict came, you were expected just to suck it up.'

The struggle was real and when Greg and Denise received an invitation to participate at a Stronger Families Couples retreat, they were skeptical.

'We were in the midst of an argument and weren't even talking to each other, didn't want to make the drive up from Olympia, couldn't believe that the Zoom thing would be helpful, and had a million reasons not to go. But we decided to go for it, and as we started looking over the material and engaging a little, we knew we really needed it.'

Greg and Denise jumped all in with Stronger Families and attended a First Responder Retreat.

'The exercises were so impactful. It was amazing, amazing, amazing! Stronger Families helped us to understand that our differences are assets, not liabilities. The OXYGEN Seminar reminded me that he's my best friend, and I'm his best friend. I remembered I need to hold his hand, stay present, and just, connect.'

'It was so awesome to be with all of these other couples who were just like us and knew exactly what we were going through.'

'It gave me goosebumps.'

'The OXYGEN Seminar provided the change in perspective. I can now see through a different lens and found a different level of appreciation for Denise that I didn't have before. I grieve for couples that don't have the opportunity to experience Stronger Families because many of them don't make it back from the edge.'

'It felt like the OXYGEN Retreat with Stronger Families was made just for us. The more difficult your occupation, the more trying it is for your marriage. Even when we are working 16-hour shifts, we're just going to keep trying and we know Stronger Families is with us every step of the way.'

Because of you, Greg and Denise's relationship and family are strong. They are thriving, and they are only one of thousands of couples that together we have the privilege and honor of serving.

# BY THE NUMBERS



**1,557**  
OXYGEN EVENTS  
SINCE 2011



**52,932**  
LIFETIME BENEFICIARIES



**11**  
COUNTRIES



**9,693**  
BENEFICIARIES  
SERVED IN 2020



**1,314**  
OXYGEN FACILITATORS  
CERTIFIED



**35**  
STATES / TERRITORIES

## CONTRIBUTIONS 2020



### Contributions

Individuals	\$335,544
Corporation	\$123,000
Contacts/Program Grants	\$757,526
Foundation Grants	\$173,618
Gift in Kind	\$21,000

### Total Contributions

**\$1,410,688**

Product Sales

\$121,497

### Total Income

**\$1,532,185**

## EXPENSES 2020

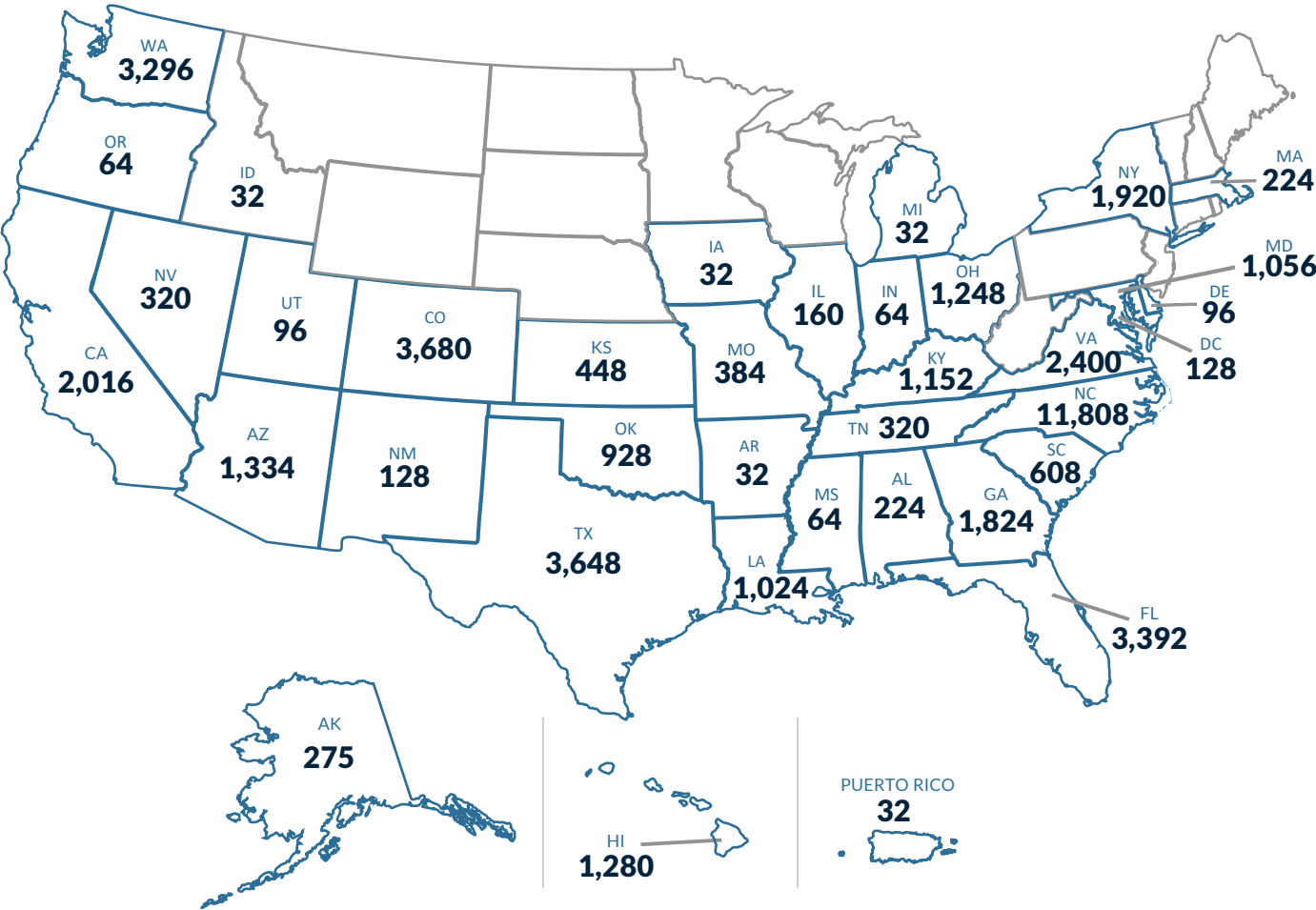
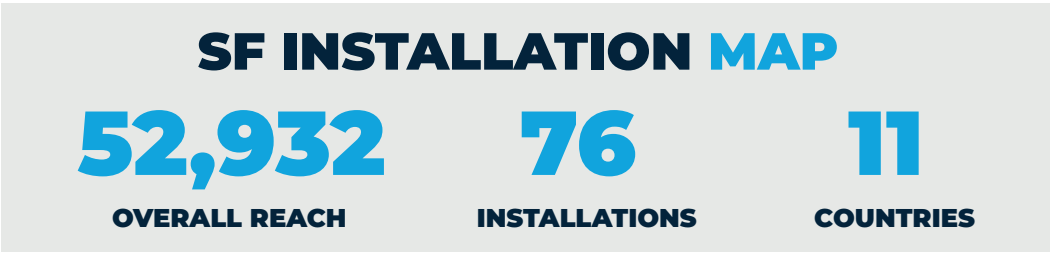
### Expenses

Program Services	\$1,184,754
Fundraising	\$345,393
General/Administrative	\$37,009
<b>Total Expenses</b>	<b>\$1,567,156</b>
Net Assets Beginning of 2020	\$1,899,732
<b>New Assets End of 2020</b>	<b>\$1,988,134</b>



# PEOPLE SERVED

Our vision is for healthy and thriving families to be a reality in every community. Stronger Families' reach into the military and First Responder communities continues to grow and diversify, and we are just getting started!



ENGLAND	32
BELGIUM	64
JAPAN	672
KOREA	672
GERMANY	1,376
ITALY	32
GUAM	32
POLAND	32
KUWAIT	32
BAHRAIN	96



ALSO  
SERVING



# STRONG & THRIVING FAMILIES

Our mission is to provide life-changing relationship skills to trusted hero communities so they can be strong and thrive at home. Because of your giving, transformation is happening in the lives of active military and first responder families. Marriages are being saved, relationships are being healed, and hope is being restored. Here is what just a few couples among the thousands we've served are saying.



"This weekend was eye opening and fun, I am grateful to attend . . . [and] I feel military couples could really benefit from this content instead of cookie cutter programs we have memorized. Thank you so much!"

-Ronnie Frazee, OXYGEN Seminar Attendee



"Awesome, awesome, awesome! I want to attend a full oxygen seminar (the long one!). I've left feeling motivated and inspired."

-Brooklyn Sowl, OXYGEN Seminar Attendee



"Our relationship has had significant strain since my spouse returned from a year in Korea. The timing of this was perfect for us, coming at a time when we really needed help working through our stuff. This seminar was absolutely amazing with effective material . . . We are connecting on a level this weekend that we haven't in a very long time."

-Courtney Finley, OXYGEN Seminar Attendee



"Definitely took our relationship to the next level. We are exposed to tactics that will only better our relationship. We need more events like this in the military and more frequently!!!!"

-Moises Flores, OXYGEN Seminar Attendee



"This was a great refresher to direct focus back into my relationship instead of just living day to day without much focus on us."

-Morgan, OXYGEN Seminar Attendee



"We have been happily married since 1988. This seminar allowed us to get to an issue that has been bothering us in the background for 30 years!"

-James Taylor, OXYGEN Seminar Attendee



# 2020 BUSINESS ALLIES



THE BELLEVUE  
COLLECTION



## COMMUNITY OF SUPPORT

### PLATINUM (Over \$20,000)

Trident Seafood  
Bellevue Collection  
Team Nelson  
Charles and Diane Bundrant  
Steven Blair  
Doug Sackville & Carey Early  
Jim & Shannon Dubois

### GOLD (\$10,000 - \$19,999)

Alegis Construction  
Nintex  
Peters & Keatts Equipment Inc  
Romac  
Bubba & Cindy Cathy  
Mitch & Christine Soule  
Kerry & Kathy Olin  
Rufus & Pat Lumry  
Thomas Jonez  
Touchstone TMS

### SILVER (\$5,000 - \$9,999)

East West Bank  
Gevers Wealth Management  
Zorko  
Stuart & Joanne DePina  
Bob & Jodi Olson  
Dennis & Jeanne Trittin  
Chris Randall & Karen Herold  
David & Linda VanderPol  
Andrew & Rachel Skeen  
Kris & Rosemary Peterson  
Live with Kelly & Ryan  
Norcliffe Foundation  
Randy & Judy Clark  
Wyatt Cook

### BRONZE (\$1,000 - \$4,999)

Issaquah Pest Control LLC  
Express Employment Professionals  
Chris & Kris Shaffer  
Tulalip Foundation  
Frank & Judith Marshall  
HIS Foundation  
Geoff & Teresa Hunt  
Jake & Brit Damer  
Doug & Val Robeck  
Greg & Anne Hurley  
Ken & Pat Farmer

Val Rose  
John & Marka Olerud  
Julie & Kelly Dillon  
Doug & Rose Marie Wrung  
Richard Derham  
Doug & Jill Gardner  
John & Priscilla Privat  
Russel's  
Steve & Deborah Enos  
Eric & Randi Johnson  
Lori Comstock

Rich & Sara Loudon  
Rosemarie Bartlett  
Thomas & Kathy Absher  
Craig & Evon Hartman  
Donald & Shirley Franklin  
Chet & Veronica Fuller  
Sean & Donna Martin  
Ron & Mary Lu Larson  
Gary & Nancy Bleeker  
Gretchen Stengal

# Stay Connected!

 @strongerfamilieslive

 @strongerfamilies

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