ABOUT MenHealing

Mission

MenHealing is a 501(c)(3) non-profit, tax-exempt organization dedicated to providing healing resources for men, age 18 and older, who have experienced sexual victimization during childhood or as adults.

MenHealing insures the sustainability of the Weekend of Recovery program.

Vision

MenHealing was formed from a deep commitment to expand services to underserved populations of male sexual victimization survivors and to insure that resources (personnel, programs, and finances) are invested and managed with attention to long-term sustainability.

We pride ourselves on creating healing resources that are inclusive across all spectrums. We will continue to make our resources financially accessible to all male survivors.

Impact

MenHealing is a pioneer in providing effective resources for male survivors.

We have demonstrated the positive healing impact of our Weekend and Day of Recovery programs. In 2019, alumni feedback reported up to a 55% decrease of distressing symptoms after attending an event. Some alumni reported an additional 15% - 40% decrease of symptoms in subsequent years following attendance.

We are committed to ensuring an evidence-based program for all of our work.
1988

The first documented conference to focus exclusively on issues related to non-offender male survivors of sexual victimization was conducted in 1988 (St. Paul, MN). Jim Struve (current ED of MenHealing) was a pioneering co-organizer of this inaugural gathering. This catalyzed a series of annual conferences which resulted in the formation of the National Organization Against Male Sexual Victimization (NOMSV), known as MaleSurvivor since 1997.

2001

In 2001, professional members of MaleSurvivor launched a Weekend of Recovery (WOR) program. The structured protocols for these three-day or single-day healing retreats created opportunities for male survivors to address the residual impacts of traumatic injuries that result from sexual victimization.

2017

In 2017, MenHealing was incorporated as an independent 501(c)(3) organization to assume responsibility for on-going management of the WOR program and to expand auxiliary resources. The mission statement of MenHealing includes the goals of expanded outreach to underserved populations of male survivors and management of organizational resources for long-term sustainability.
The Weekend of Recovery program - which operates solely and exclusively under the auspices of MenHealing - provides a unique healing resource for male survivors. MenHealing is equipped with the exceptional skills of bold and innovative personnel, many of whom are nationally-recognized pioneers and leaders for male survivors. The executive director, members of the facilitator team and board, and the support staff possess a wealth of skills and proven leadership.

Our organizational structure is grounded in principles of inclusion and equality, consensus decision-making, and collaboration (internally and externally).
MEET OUR TEAM

JIM STRUVE, LCSW
Executive Director
Jim serves as MenHealing’s ED. He has been working with male survivors since 1976. He has provided leadership at each stage of organizational development referenced in the preceding historical overview and he is a nationally-recognized pioneer for clinical and social justice resources for male survivors. He has numerous publications in the field of male sexual victimization. Since 2018, Jim has provided full-time administrative and clinical leadership while waiving his salary.

SUPPORT STAFF

DAVID EVANOFF
Video Production Manager

HALLEH HASHTPARI
Clinical Research Assistant

ERIC JENNINGS
Social Outreach Co-Manager

TRISHA MASSA
Outreach Coordinator

JORDAN MASCIAANGELO
Social Outreach Co-Manager

NIC SINISCALCHI
Clinical Research Assistant

HEATHER STALEY
Bookkeeper

SHAR WOOD
Webmaster

We are grateful for the skill and passion of our dedicated contract and volunteer support staff. They keep our organization running smoothly.
OUR INCREDIBLE FACILITATOR TEAM

The WOR Facilitator Team is comprised of 16 of the most experienced & highly-trained trauma-informed clinicians across the country. Facilitators provide most of their professional services on a pro bono basis, receiving a modest stipend (which accounts for less than 10% of their time) for each WOR event they staff. 50% of the facilitators have volunteered their professional services as members of the team for 10 years or more. Bios for each member are available at menhealing.org/WORTeam
MenHealing
BOARD OF DIRECTORS

JOANNA COLRAIN 
LPC, CGP, ACS
lives in Decatur, Georgia. After 42 years of psychotherapy practice, specializing in the treatment of trauma, Joanna now focuses her practice on training, consultation & writing. She was a member of the Facilitator Team for Weekends of Recovery for 7 years.

UMA P. DORN 
PHD, PC
currently works as a sports psychologist at the University of Utah. She teaches as an adjunct at NYU in the Masters counseling program. She also has a private practice in Salt Lake Psychology & conducts training related to equity, diversity & inclusion. Uma is the director of MenHealing’s Program Evaluation Project.

MARIA ESTRADA 
PhD
came to the US from her native Colombia in 1988. She works within the conservation movement for The Nature Conservancy where she works on building strong relationships of trust & mutuality internally & externally with diverse partners.

JORDAN MASCIAANGELO
is a two-time Weekend of Recovery alumni who has become a passionate & accomplished advocate for sexual abuse survivor outreach across North America. This includes being a keynote speaker at events & conferences in partnership with the Ontario Provincial Police in Canada.

MICHAEL MUNSON
is co-founder & Executive Director of FORGE, an organization focused on improving the lives of transgender individuals by building stronger connections, providing resources, & empowering growth. He is passionate about engaging professionals to embrace these complexities & learn key skills to better serve clients/constituents.

JAMES OTT
LCSW, CAI, CIP
is founder, director, & therapist at Red Willow Counseling & Recovery, an outpatient psychotherapy practice helping individuals & families with mental health & addiction issues. He works as a consultant with other addiction treatment programs in preparing them for Joint Commission accreditation.

ANDREW SWINDLE
is Director of Advancement at Waterford School in Sandy, UT. He has previously served in various advancement roles at the University of Utah. Andrew values community involvement, & giving back whenever possible.

DEBRA WARNER
PsyD.
is a Professor for the Los Angeles campus of The Chicago School of Professional Psychology. She is a leading forensic psychologist, popular speaker, trauma expert, training professional & author. She has devoted her professional efforts to helping men & their loved ones overcome long term effects of trauma.

ROMMELL WASHINGTON
LCSW, ACSW
is a social work clinician, health & human rights advocate, & practitioner of healing, & social justice. His forty years of post-graduate experience as a social worker has spanned many movements & causes. Rommell gives presentations & training to community-based groups, organizations, & professional service providers.

The MenHealing Board is a diverse and dynamic group of individuals. Each member is highly accomplished in both personal and professional areas of their life. The Board is dedicated to maintaining healthy working relationships, defined by a shared commitment to ethical leadership and inclusive decision-making that celebrates the differences while seeking consensus.
ESTABLISHMENT OF A HEALTHY ORGANIZATION

Much attention has been devoted to establishing solid policies and procedures for effective, ethical, and sustainable administrative and financial management.

MenHealing began operation as a fully independent 501(c)(3) organization in December of 2017. Entering 2018, no financial assets were transferred from any prior organizational affiliation, leaving MenHealing with the task of raising all monetary resources to begin operations.

An unforeseen - and wonderfully timely - estate gift of $160,000 provided a valuable monetary infusion. Evaluated with attention to the core values we had established, we carefully allocated this generous financial donation as seed money for the following purposes:

- HIRING INITIAL CORE SUPPORT STAFF
- BUDGETING FOR OPERATING EXPENSES
- ENHANCING THE FINANCIAL ASSISTANCE FUND
- FORMATION OF PROGRAM EVALUATION PROJECT
- ESTABLISHING SUSTAINABILITY ENDOWMENT FUND

**ADDITIONAL 2018 REVENUE**

- $16,500 Event Registrations
- $12,000 Individual Donations
- $10,000 Tyler Perry Foundation Gift

**2018 EXPENSES**

- $32,833 GENERAL OPERATING EXPENSES
- $154,000 INVESTED IN SPECIFIC 2019 PROGRAM BUDGETS
FINANCIAL MANAGEMENT 2019

117 INDIVIDUAL DONORS

25 DEVELOPMENT DONATION PROGRAM

$54,000 IN DONATIONS

$155,750 PROVIDED IN PRO BONO SERVICES

$35,000 FROM EVENT REGISTRATIONS

47% INCREASE FROM 2018

$10,000 CONTRACT FROM BOSTON AREA RAPE CRISIS CENTER TO CONDUCT 2 DAY OF RECOVERY EVENTS FREE TO MASSACHUSETTS MALE SURVIVORS

LOOKING AHEAD TO 2020

A STRONG BASE OF RECURRING DONORS IS THE LIFEBLOOD FOR A SUSTAINER-BASED NONPROFIT. WE ARE HONORED TO REPORT A 22% INCREASE IN THE NUMBER OF RECURRING DONORS AND A MORE THAN FIVE-FOLD INCREASE IN THE AMOUNT OF PLEDGED RECURRING DONATIONS AS WE BEGAN 2020.

THANK YOU FOR THE GENEROSITY OF OUR MANY VOLUNTEERS AND FINANCIAL DONORS

2019 MENHEALING.ORG PAGE 8
Our WOR and DOR programs are unique. They are thoughtfully planned healing experiences specifically designed to inform, inspire, and support men who have been sexually victimized as adults or children. No other organization offers this innovative healing resource.

**WEEKENDS & DAYS OF RECOVERY**

- **77 WOR EVENTS** have been conducted since the inception of the program in 2001.
- **1,590 MEN** have attended our weekend & day of recovery events.
- **2020** we are growing to 7 healing retreats.
- **2019** we expanded to 5 healing retreats.
- **2018** we conducted 3 healing retreats.

*THE BOSTON AREA RAPE CRISIS CENTER CONTRACTED WITH US TO CONDUCT 2 DAY OF RECOVERY EVENTS IN 2019... RESULTS WERE SUCCESSFUL & THIS MODEL PROJECT WILL BE REPEATED IN 2020*

*THESE EVENTS WERE FUNDED BY A GOVERNMENT GRANT & WERE AVAILABLE FREE TO MALE SURVIVORS WHO WERE RESIDENTS OF MA.*

*$15,000 WAS ALLOCATED TO EACH OF 4 WOR EVENTS FROM THE 2018 ESTATE GIFT TO TEST THE FUNDING MODEL OF UNDERWRITING SPONSORSHIP FOR INDIVIDUAL EVENTS... *

*...THIS MODEL WAS SUCCESSFUL IN STABILIZING FINANCIAL MANAGEMENT*
MenHealing is committed to providing financial assistance for survivors with limited income or financial hardship. This commitment is reflected in the steady growth of the WOR Financial Assistance Fund. This fund is fully supported by donations.

**DURING 2019, WE EXPANDED THE ELIGIBILITY OF FINANCIAL ASSISTANCE GRANTS TO INCLUDE:**

- An increase of up to 80% of cost for registration
- Inclusive of double as well as triple room occupancy
- Special consideration of single room occupancy for survivors with special medical or physical mobility considerations

**FINANCIAL ASSISTANCE FUND INCREASED FROM $6,000 IN 2018 TO $30,000 IN 2019**

**RECIPIENTS**

<table>
<thead>
<tr>
<th>YEAR</th>
<th>2017</th>
<th>2018</th>
<th>2019</th>
</tr>
</thead>
<tbody>
<tr>
<td>RECIPIENTS</td>
<td>7</td>
<td>13</td>
<td>51</td>
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</table>

**FINANCIAL ASSISTANCE MONEY GRANTED ($)**

<table>
<thead>
<tr>
<th>YEAR</th>
<th>2017</th>
<th>2018</th>
<th>2019</th>
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</thead>
<tbody>
<tr>
<td>0</td>
<td>10,000</td>
<td>20,000</td>
<td>30,000</td>
</tr>
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**OF 2019 WOR/DOR PARTICIPANTS RECEIVED FINANCIAL ASSISTANCE**

- 72%

**MENHEALING IS GRATEFUL**

To the many donors who make the financial assistance fund possible.
In early 2019, we launched the Program Evaluation Project to implement mechanisms for monitoring the impact on the healing process for survivors who have attended a Weekend/Day of Recovery event. This is a unique, first of its kind project that has the potential for considerable contribution to the field of evidence-based trauma treatment for male survivors.

We plan to continue the Program Evaluation Project in 2020-2021, designed as a real-time pre- and post-WOR measurement of effectiveness.

As part of the research study, we asked WOR alumni to self-report their experiences prior to the weekend, immediately after the weekend, and currently. Alumni reported several areas in which they experienced a significant decrease in negative symptoms including: flashbacks, isolation, and shame.

The full report can be found at menhealing.org/pepstaff
"...I can now look forward to the future with optimism and a relish for life. Thanks to the WOR I can see that I am so much more than just a survivor."

"The WORs have been absolutely vital to my healing process. Healing in community helped me to feel much less alone. I felt connected to just about every other participant on the weekend."

"There is nothing like WOR. It is the most amazing experience and nothing compares."

"The WOR gave me more hope that I can thrive and be successful than I have ever felt, even after many years of therapy."

"Over nearly thirty years of therapy and 12-step recovery I’ve been in lots of rooms with lots of people struggling to find the next right thing. In all that time I have never felt the sense of belonging I felt this weekend."

"The WOR was the most powerful transformation I have experienced in my entire life."

"...For the first time in my life ... I can live and be positive where I am now, I don’t have to be silent anymore and I can use my new found voice. I found freedom with WOR!!!!"

"I have been engaged in healing for 9 years. The WOR was instrumental in helping me to see my issues. Being able to participate with other men about the deep emotional impact while feeling safe through the trusting environment created by the staff enabled me to overcome many of the obstacles keeping me from having a fruitful and loving life."

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BEYOND SURVIVAL:
FINDING HOPE & HEALING ON KILIMANJARO

- Last year, in partnership with MenHealing, a Weekend of Recovery alumnus produced a 22-minute documentary highlighting his healing journey as he successfully summited Mount Kilimanjaro in East Africa.
- His fundraising campaign for the expedition raised $14,500 which was donated directly to MenHealing’s Financial Aid Fund.
- A Toronto filmmaker donated $11,250 of his professional time to help produce and edit this video as a gift to MenHealing.
- This powerful short film can be found on our website as well as our YouTube channel.

BEYOND SURVIVAL:
VOICES OF HEALING

Inspired by this documentary, we began producing short videos that tell the stories and highlight the unique healing journeys of individual male survivors. A Salt Lake City filmmaker has generously provided reduced-fee professional services for the production and, to date, we have produced 10 of these powerful 2-5 minute videos. They are also all available on our website and YouTube channel.

A 3-MINUTE EDUCATIONAL PSA VIDEO (“DID YOU KNOW”) WAS PRODUCED FOR APRIL 2020 SEXUAL ASSAULT AWARENESS MONTH

Plans to produce additional videos in 2020 include an insider’s look at what a Weekend/Day of Recovery is & an overview of the facilitator team, board members & support staff
FINANCIAL REQUESTS FOR SUPPORT

We are seeking to secure underwriting/sponsorship grants for WOR and DOR events

**TOTAL COST**

- **WEEKEND OF RECOVERY**: $35,000
- **DAY OF RECOVERY**: $15,000

**DONATIONS MAY BE DESIGNATED:**

1. **FROM AN INDIVIDUAL OR FROM A BUSINESS/Organizaton**
2. **Can be publicly acknowledged or gifted anonymously**
3. **Applied to a specific event or for overall events program budget**
4. **100% underwriting fee for an event or lesser amount to join coalition funding**
5. **One-time or on-going annual underwriting**

**LOOKING AHEAD TO 2020 & 2021, WE ARE SEEKING...**

- **$60,000** for our financial assistance fund
  - Doubling this fund will allow us:
    - To increase the number of grants we can provide
    - Expand grants up to 100% of the cost of registration
- **$30,000** to maintain the program evaluation project
- **$40,000** to continue production on video outreach through 2020
- **$30,000** to provide assistance in implementing a travel assistance fund
  - Allowing additional support for survivors who live in remote or underserved geographic areas
  - For men who have the extra financial burden of travel expenses to access a WOR/DOR event

2019 MENHEALING.ORG
MenHealing is committed to maintaining a vibrant organization grounded in grassroots volunteer and financial sustainability. During the first 2 years of our existence as a fully independent nonprofit, more than 80% of our financial resources have come from individual donors. And, many of our accomplishments have been achieved by volunteer and pro bono service.

If YOU are already one of our volunteers or donors, THANK YOU for your generosity!

If YOU have not yet contributed financially to support the work of MenHealing, we invite you to make a donation at this critical time in our work.

Building a sustainable future is our strength!
THANK YOU DONORS!

We have had such an exciting two years! It takes a lot of exceptionally dedicated people to accomplish all that MenHealing has achieved and has planned for the next two years. Our board, facilitator team, staff, volunteers, and collaborators include alumni, clinicians, community organizers, artists, academicians, fundraisers, tech wizards and more. But the cornerstone of all we do is our generous and supportive DONORS. We sincerely thank you for believing in the work of MenHealing. With your support, we can continue to offer hope and healing to male survivors.

THANK YOU!
Joanna Colrain
Chair, Board of Directors

THANK YOU TO THE FOLLOWING DONORS FOR THEIR CONTRIBUTIONS DURING 2018/2019

$10,000 & GREATER
- David Findlay
- Eric Jennings
- Jordan Masciangelo
- Killimanjaro Expedition Challenge
- Tyler Perry Foundation
- Jim Struve

$5,000 - $9,999
- Anonymous (In Honor of Sandi Forti)
- David Evanoff
- Alex Mollhoff
- Ellen Weiss

$2,000 - $4,999
- Jeff Brandt
- Howard Fradkin
- Network For Good
- Kit Sumner
- John Walker

$500 - $1,999
- Anonymous (5)
- Janet Craig & Jeff Kramer
- Daniel Durack
- Tom & Jane Hodson
- Jackson Holtz
- Niall Lenihan
- James Ott
- Martha Jaye Rieser
- Debra Warner

$100 - $499
- Anonymous (15)
- Dan Adams
- Bryan Baseheart
- Jesse & Dick Bathrick
- Lee Beckstead
- Jeff Bell
- Norma Bell
- Das Chapin
- Joanna Colrain
- Chad Corbley
- Mac Dawson
- Uma Dorn
- Gerald Drose
- Guy Edwards
- Sandi Forti
- Anne Freed Goldberg
- Jesse Harris-Bathrick
- Rob Hawkings
- Jim Hopper
- Mic Hunter
- Sharon Imperato
- Lisa Jameson
- Robert Laufer
- Mimi Levitt
- Ty Mansfield
- Jerry M. Miller
- Pam Mitchell
- Ernesto Mujica
- Jules Myers
- Melinda Pettingil
- Eugene Porter
- Elaine Prestlien
- Mikele Rauch
- Bill Reidy
- Terrence Rice
- Matt Stella
- Nancy Struve
- Scott Sunday
- Andrew Swindle
- Ben & Teresa Teasley
- Diana Thomas
- James & Jeanie Thomson
- Tari Trowbridge
- Rick Williams
- Dina Zeckhausen

UP TO $99
- Anonymous (23)
- Guy Albert
- Elizabeth Bell
- Michael Bisceglia
- Bill Burmester
- D.J. Burr
- Michael Chapman
- Bonnie & Jeff Clay
- Dave Fletcher
- Jess Gussberg
- Lisa Hansen
- Joel Hitt
- Margaret Hunter
- Warren Kaplan
- Kerby Killingham
- Kenton Kirby
- David Klingenerger
- Paul Linden
- Jeff Neal
- Rosie O’Grady
- Michael Phoenix
- David Clarke Pruden
- Cheryl & Bob Purvis
- Leo Ramos
- Ryan Randal
- Sammy Rött
- Murray Schane
- Andy S.
- Anthony Sgherza
- Richard Sims
- Tom Smith
- Marcia Thomas & Paul Trentleman
- Bob & Julie Vero
- Andrew M. Walker
- Jim Walker
Many survivors may experience difficulties resulting from the pervasive consequences of the COVID-19 pandemic. Recovery within the context of current individual and cultural life trauma creates unique challenges. We anticipate that economic uncertainties may create obstacles for survivors seeking help and potential limitations in charitable giving may stretch financial resources for nonprofit organizations like MenHealing. Nonetheless, we are optimistic about the future. We are confident about our abilities to respond to uncertainties with creativity and agility. We remain steadfast in our commitment to provide meaningful resources for male survivors. Although a major strength of our healing retreats is ending isolation through in-person community gatherings, facilitators and our board members are already building the infrastructure that allows us to adapt more of our services to online access. With continued support from loyal alumni, allies, and benefactors we will demonstrate resilience as we move forward beyond the pandemic. We envision a future that is vibrant and alive, emerging from the current challenges as a steady and reliable advocate for survivors.

Thank you for your support & your investment in our future.

-Jim Struve
Executive Director, MenHealing