



IMPACT REPORT

2019

LETTER FROM EXECUTIVE DIRECTOR

It has been a very big year for Got Your Six Support Dogs. We launched our capital campaign, “The Salute to Service Campaign”, which Purina Dog Chow is serving as the lead supporter of. Our goal is to raise \$750,000 and we have raised over half of it so far. We finally have a place to call home, as we purchased our own 10,334 square-foot building in Maryville, Ill. We have successfully completed half of the renovations of the building with plans to have renovations completed by the end of 2021.



Our team has doubled the amount of dogs trained in the past year. We also have traveled to Capital Hill twice to lobby Congress to make service dogs more readily available to veterans. We will continue to provide veterans and first-responders dealing with PTSD and/or sexual trauma with service dogs. And, we also plan to begin serving our communities with dog-training courses, as well as various mental health programs and educational courses. Our goal is to serve as a safe-haven for those in need and to connect individuals with man’s best friend, dogs.

Looking back, we have accomplished so much thanks to our wonderful donors and sponsors who continue to support us and rally for our mission. Looking forward, we have so much more to do. Our veterans and first responders need us. They have had our backs, and it is time for us to have theirs.

Thank you for your continued support in our mission.

Nicole Lanahan
Executive Director



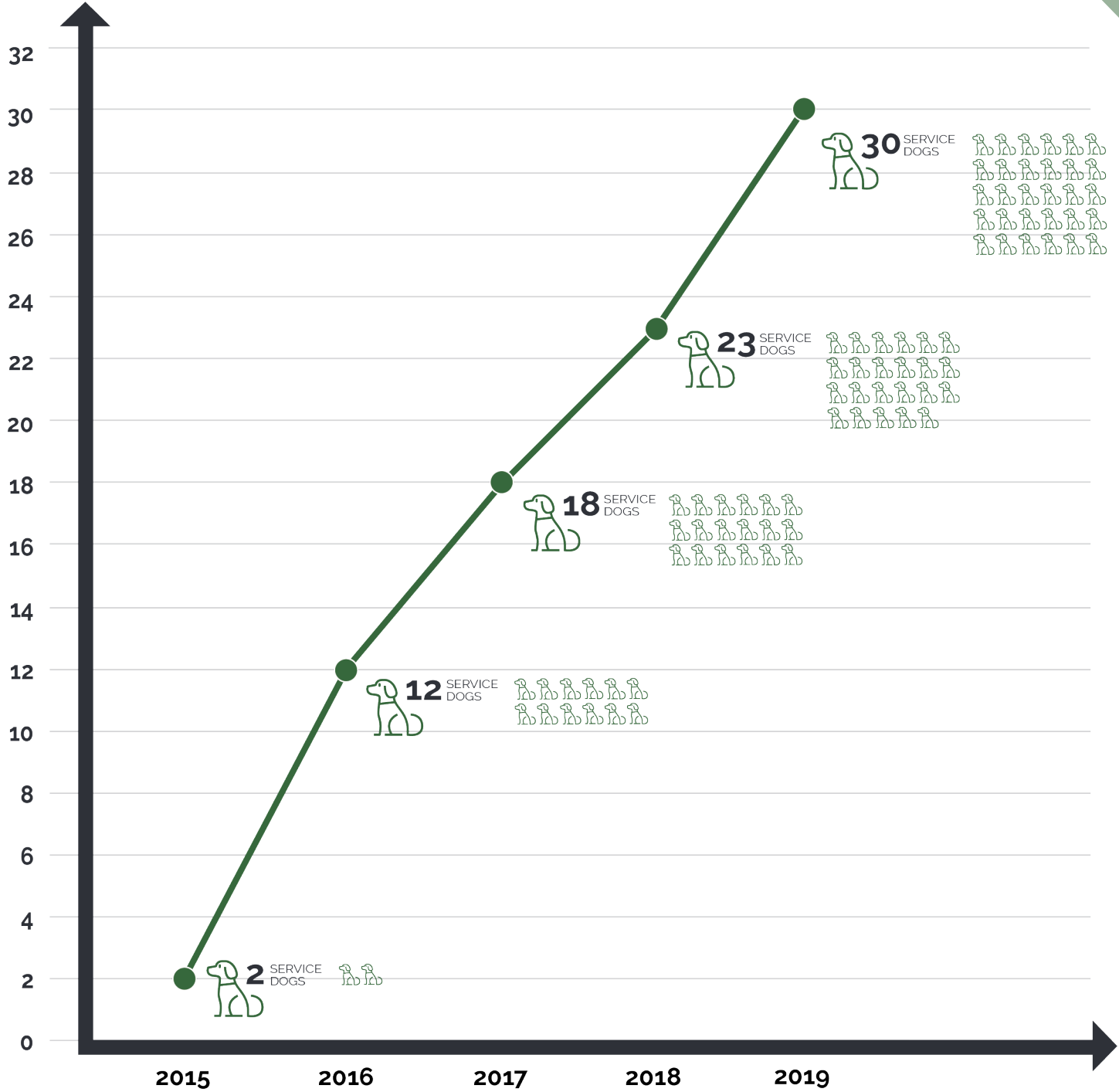
A **service dog** is a dog that is individually trained to do work or perform tasks for the benefit of an individual with a disability, including a physical, sensory, psychiatric, intellectual, or other mental disability.

It costs approximately \$25,000 to train a service dog:

- \$15,000 for Specialized Dog Training
- \$500 for Crates and Beds
- \$750 for Grooming
- \$750 for Veteran Meals During Placement Program
- \$2,250 for Veteran Hotel Stay During Placement Program
- \$2,500 for Veteran Therapist, Workshop and Supplies Expenses
- \$1,500 for Veterinarian Expenses and Parasite Preventative
- \$1,750 for Dog Food and Treats



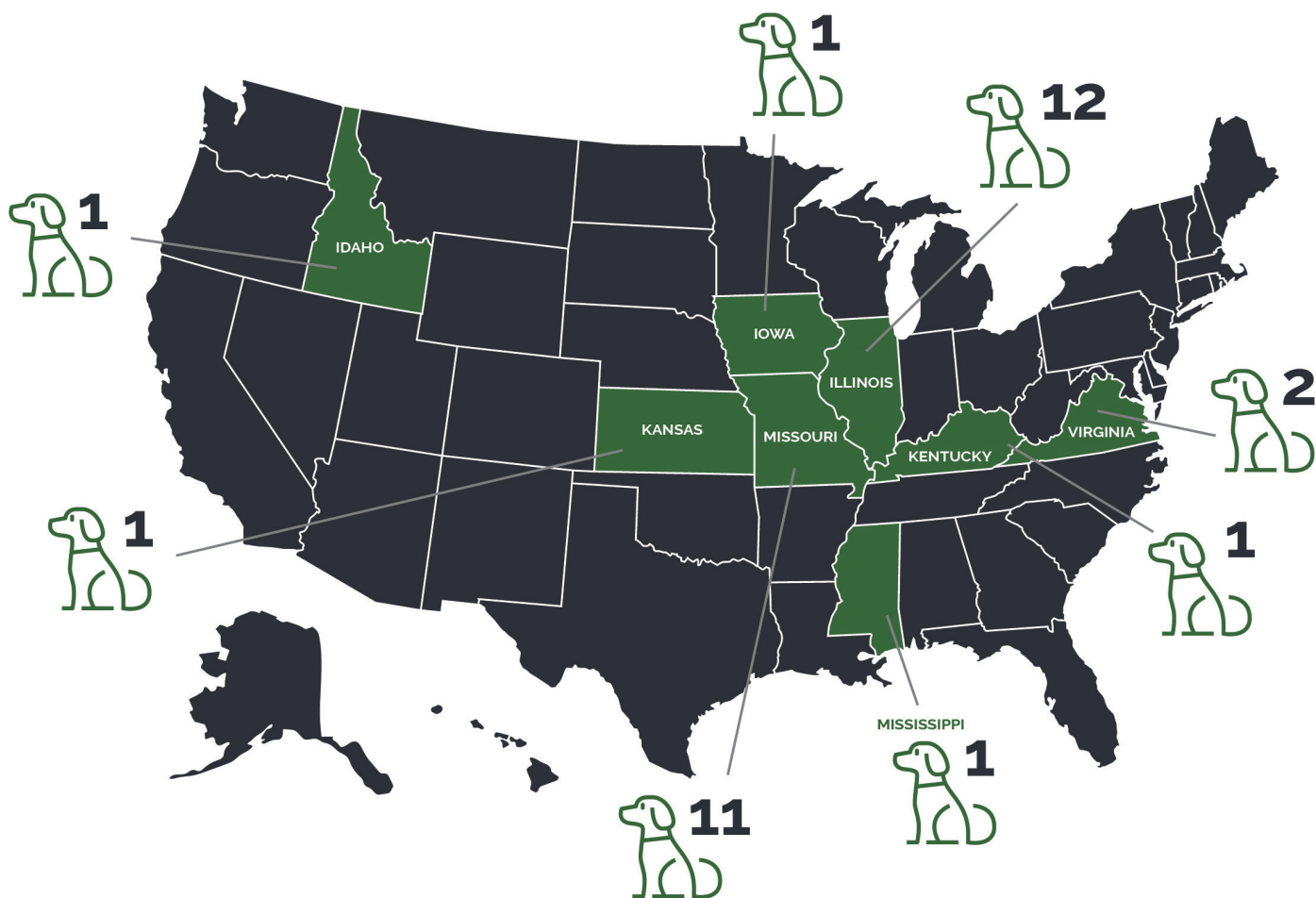
PROGRAM GROWTH



*EACH YEAR'S DATA IS A CUMULATIVE TOTAL FROM ONE YEAR TO THE NEXT.

 TOTAL PTSD SERVICE DOGS TRAINED

SERVICE DOG RECIPIENTS



PROGRAM OUTCOMES

The class of 2019 was given the **Short Post-Traumatic Stress Disorder Rating Interview (SPRINT) survey** before their arrival to the program, and again six months after completing the program. **The results are shown below.**



22%

improvement in mitigating unwanted memories, nightmares, or **reminders** of traumatic event.



18%

improvement in effort made to avoid **thinking** or talking about the event.



21%

increase in enjoyment of activities, spending time with others, and experiencing feelings.



41%

improvement in sleep, concentration, jumpiness, **irritability**, or feeling watchful.



29%

improvement in pains, aches, and **tiredness**.



39%

improvement of PTSD symptoms **interfering** with work and daily activities.

"The impact Got Your Six Support Dogs has made on not just my life but the lives of those around me is immeasurable." - Paul



41%

Improvement of PTSD symptoms interfering in relationships with family and friends.



51%

Respondents reported a physical and **mental improvement** overall.



43%

Respondents **reported** their PTSD symptoms **improved overall**.



BOARD OF DIRECTORS



Alan Pennington
Chair



Jason Horn
Vice Chair



Kelly Felax
Secretary



Tammy Chen
Treasurer



Leon Alexander
Board Member



Cal Weinhold
Board Member



Amber Lee
Board Member



Jill Schrimpf
Board Member



Bryan Cassidy
Board Member

STAFF LIAISONS



Nicole Lanahan
Executive Director



Amanda Heflin
Director of Administration

Eddie, Marines

"I was paired with Paladin in August of 2018 and since then he has made a world of difference for me. Before I was constantly on high alert and watched everyone and everything looking for the next danger coming at me. Now I am able to go out to eat without constantly checking for the fastest escape route or sizing up the people around me to figure out which one would be the most likely threat. I can walk through a store with people without worry if I would have to fight my way out.

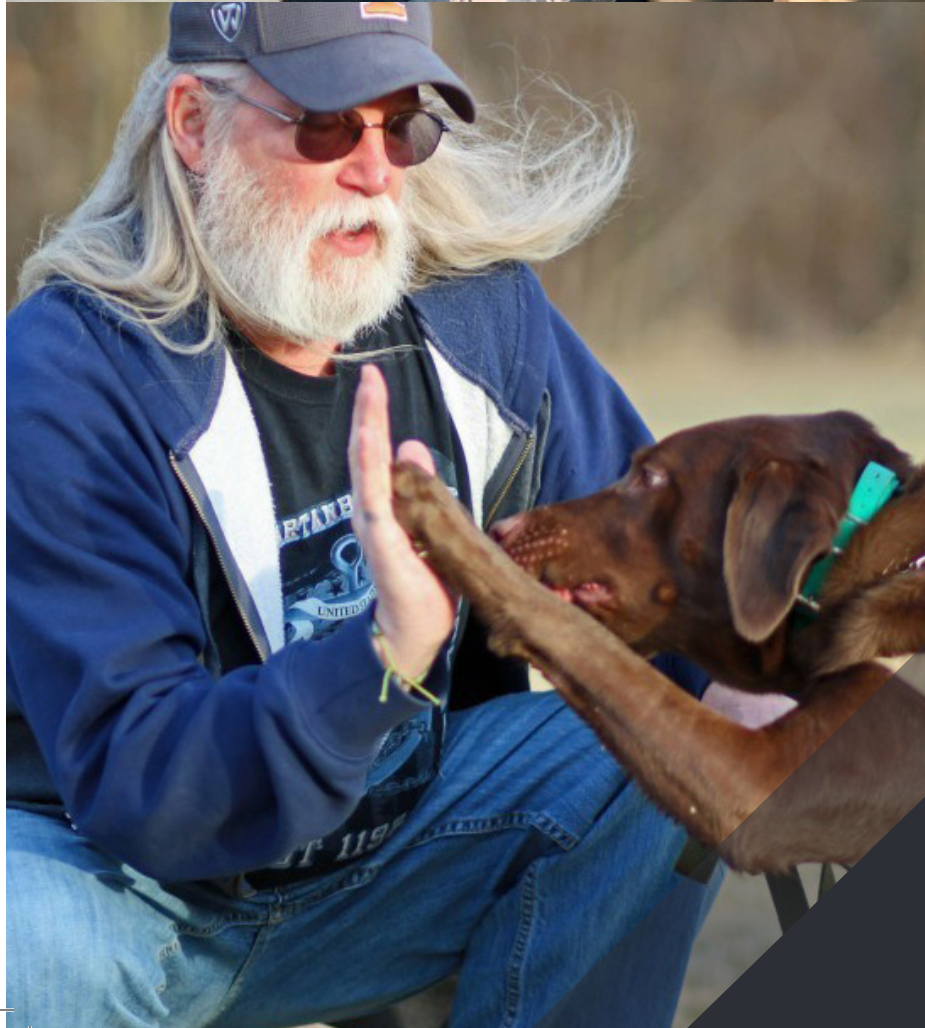
Because of Paladin's unique looks, especially his eyes, which draws people's attention to him, I am now able to manage talking to people (for a limited time) without as much anxiety building up. He has been extremely helpful while dealing with the Veteran's Administration Health Care System. He has attended every compensation and pension hearing with me since we were paired up and has gotten me through them without me exploding on the examiner. By far, Paladin is the best medication I have ever received from any of my doctors!" - Eddie





Lonnie, Marines

"I received Jacie on Oct 2nd, 2017 from GYSSD. In the two plus years we have been a team, my life has steadily and healthily changed for the better. As a result of GYSSD and Jacie's presence in my life, I have reduced my dependency on medication, withstood several relational trials, seen one child off to college, successfully accomplished a terminal academic achievement, and most importantly: learned to be here and now despite my CPTSD. Jacie's steadfast stability and attentiveness have aided me in facing life's challenges head on with peace rather than fear and anger." - Lonnie



Kurt, Navy

"Since receiving Ben from GYSSD, I have been able to spend more time with family enjoying the little things in life. I find that I'm not as jumpy or on high alert. He is constantly watching for my tell-tale signs and is quick to intervene by refocusing me to him." - Kurt

Paul, Army

"Paul has allowed me to use my PTSD/TBI to the point at which I am enrolled in Graduate School on track for a Masters in Social Work. I am also active in volunteering in veteran causes - for example Veterans Treatment Court where I serve as a Mentor for veterans in the court system. I have become licensed as a substitute teacher and work with at-risk teens at a Regional Alternative School.

Since receiving Paul, I am able to socialize with others in all settings - my hyper vigilance has decreased dramatically, and I am now "free" to shop, attend movies, eat out, etc.

Another key impact I have experienced is that I am no longer needing the multitude of medications I had been taking for many years. The absence of these medications has made a profound difference in the way I am able to live my life. Emotions that were once held in check are now flowing again. I can laugh (and cry) - neither of which I was able to do in the years leading up to Paul." - Paul



2020 VISION

We have exciting things in store for 2020 now that we finally have a place to call home!

- Our goal is to complete the renovations of our 10,334 square-foot building located at 6 Schiber Court in Maryville, IL.
- Once renovations have been completed, we would like to open up a community classroom for other local nonprofits to utilize and connect with one another and the community.
- We plan to begin offering dog training classes to the public to generate a sustainable income to offset program costs.
- With our new facility, our goal is to increase the number of dogs trained annually by 25%.
- We also plan to have a full-time therapist on staff, and provide various mental health programs to the local community, such as mental health first aid, trauma yoga, art therapy, support groups and more.

The entire Got Your Six Support Dogs team is so excited for what is to come and is so grateful for our generous donors and sponsors who continue to support us.

Our mission remains to continue to provide veterans and first-responders suffering from PTSD and/or sexual trauma with life-saving support dogs.

2019 FINANCIAL REVIEW

EXHIBIT B

STATEMENT OF REVENUES, EXPENSES AND CHANGES IN NET ASSETS - MODIFIED CASH BASIS
FOR THE YEAR ENDED OCTOBER 31, 2019

UNRESTRICTED REVENUE AND SUPPORT	
Grant Revenue	\$60,590
Contributions	\$217,486
In-Kind Donations	\$15,600
Unrealized Gain on Investment	\$102
Fundraising Events	
• Revenues	\$20,374
• Direct Expenses	-\$6,662
TOTAL UNRESTRICTED REVENUE AND SUPPORT	\$307,490

EXPENSES	
Program Services	\$332,348
General and Administrative	\$40,103
Fundraising	\$60,147
TOTAL EXPENSES	\$432,598

CHANGE IN UNRESTRICTED NET ASSETS	\$151,943
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UNRESTRICTED NET ASSETS, BEGINNING	\$58,922
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UNRESTRICTED NET ASSETS, ENDING	\$210,865
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EXHIBIT C

STATEMENT OF FUNCTIONAL EXPENSES - MODIFIED CASH BASIS FOR THE YEAR ENDED OCTOBER 31, 2019

	Program Services	General and Administrative	Fundraising	Total
Advertising	-	-	\$146	\$146
Bank and Related Fees	-	\$1,402	-	\$1,402
Depreciation Expense	-	\$6,098	-	\$6,098
Dog Acquisition	\$11,600	-	-	\$11,600
Dog Supplies, Boarding and Grooming	\$35,645	-	-	\$35,645
Dog Trainers	\$3,217	-	-	\$3,217
Dues and Subscriptions	\$3,850	-	-	\$3,850
Employee Benefits	\$4,944	\$618	\$618	\$6,180
Insurance	\$3,114	-	-	\$3,114
Insurance-Liability	-	\$1,695	-	\$1,695
Job Training	\$10,818	-	-	\$10,818
Legal and Professional Fees	-	\$8,753	-	\$8,753
Miscellaneous	\$4,507	\$563	\$563	\$5,633
Office Expenses	\$10,543	\$1,318	\$1,318	\$13,179
Payroll Tax Expense	\$12,506	\$1,563	\$1,563	\$15,632
Printed Materials	\$4,801	\$600	\$600	\$6,001
Printing Expense	\$1,080	-	\$1,080	\$2,160
Professional Fundraising Services	-	-	\$37,295	\$37,295
Program Promotion and Marketing	\$19,773	-	-	\$19,773
Rent-Temporary Locations	\$9,035	-	-	\$9,035
Repairs and Mainenance	\$3,834	-	-	\$3,834
Taxes and Licenses	\$648	-	-	\$648
Training Class Scholarship	\$150	-	-	\$150
Training Supplies	\$14,969	-	-	\$14,969
Travel and Meetings	\$11,083	-	-	\$11,083
Utilities	\$3,701	\$1,058	\$529	\$5,288
Veterans Placement Costs	\$14,734	-	-	\$14,734
Veterinarian Expenses	\$14,369	-	-	\$14,369
Volunteer Expenses	\$1,950	-	-	\$1,950
Wages	\$131,477	\$16,435	\$16,435	\$164,347
TOTAL	\$332,348	\$40,103	\$60,147	\$432,598

2019 SPONSORS

Diamond: \$15,000 and Above

- Hoffman, Bricker & Adams, P.C.
- Judith Henke
- Helmkamp Cares Foundation

Ruby: \$10,000 – \$14,999

- Gateway Agility Club

Emerald: \$5,000 – \$9,999

- St. Louis Elks Lodge No. 9
- Jamie Krakover
- Patricia Nowicki

Platinum: \$1,000 – \$4,999

- The Turner Charitable Giving Fund
- The Law Office of Jessica Koester, LLC
- Explorer Pipeline
- Davis Pet Hospital
- Simmons Employee Foundation
- David Pratt
- Southern IL Pet Crematory Service
- American Legion Post 1994
- H&H Health Associates
- Hire Level
- Boulder Yacht Club
- First Community Credit Union
- The Northern Trust Co.
- Deaf Dog Ink
- United Mine Workers of America Local 2295
- Jon & Cynthia Knauss
- International Tap House

Gold: \$750 – \$999

- Lookingglass Corvettes
- Treats Unleashed, Inc.

Silver: \$500 – \$749

- Alton High School
- Sparta High School Activity Fund
- Collinsville Community Unit School District #10
- GP Knives
- Schneider National Foundation
- Triad High School
- LCO Cuppies/The Westin St. Louis
- Leggionaires of Corry Inc.
- Gregory Anderson
- Troy VFW Post 976
- Hamel Area Jaycees
- Pope John Paul I Assembly
- TDG Real Estate
- O'Fallon School District #90
- Prairie Farms
- Columbia Community Unit School District #4
- Fyzical Therapy & Balance Center

Bronze: \$250 – \$499

- Shari and Bryce Renken
- St. Louis Community Foundation
- Daniel and Laura Whelan
- Christ Unity Church
- Mt. Olive Gymnastic Society
- Highland Community Unit School District No. 5
- Lisa Fort
- William Frost
- Paul and Karen Whitmer
- Axes Physical Therapy
- VFW Post 1300
- Hoka Hey Ride

2019 GRANTS

ACTIVE

Uniformed Services University of the Health Science Wounded Warrior Service Dog Program FY19

\$339,750

Award No. HU00011910027

The Uniformed Services University of the Health Sciences (USU), 4301 Jones Bridge Rd., A1040C, Bethesda, MD 20814-4799 is the awarding and administering office. This project is (or was) sponsored by the Uniformed Services University of the Health Sciences (USU); however, the information or content and conclusions do not necessarily represent the official position or policy of, nor should any official endorsement be inferred on the part of, USU, the Department of Defense, or the U.S. Government.

Herbert A. and Adrian W. Woods Foundation

\$15,000

The Boeing Company

\$45,000

The Pott Foundation

\$15,000

COMPLETED

Uniformed Services University of the Health Science Wounded Warrior Service Dog Program FY18

\$265,500

Award No. HU00011810069

Award No. HU00011810069. The Uniformed Services University of the Health Sciences (USU), 4301 Jones Bridge Rd., A1040C, Bethesda, MD 20814-4799 is the awarding and administering office. This project is (or was) sponsored by the Uniformed Services University of the Health Sciences (USU); however, the information or content and conclusions do not necessarily represent the official position or policy of, nor should any official endorsement be inferred on the part of, USU, the Department of Defense, or the U.S. Government.

William Dean Foundation

\$10,325

Herbert A. and Adrian W. Woods Foundation

\$15,000



GotYourSixSupportDogs.org

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