



# IMPACT REPORT

2020

# LETTER FROM EXECUTIVE DIRECTOR

As you all know, 2020 was a year filled with many challenges and uncertainties for everyone. It was specifically detrimental to nonprofits that heavily rely on annual fundraising events to carry out their missions. While we had to cancel all of our fundraisers for the year, we managed to survive. In fact, we were still able to place 10 support dogs for the year and are on track to place 10 more dogs in October 2021.

Although we were in the midst of a global pandemic, many positive things still occurred for Got Your Six Support Dogs in 2020. While many nonprofits and businesses were forced to lay employees off, we were fortunate enough to actually increase our staff. Also, we developed a successful partnership with Purina Dog Chow, who is supporting us through their Service Dog Salute Campaign. Bobby Bones is the spokesman of the campaign, and we are so excited to be featured in their documentary that will be released this fall. With donations being down, our team had to get creative and come up with other ways to bring in funds. In our efforts to become more sustainable, we began offering dog training classes to the public. These classes have been wildly successful and played such a pivotal part in our 2020 success.

Unfortunately, COVID-19 forced us to pause our capital campaign fundraising efforts for the renovation of our new building. We are hoping to relaunch the campaign in the coming months to raise \$450,000 to completely finish the renovation of our building. The renovation will allow us to grow our programs and services while continuing our mission of placing healing support dogs with veterans and first-responders suffering from PTSD and/or sexual trauma.



As I look back on 2020, I cannot help but feel extremely grateful to our amazing donors and sponsors who continued to support us during such stressful times. Our work would not be made possible without you. Thank you from all of us at Got Your Six Support Dogs. Looking forward, I am so excited and hopeful for all that is to come. I hope that you will continue to be a part of it.

**Thank you for your continued support in our mission.**

**Nicole Lanahan**  
Executive Director

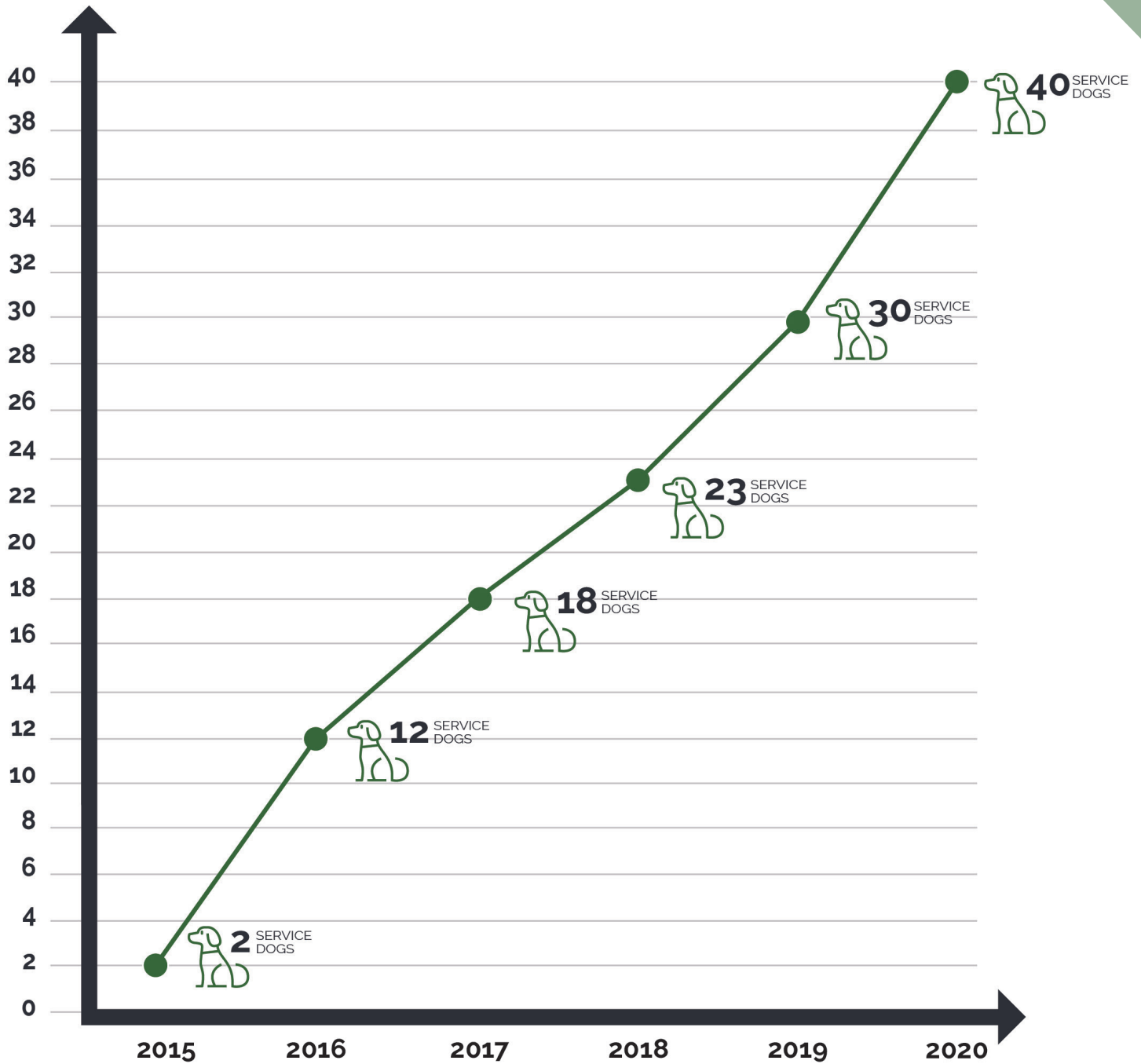
A **service dog** is a dog that is individually trained to do work or perform tasks for the benefit of an individual with a disability, including a physical, sensory, psychiatric, intellectual, or other mental disability.

**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

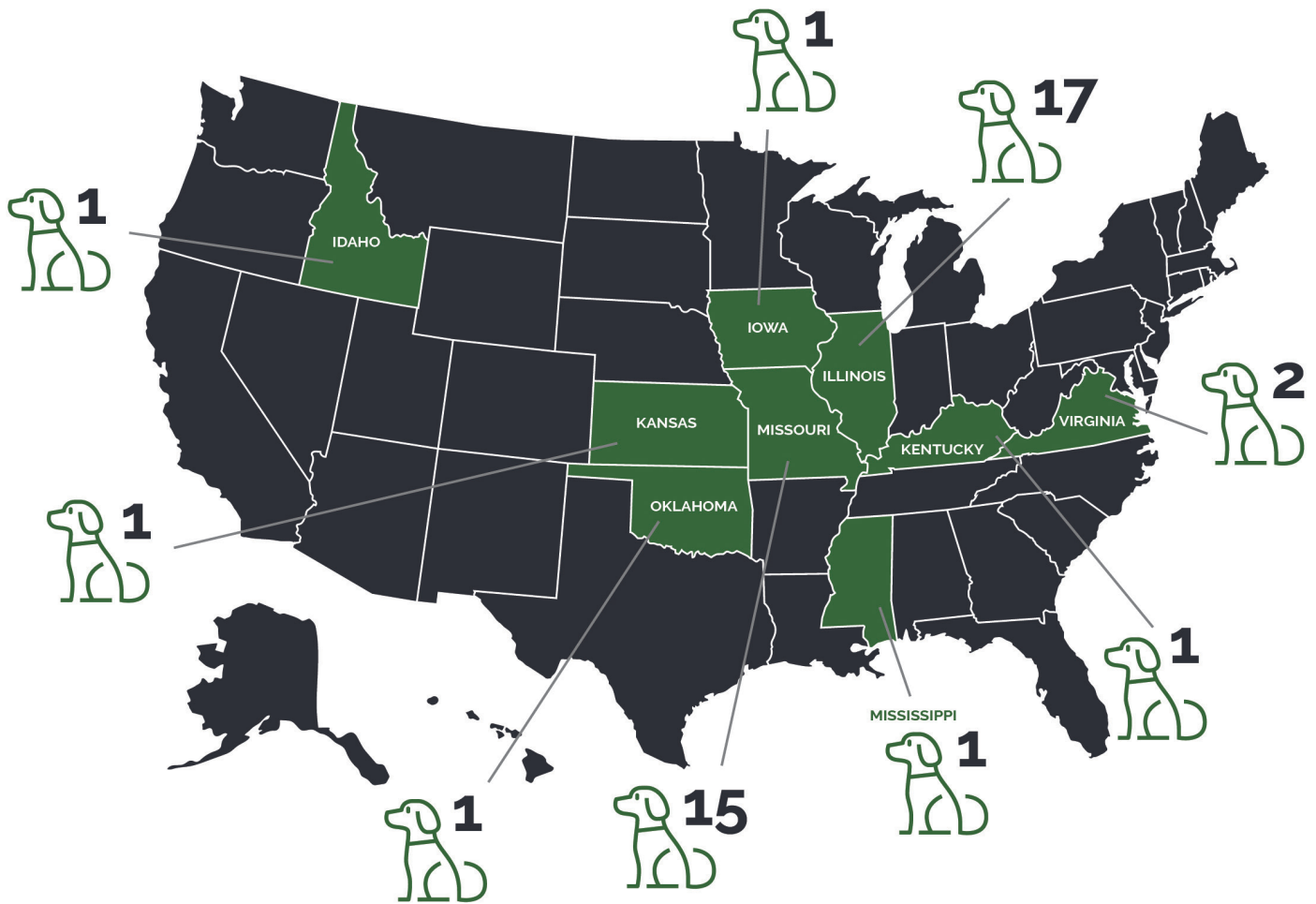


# PROGRAM GROWTH



TOTAL PTSD SERVICE DOGS TRAINED

# SERVICE DOG RECIPIENTS



# PROGRAM OUTCOMES

The class of 2020 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.



18%

**decrease** in repeated, disturbing memories, thoughts or images of a stressful military/first-responder experience



13%

**decrease** in repeated, disturbing dreams of a stressful military/first-responder experience



40%

**decrease** in suddenly acting or feeling as if a stressful military/first-responder experience were happening again (as if they were reliving it)



36%

**decrease** in having physical reactions (e.g. heart pounding, trouble breathing, sweating) when something reminded you of a stressful military/first-responder experience



33%

**decrease** in avoiding thinking about or talking about a stressful military/first-responder experience or avoiding having feelings related to it



31%

**decrease** in avoiding activities or situations because they reminded them of a stressful military/first-responder experience



29%

**decrease** in trouble remembering important parts of a stressful military/first-responder experience



14%

**decrease** in loss of interest in activities that they used to enjoy

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



**17%**

**decrease** in feeling distant or cut off from other people



**27%**

**decrease** in feeling emotionally numb or being unable to have loving feelings for those close to them



**33%**

**decrease** in feeling as if their future will somehow be cut short



**21%**

**decrease** in trouble falling or staying asleep



**30%**

**decrease** in feeling irritable or having angry outbursts



**22%**

**decrease** in having difficulty concentrating



**29%**

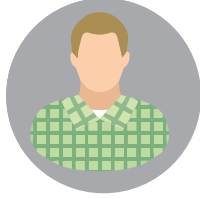
**decrease** in being "super-alert" or watchful or on guard



**33%**

**decrease** in feeling jumpy when easily startled

# BOARD OF DIRECTORS



**Cal Weinhold**  
*Board Chair*



**Jill Schrimpf**  
*Board Vice Chair*



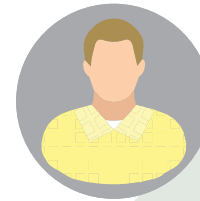
**Tammy Chen**  
*Treasurer*



**Kelly Felax**  
*Secretary*



**Bryan Cassidy**  
*Board Member*



**Rodney Essenpreir**  
*Board Member*



**Amber Lee**  
*Board Member*



**Lonnie Mason**  
*Board Member*



**Laurie Wilson**  
*Board Member*

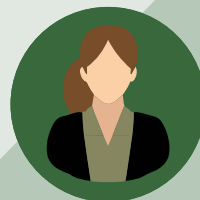
# STAFF LIAISONS



**Nicole Lanahan**  
*Executive Director*



**Amanda Heflin**  
*Director of Administration*



**Christy Pritchard**  
*Director of Training*



**Patrick Ferland**  
*Therapy Program Director*



# Parker Nahrgang

*"I was fighting with my PTSD since 2012 after my first deployment to Afghanistan. I had constant anxiety, depression, and anger that I didn't know what to do with. Thanks to the persistence of my wife, she convinced me to start seeking help. I tried the Veterans Affairs Administration countless times and they never truly cared or gave me the help I needed. At one point, I was on nine different medications to "manage" my symptoms but none of it worked. I was barely able to sleep for years, constantly riddled with nightmares, insomnia, and severe night sweats.*

*After several break downs, I finally decided to seek help outside of the VA. Nicole Lanahan and Got Your Six's genuine love and care for veterans changed my life. After I received my service dog, Rio, I didn't notice a difference at first. After several weeks of minimal change, something amazing happened. I went to bed like I always do, dreading another sleepless night. Rio jumped into my bed and laid down on me, he was performing compression therapy like he was trained to do. I fell asleep after a few minutes, when I woke up, I looked at the clock and realized it was 6 a.m. I was thinking to myself after 8 years of no sleep, the countless doctors that couldn't help, the medications that didn't work, including Ambien, I finally slept. I felt the stress, anxiety, exhaustion, depression, and anger melting away. I went from taking nine medications to two. I was happy, loved, energized, relaxed, and I reconnected with my wife and kids. My life was finally moving forward, and GY6 showed me the path of healing. Without them, I would still be lost and hopeless.*

*If it weren't for people like Nicole and those at GY6 seeking to help and serve those who have served, suicide rates would be exponentially higher and many of us would still be suffering in silence."*

- Parker



# Seth Kelch

*"I served in the Marines from 2005 to 2013 as an Infantryman. I deployed to Iraq in 2006, 2007, and 2008 and carried out numerous combat operations. I was medically separated in 2013 and diagnosed with PTSD. I struggled with this after returning home, as well as anxiety, depression, and various other military related issues both physical and mental. I felt emotionless and empty. I started speaking to a psychologist and that's where it all started. I was speaking to her one day about a service dog.*

*I applied online at Got Your Six and found out shortly after that I had been accepted. Loki is my gorgeous battle buddy black lab. We are inseparable and I feel complete with him. I wasn't getting enough exercise and didn't want to leave my house before, but now Loki wanted to go outside. I couldn't let Loki down... so we'd go for a walk. That first night with him I slept better than I had in a long time. If I started feeling anxious or uncomfortable, he would pick up on the signs and get my attention.*

*I felt like not much made me laugh or smile, but Loki is goofy, and I can't keep a straight face around him. He's a smart dog with lots of exceptional training, but he's still a dork. I honestly feel that I can do things that I was not able to do before receiving my service dog. My friends and family have noticed a difference too. I'm attending holiday gatherings and taking Loki to restaurants, shopping, and hopefully the zoo or botanical gardens soon (pending COVID).*



*It takes much more effort and money than I realized to fund an organization like this. The trainers, staff, board members, and everyone else puts so much effort into it. I wholeheartedly love and support Got Your Six and I hope they can receive the necessary funding to give veterans and first responders a chance to become themselves again and live their lives."*

*- Seth*

# 2021 VISION

## **We have exciting things in store for 2021!**

1. Complete the capital campaign fundraising goal of \$750,000 and finish building renovations.
2. Open the community classroom for local nonprofits to utilize.
3. Increase the number of dogs trained annually by 25%.
4. Implement a puppy raiser program to assist with program growth.

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.



# 2020 FINANCIAL REVIEW

## EXHIBIT B

STATEMENT OF REVENUES, EXPENSES AND CHANGES IN NET ASSETS - MODIFIED CASH BASIS  
FOR THE YEAR ENDED OCTOBER 31, 2020

REVENUE AND SUPPORT	
Grant Revenue - Restricted	\$542,656
Grante Revenue - Unrestricted	\$26,700
Contributions	\$304,565
PPP Federal Grant - Restricted	\$44,905
Unrealized Loss on Investment	- \$583
Fundraising Events	-
• Revenues	\$5,528
• Direct Expenses	-\$8,860
<b>TOTAL UNRESTRICTED REVENUE AND SUPPORT</b>	<b>\$914,911</b>

EXPENSES	
Program Services	\$435,277
General and Administrative	\$102,835
Fundraising	\$39,259
<b>TOTAL EXPENSES</b>	<b>\$577,371</b>

<b>CHANGE IN NET ASSETS</b>	<b>\$337,540</b>
<b>NET ASSETS AT BEGINNING OF YEAR</b>	<b>\$414,189</b>
<b>NET ASSEST AT END OF YEAR</b>	<b>\$751,729</b>

## EXHIBIT C

### STATEMENT OF FUNCTIONAL EXPENSES - MODIFIED CASH BASIS FOR THE YEAR ENDED OCTOBER 31, 2020

	Program Services	General and Administrative	Fundraising	Total
Advertising	-	-	\$767	\$767
Bank and Related Fees	-	\$18,290	-	\$18,290
Depreciation Expense	-	\$20,717	-	\$20,717
Dog Acquisition	\$3,650	-	-	\$3,650
Dog Supplies, Boarding and Grooming	\$41,046	-	-	\$41,046
Dues and Subscriptions	\$5,671	-	-	\$5,671
Employee Benefits	\$6,540	\$817	\$817	\$8,174
Insurance	\$9,765	-	-	\$9,765
Insurance-Liability	-	\$1,315	-	\$1,315
Job Training	\$4,871	-	-	\$4,871
Legal and Professional Fees	-	\$10,186	-	\$10,186
Miscellaneous	\$636	\$79	\$79	\$794
Office Expenses	\$16,505	\$17,439	\$3,772	\$37,716
Payroll Tax Expense	\$20,209	\$2,526	\$2,526	\$25,261
Printed Materials	\$5,453	\$681	\$681	\$6,815
Printing Expense	\$935	-	\$935	\$1,870
Professional Fundraising Services	-	-	\$545	\$545
Program Promotion and Marketing	\$15,605	-	-	\$15,605
Rent-Temporary Locations	\$2,250	-	-	\$2,250
Repairs and Mainenance	\$5,033	-	-	\$5,033
Taxes and Licenses	\$183	-	-	\$183
Training Supplies	\$12,138	-	-	\$12,138
Travel and Meetings	\$4,279	-	-	\$4,279
Utilities	\$11,540	\$3,297	\$1,649	\$16,486
Veterans Placement Costs	\$30,885	-	-	\$30,885
Veterinarian Expenses	\$16,209	-	-	\$16,209
Volunteer Expenses	\$1,978	-	-	\$1,978
Wages	\$219,896	\$27,488	\$27,488	\$274,872
<b>TOTAL</b>	<b>\$435,277</b>	<b>\$102,835</b>	<b>\$39,259</b>	<b>\$577,371</b>

# 2020 SPONSORS

## **Emerald: \$5,000 – \$9,999**

- Dula-Kobusch Charitable Trust
- Patricia Norwicki
- Volunteers for Shimkus
- Building Change
- Boeing Employee Giving Campaign

## **Platinum: \$1,000 – \$4,999**

- Nicholas DeLisle Memorial Fund
- Weiler Family Foundation
- Southern Illinois Pet Crematory Service
- John "Jack" Poitras - In Memory of Bliss
- Scott Credit Union
- Doris Intermediate School
- Fire Support Ministries
- Gaslight Vinyl
- 

## **Gold: \$750 – \$999**

- Allison Bash Insurance Agency
- Missouri Department of Corrections

## **Silver: \$500 – \$749**

- The SGT BAM Foundation
- Davis Pet Hospital
- St. Louis Elks Lodge No. 9

## **Bronze: \$250 – \$499**

- St. Louis Community Foundation - Give STL day
- Parkway School District, Central Middle School
- Illinois Associate of Defence Trial Counsel
- Town & Country Gun Club
- Diana Sievers
- O'Fallon Knight of Columbus
- Donna Bardon

# 2020 SALUTE TO SERVICE DONORS

Dana Brown Charitable Trust

Alan Pennington

Band of Brothers MC

United Mine Workers of America, Local 2295

Collinsville Lions Club

David Pratt

The Kaufman Fund

Nestle Purina PetCare Company

Nestle Purina Dog Chow

# 2020 GRANTS

## ACTIVE

### Uniformed Services University of the Health Science Wounded Warrior Service Dog Program FY20

**\$372,781**

**Award No.** HU00012010016

*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.*

### The Boeing Company

**\$70,000**

### Herbert A. and Adrian W. Woods Foundation

**\$15,000**

### Chive Charities

**\$10,000**

### Ameren Illinois

**\$2,500**

### Walmart Community Grant (Facility #256)

**\$1,000**

### Walmart Community Grant (Facility #4878)

**\$700**



**GotYourSixSupportDogs.org**  
**Phone : (618) 206-5015**