



IMPACT REPORT

2021

LETTER FROM EXECUTIVE DIRECTOR

Dear friends,

Since the founding of Got Your Six Support Dogs in 2015, our motto has always been “Never walk alone.” It is no surprise that in today’s climate, post-traumatic service dogs are needed to save our nation’s heroes from the crippling effects of PTSD now more than ever before.

Greek philosopher Aristotle taught us that humans are social animals who need relationships and human interactions to exercise reason and develop personal identity. Unfortunately, the pandemic has lasted far longer than anyone could have predicted, and the effects of the resulting isolation has created unprecedented environmental stress as well as the deterioration of relationships (Pietrabissa & Simpson, 2020)¹. Additionally, research shows that social isolation increases depression, anxiety, and suicidality in those suffering from PTSD.

While the pandemic stretches on and we learn more about the harmful effects of isolation on PTSD, it might be surprising to hear that I find myself filled with an immense amount of hope and gratitude. In a time when nonprofits are faced with more obstacles and hurdles than ever before, you may be thinking ‘How is that possible?’. I have seen firsthand the way veterans and first-responders’ lives have changed for the better after receiving their service dogs from us, despite these uncertain times. They are happy and full of hope. They have found pieces of themselves they believed were lost forever. They are thriving and truly living again in a world they once thought had abandoned them. All because of a dog. That is what keeps them going. And it is what keeps us going too.



I won’t bore you with all of the scientific data (but I’m always happy to share the research if you are interested.) The long story short is this: service dogs save lives. The exciting question is this: how many lives can they save? I’m so grateful to you, our supporters and friends, that we will be able to find out.

Thank you for your continued support in our mission.
Nicole Lanahan
Executive Director

¹Pietrabissa, G., & Simpson, S. G. (2020, September 9). Psychological consequences of social isolation during COVID-19 outbreak. *Frontiers*. Retrieved February 16, 2022, from <https://www.frontiersin.org/articles/10.3389/fpsyg.2020.02201/full>

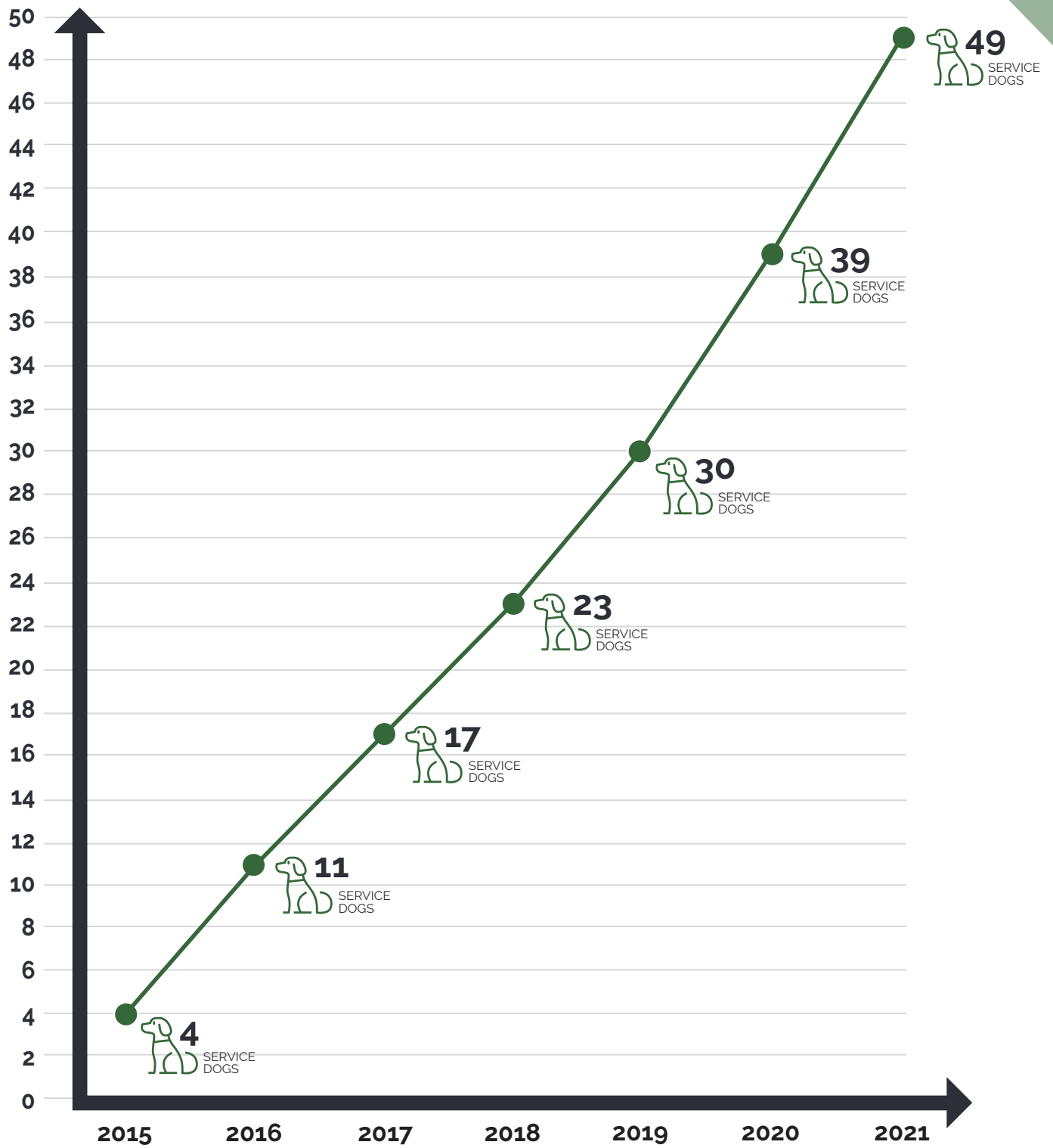
A **service dog** is a dog that is individually trained to do work or perform tasks for the benefit of an individual with a disability, including a physical, sensory, psychiatric, intellectual, or other mental disability.

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

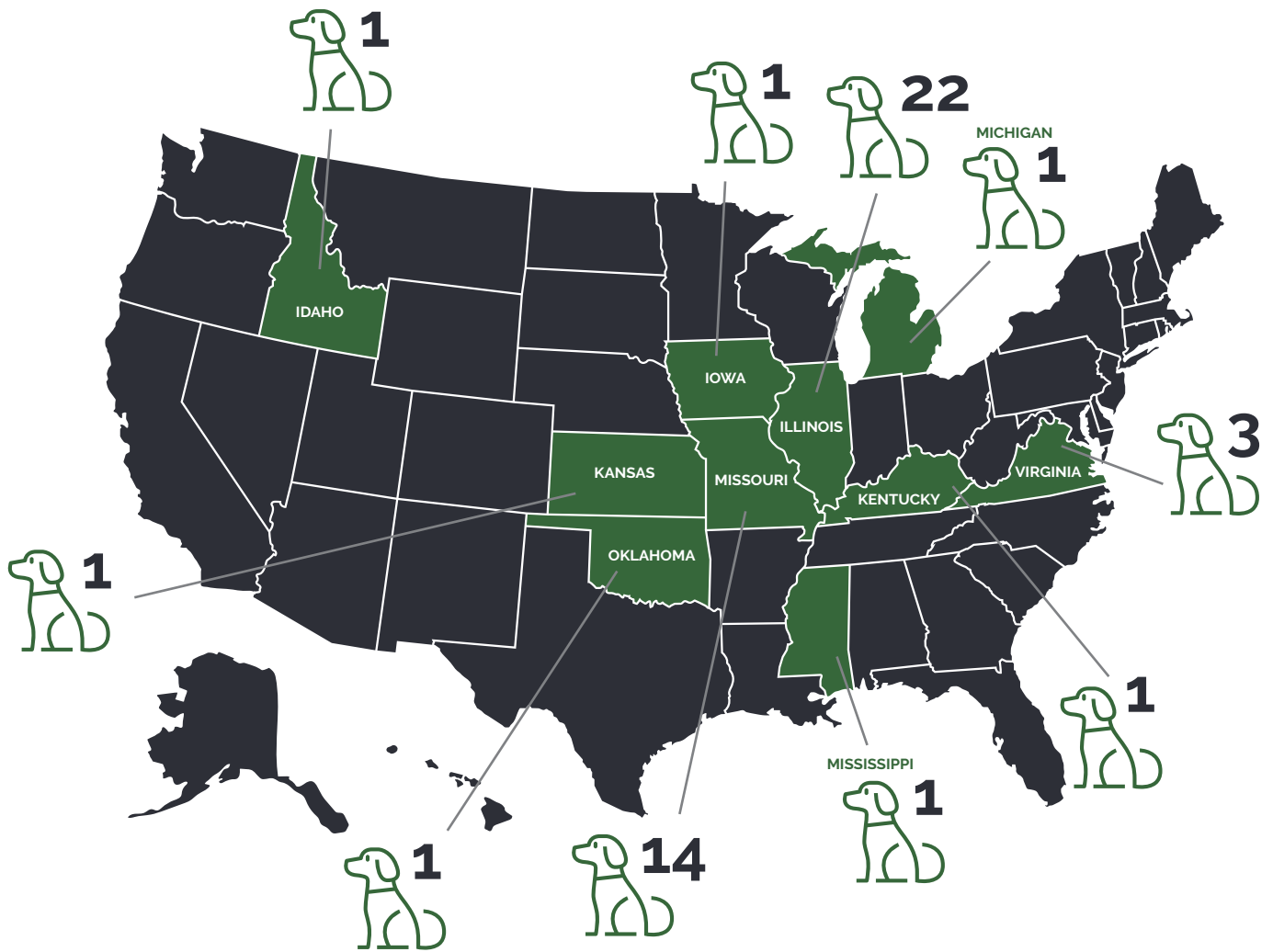


PROGRAM GROWTH



TOTAL PTSD SERVICE DOGS TRAINED

SERVICE DOG RECIPIENTS



PROGRAM OUTCOMES

The class of 2021 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.



29%

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



27%

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



45%

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



32%

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



46%

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



47%

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



35%

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



49%

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



50%

decrease in feeling distant or cut off from other people



44%

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



47%

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



28%

decrease in trouble falling or staying asleep



46%

decrease in feeling irritable or having angry outbursts



27%

decrease in having difficulty concentrating



39%

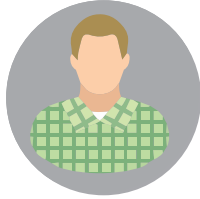
decrease in being "super-alert," watchful or on guard



31%

decrease in feeling jumpy when easily startled

BOARD OF DIRECTORS



Cal Weinhold
Chair



Jill Schrimpf
Vice Chair



Kelly Felax
Secretary



Tim Donaho, Jr.
Treasurer



Bryan Cassidy
Board Member



Rodney Essenpreis
Board Member



Kyle Vahling
Board Member



Lonnie Mason
Board Member



JB Cromwell
Board Member

STAFF LIAISONS



Nicole Lanahan
Executive Director



Amanda Heflin
Director of Administration

Ken | Retired Navy Veteran & His Service Dog, Bruce Banner

"I was in the Navy for about 10 years. During that time, I had many events happen in my life. Any Veteran can tell you today that it is never easy to be a serviceman. After I was out of the service, which I was medically retired from because of my mental health, I decided to ignore all of my symptoms and try and act normal. For me it didn't seem to help, ignoring it wasn't the issue. I tried the Veterans Affairs Hospital, I tried private therapy, I tried medicine, I tried everything I could at the time think of.

I was getting worse. My anger, my irritation, my lack of sleep, and my inability to be in social settings were taking a toll on me and my family that made me feel I was spiraling down to a place I could never come back from. Finally, one day my oldest daughter told me to look at a service dog. Well, I had never even thought of that and I had no clue where to go. I got on the internet and looked to see what the VA does for service dogs, which is nothing. I then just searched for service dogs in my location and I came across a place just 10 miles from my house. That place was Got Your Six Support dogs.

The moment I entered the building and sat down and talked to Nicole Lanahan, I felt care and concern for dogs and veterans. It was like I found people that understood me and what I needed. I went through the process to get my service dog and they paired me with my best friend, Bruce Banner. Every staff member at Got Your Six made me feel like family. It wasn't easy at the start to get through my pain and figure a way to bond with Bruce, and the entire time we had missteps, GY6 was there to help me find my footing. I wholeheartedly believe that I would not be here today if it wasn't for Got Your Six Support Dogs.

They change lives one veteran at a time."

- Ken



Heather | Retired CMSGT & Her Service Dog, Gwen

"At a time when the entire world was experiencing the stress of the unknown of the COVID pandemic, you can imagine just how much more intensified that fear and anxiety was for a person with a PTSD diagnosis... a person like me.

The sunshine broke through the storm when Got Your Six PTSD Support Dogs contacted me that I had been chosen as a candidate for a PTSD service dog through their organization.

The organization could not have paired me with a more perfect service dog. Yes, the dogs have been trained specifically for someone with a PTSD disorder, but the staff goes a step further, a step that I think is vital. They examined the chosen veterans' personalities and needs with each of the dogs' personalities and assigned the best fit. I was paired with Gwenny.

I compare my service dog Gwenny to an angel. She is a stunning yellow lab with white fur on her shoulder blades (her wings). Gwenny, like an angel, watches over me, protects me, provides me with a sense of security and calms me in my most difficult and dark times. She is truly my hero.



My biggest fear is the unknown. I feel a constant sense of being on edge and Gwenny provides me with a sense of security for me to be comfortable in most situations.

Gwenny being present and being my constant has changed my life. She is my lifeboat, my "wingman".

There are not enough thank you's in the world for me to express to Got Your Six for changing not only my life but allowing me to truly live my life. I will forever be grateful."-

Heather

2022 - 2024 STRATEGIC PLAN

Our 2022-2024 Strategic Plan:

- Increase the number of individuals and families raising puppies
- Increase our capacity of service dogs by 25%
- Complete Assistance Dogs International Accreditation
- Continue working with lawmakers to revise the federal PAWS Act
- Add additional mental health services onsite
- Maximize public dog training classes to fund nonprofit programs
- Launch capital campaign to complete building improvements and renovations

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 and make our work possible.



2021 FINANCIAL REVIEW

EXHIBIT B

STATEMENT OF SUPPORT, REVENUE, EXPENSES AND CHANGES IN NET ASSETS - MODIFIED
CASH BASIS FOR THE YEAR ENDED OCTOBER 31, 2021

REVENUE AND SUPPORT	
Grant Revenue - Restricted	\$ -
Grant Revenue - Unrestricted	\$162,500
Contributions	\$463,600
In-Kind Donations	\$90,000
PPP Federal Grant - Restricted	\$60,072
Unrealized Gain on Investment	\$4,940
Investment Income	\$1,121
Fundraising Events	-
• Revenues	\$12,246
• Direct Expenses	-\$11,550
TOTAL REVENUE AND SUPPORT	\$782,929
EXPENSES	
Program Services	\$538,238
General and Administrative	\$146,778
Fundraising	\$48,553
TOTAL EXPENSES	\$733,569
CHANGE IN NET ASSETS	\$49,360
NET ASSETS AT BEGINNING OF YEAR	\$751,729
NET ASSEST AT END OF YEAR	\$801,089

EXHIBIT C

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

	Program Services	General and Administrative	Fundraising	Total
Advertising	-	-	\$2,193	\$2,193
Bank and Related Fees	-	\$18,089	-	\$18,089
Depreciation Expense	-	\$57,840	-	\$57,840
Dog Acquisition	\$15,980	-	-	\$15,980
Dog Supplies, Boarding and Grooming	\$43,881	-	-	\$43,881
Dues and Subscriptions	\$21,293	-	-	\$21,293
Employee Benefits	\$6,100	\$762	\$762	\$7,624
Insurance	\$9,858	-	-	\$9,858
Insurance-Liability	-	\$608	-	\$608
Job Training	\$14,580	-	-	\$14,580
Legal and Professional Fees	-	\$8,860	-	\$8,860
Miscellaneous	\$5,099	\$637	\$637	\$6,373
Office Expenses	\$1,434	\$15,555	\$1,888	\$18,877
Payroll Tax Expense	\$26,743	\$3,343	\$3,343	\$33,429
Printed Materials	\$7,124	\$890	\$890	\$8,904
Printing Expense	\$986	-	\$986	\$1,972
Program Promotion and Marketing	\$11,703	-	-	\$11,703
Repairs and Maintenance	\$8,526	-	-	\$8,526
Taxes and Licenses	\$11,311	-	-	\$11,311
Training Supplies	\$109	-	-	\$109
Travel and Meetings	\$7,797	-	-	\$7,797
Utilities	\$16,380	\$4,680	\$2,340	\$23,400
Veteran Placement Costs	\$28,964	-	-	\$28,964
Veterinarian Expenses	\$15,285	-	-	\$15,285
Volunteer Expenses	\$975	-	-	\$975
Wages	\$284,109	\$35,514	\$35,514	\$355,137
TOTAL	\$538,237	\$146,778	\$48,553	\$733,568

2021 CAMPAIGN SPONSORS

Sit. Stay. Heal Campaign Sponsors:

- Nestle Purina PetCare Company
- Patrick & Helen Ross
- The Paul & Malinda Smiley Charitable Trust
- Volunteers for Shimkus
- Ally Financial, Inc.
- Patrick & Helen Ross
- Davis Pet Hospital, Inc.
- Paralyzed Veterans of America
- John 'Jack' Poitras
- Greater Gateway Association of Realtors
- Monocle, Inc.
- Bogey's Playful Pals, Inc.

Vets and Pets Steak Cookoff Sponsors:

- Code 3 Spices, Inc.
- Topshooters, Inc.
- Schubert's Smokehouse
- Code 3 Spices, Inc.
- Hotty Totty BBQ Crew LLC
- Reifschneiders Girl & Grape
- All Q'ued Up! BBQ & Grilling LLC
- Christy Montgomery
- John W Lindsey II
- Michael & Dia Bolandis
- Columbia Pizza, Inc.
- MEI Electric, Inc.
- Joe Boccardi's Ristorante
- Brian & Vivian Caruso
- Vanguard Packaging, Inc.
- Team JDQ Backyard BBQ LLC
- Christopher Barber

2021 SPONSORSHIPS

Diamond: \$15,000 and Above

- Building Change
- Estate of Ms. Patricia Norwicki

Ruby: \$10,000 - \$14,999

- Interpublic Group (IPG)

Emerald: \$5,000 - \$9,999

- Boeing Corporation
- Jamie Krakover

Platinum: \$1,000 - \$4,999

- Diana Sievers
- Teaspoons Cafe, Inc.
- Explorer Pipeline
- ChiroPro of Glen Carbon
- Southern Illinois Pet Crematory Service
- GPKnives, LLC
- Home Depot #1973
- Fairmont Park, Inc.
- Gallantfew, Inc.
- Immaculate Conception Church
- Philoptochos Society
- Triune Agility Club of SW Illinois

- American Legion Post 1994

- Women's Auxiliary
- Ann Ogelsby
- Mr. & Mrs. Robert O'Brien
- The Hayden and Martinez Families
- Shirley Beltz
- Weiler Family Foundation
- Tomiye N. Sumner
- Sandra Herrmann
- Jon and Cynthia Knaus

Silver: \$500 - \$799

- City Wide Apartments, Inc.
- First Mid Illinois Bank & Trust
- Edwardsville
- Evergreen Property Inspectors
- Missouri Department of Corrections, FCC VVA of America
- Southern Illinois Veterans Support Org
- Sanvi Charitable Foundation, Inc.
- Military Order of the Purple Hearts, Chapter 252
- St. Louis Elks Lodge No. 9
- Royal Neighbors of America, Camp 3190

- Larry & Anita Schnaare
- Pamela Baker
- Andy Canning & Family
- Acropolis
- Wells Fargo Foundation Educational Matching Gifts Program

Bronze: \$250-\$499

- Midland States Bank
- Pitchford Funeral Services
- Pontiac School District
- Collinsville Lion's Club
- Town and Country Gun Club, Inc.
- American Legion, Fischer-Sollis Post 137
- Girls on the Run - Kellison, c/o Caitlin Brauer
- O'Fallon Knights of Columbus
- Sue Ellen Riley
- Rich and Susan Gyorkos
- Richard & Glenna Grab
- Donna Bardon
- James & Colleen Shekelton
- Mary Caminiti

2021 GRANTS

ACTIVE

Goyanes Family Foundation Title: Helping our Heroes – 4 Paws at a Time 03/01/2022 - 2/28/2023	\$25,000
Herbert A. and Adrian W. Woods Foundation Title: Got Your Six Support Dogs - Additional Service Dog Trainer 11/01/2021 – 10/31/2022	\$25,000
Ameren Illinois Title: Helping our Heroes – 4 Paws at a Time 11/01/2021 – 10/31/2022	\$2,500
Explorer Pipeline Title: Helping our Heroes – 4 Paws at a Time	\$2,500
DAV Charitable Service Trust Title: Helping our Heroes – 4 Paws at a Time 09/01/2021 – 08/31/2022	\$25,000
The Pott Foundation Title: Got Your Six Support Dogs 07/01/2021 – 06/30/2022	\$20,000



GotYourSixSupportDogs.org
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