

IMPACT REPORT



2024

Dear Friends and Supporters,

As I reflect on 2024, I'm filled with gratitude—for our veterans, our dogs, our team, and especially for you.

This year reminded us that healing is never a straight path, but it's one that becomes possible when we walk it together. At Got Your Six Support Dogs, we witnessed service dogs not only change the lives of individual veterans, but also bring restoration to families, deepen community connections, and in some cases, inspire recipients to help others walking similar roads.

Despite the unexpected loss of federal funding, we remained steadfast in our mission—and thanks to your generosity, we continued pairing life-saving PTSD service dogs with the veterans and first responders who need them most. We expanded our trauma resiliency work, enhanced our follow-up care, and laid the groundwork for exciting new growth that will allow us to reach even more veterans in the near future.

And this remains one of the things we are most proud of: since our founding, we've never lost a single veteran we've served to suicide. In a country where nearly 18 veterans take their lives each day, that is not just a data point—it is a powerful reminder that what we do matters.

When I think of how we've made it through the challenges of this year, I'm reminded of something Fred Rogers once said:

"When I was a boy and I would see scary things in the news, my mother would say to me, 'Look for the helpers. You will always find people who are helping.'"

There is a lot of uncertainty in the world right now—financial instability, global unrest, and a growing mental health crisis that continues to weigh heavily on our veterans and first responder. But time and again, we find the helpers. People like you—who choose compassion, who choose service, and who choose to stand beside those who've sacrificed so much.

As we look ahead to 2025, we invite you to continue this mission with us. Whether it's through a donation, volunteering your time, sharing our story, or simply checking in on a veteran in your life—you can be part of the hope we build every single day.

Thank you for being in this fight with us. We've got their six—and we're honored that you've got ours.

With deep gratitude,
Nicole Lanahan
Executive Director
Got Your Six Support Dogs



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.

WHY DOES A SERVICE DOG COST \$40,750?

\$1k
dog acquisition
and
adoption



\$3k
hotel expenses for
veterans during
training and home
visits



\$1.75k
dog food
and treats



\$20K
specialized training



\$1k
grooming
expenses



\$5.75K
facility expense

\$3k
veterinarian expenses



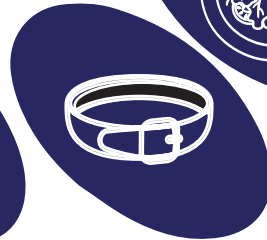
\$1.5k
recipient meals



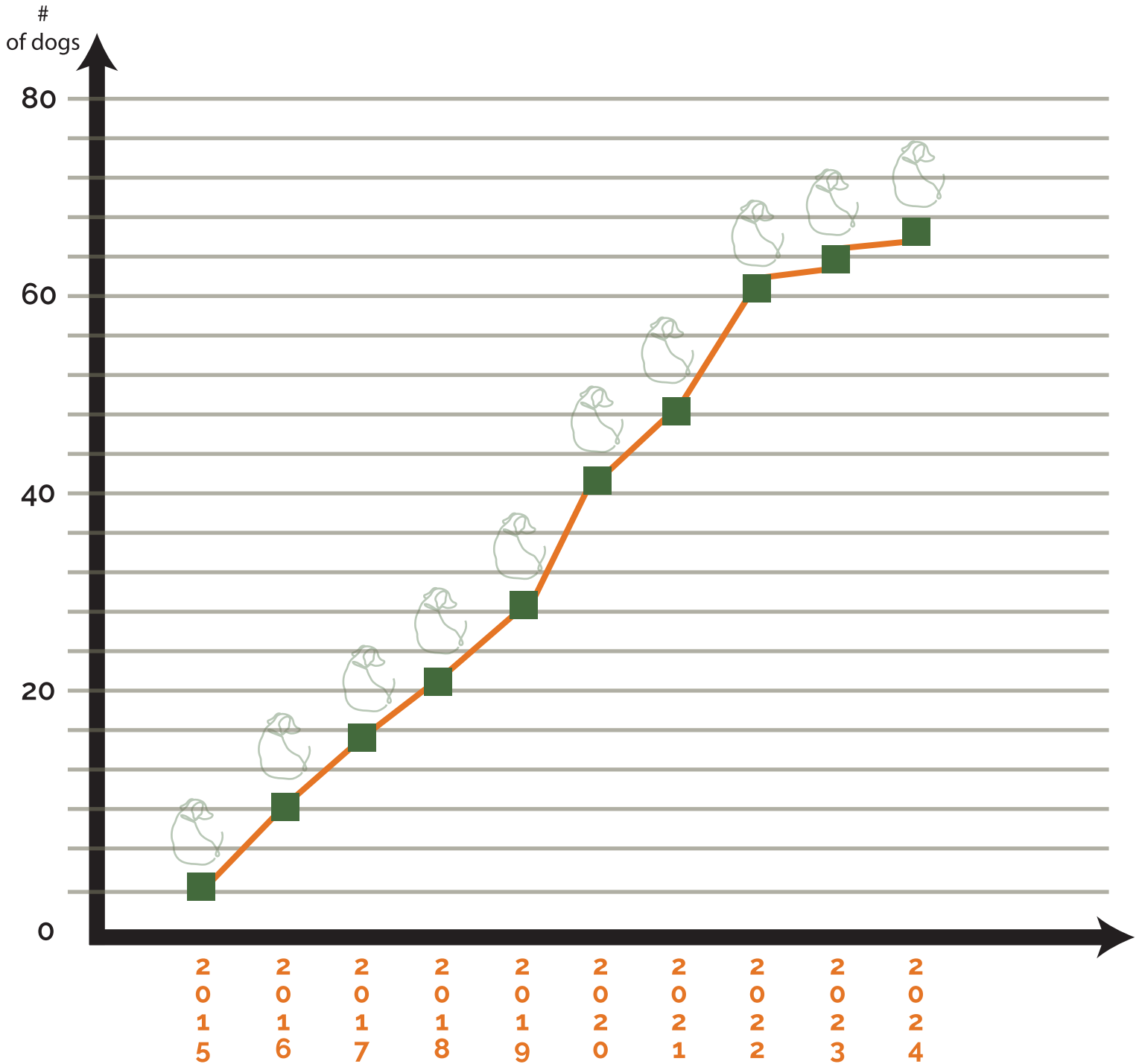
\$1.25k
training equipment
and
dog care supplies



\$2.5k
therapists and
workshop supplies



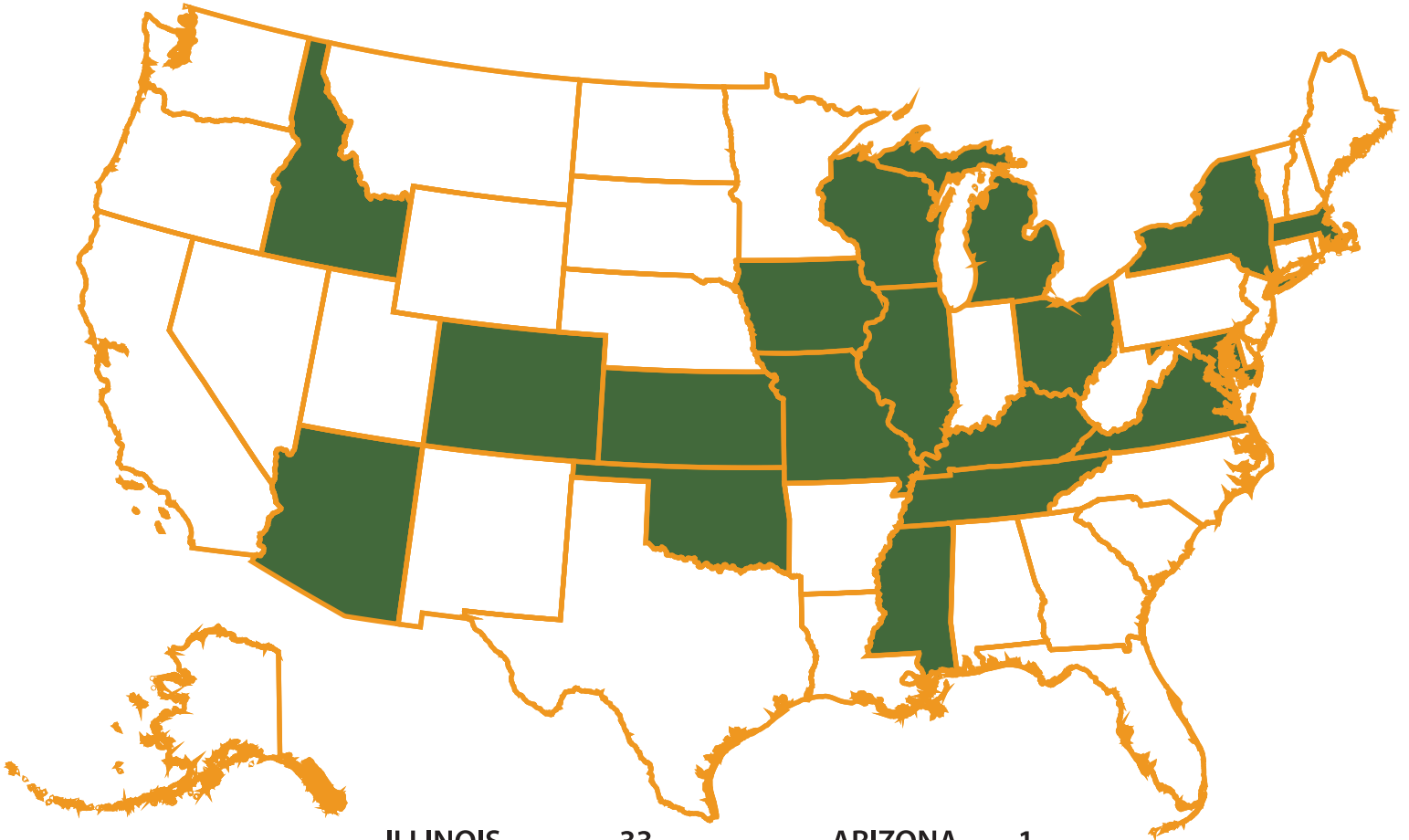
Program Growth



■ Total PTSD Service Dogs Trained... **75**

Service Dog Recipients

18 STATES
70 RECIPIENTS



ILLINOIS	33	ARIZONA	1
MISSOURI	14	COLORADO	1
KANSAS	2	TENNESSEE	2
IDAHO	1	OHIO	1
MISSISSIPPI	2	NEW YORK	1
VIRGINIA	3	WISCONSIN	1
OKLAHOMA	1	KENTUCKY	2
MICHIGAN	2	MARYLAND	1
MASSACHUSETTS	1	INDIANA	2



PROGRAM OUTCOMES



31.55%



DECREASE in repeated, disturbing, and unwanted memories of the stressful experience.

47.71%



DECREASE in repeated, disturbing dreams of the stressful experience.

42.92%



DECREASE in suddenly feeling or acting as if the stressful experience were actually happening again (as if you were actually back there reliving it).

47.32%



DECREASE in having strong physical reactions when something reminded you of the stressful experience (for example, heart pounding, trouble breathing, sweating).

22.33%



DECREASE in avoiding memories, thoughts, or feelings related to the stressful experience.

23.32%



DECREASE in avoiding external reminders of the stressful experience (for example, people, places, conversations, activities, objects, or situations).

35.62%



DECREASE in trouble remembering important parts of the stressful experience.

18.73%



DECREASE in having strong negative beliefs about yourself, other people, or the world (for example, having thoughts such as: I am bad, there is something seriously wrong with me, no one can be trusted, the world is completely dangerous)? .

- 36.91%  **DECREASE** in blaming yourself or someone else for the stressful experience or what happened after it.
- 30.03%  **DECREASE** in having strong negative feelings such as fear, horror, anger, guilt, or shame.
- 25.09%  **DECREASE** in loss of interest in activities that you used to enjoy.
- 25.09%  **DECREASE** in feeling distant or cut off from other people.
- 35.62%  **DECREASE** in irritable behavior, angry outbursts, or acting aggressively.
- 42.74%  **DECREASE** in taking too many risks or doing things that could cause you harm.
- 12.73%  **DECREASE** in Being “superalert” or watchful or on guard .

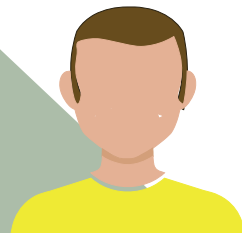
Got Your Six Support Dogs (GY6) utilizes a comprehensive evaluation process to measure the impact of our service dogs on veterans and first responders with PTSD. One of our primary assessment tools is the PTSD Checklist – Military Version (PCL-M) from the Department of Veterans Affairs, which tracks changes in PTSD symptoms before and after placement.



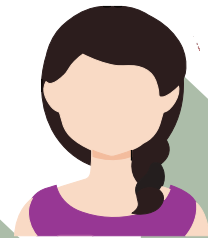
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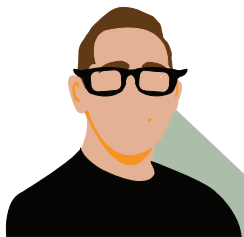
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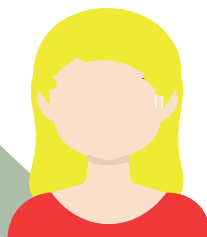
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Nicole Lanahan
Executive Director

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Director of Administration

TESTIMONIALS

Parker and Eddie



After exiting the Marine Corps, the trauma I had been bottling up for years became impossible to ignore. I became an emotionless shell of a man, disconnected from my wife and kids. My PTSD symptoms were severe—crippling depression, anxiety, nightmares, and a complete inability to sleep. On average, I would get only 1-3 hours of broken sleep per night, waking up drenched in sweat from relentless nightmares. The VA had exhausted all options, and I was told, 'Parker, I am sorry... I honestly do not know what to do.'

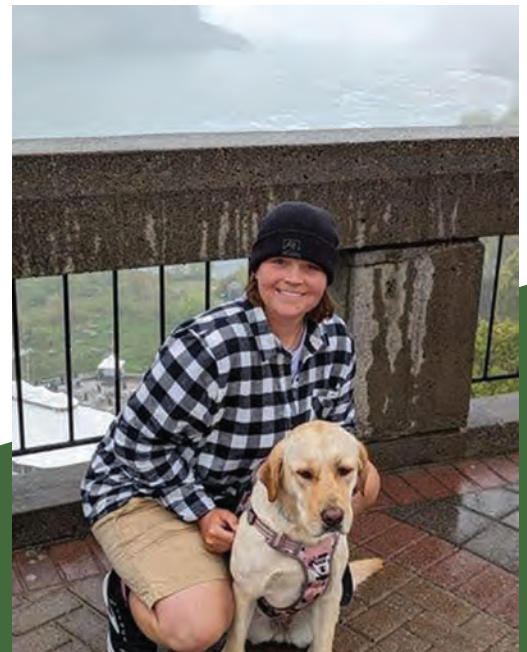
Then, through what I can only describe as an act of God, my wife encountered Got Your Six Support Dogs. They welcomed her with open arms and eventually, I was matched with a service dog. Eddie gave me the last tool I needed to heal. For the first time in years, I slept through the night without a nightmare. I woke up dry, with Eddie lying on me, having sensed every nightmare and stopping it before it fully took over. The VA couldn't give me this, and I couldn't afford it on my own, but a group of complete strangers at GY6 refused to give up on me. They gave me back my life." – **Parker**

"After returning from Afghanistan in 2020 to a world in lockdown, I was overwhelmed by fear, isolation, and undiagnosed PTSD. I shut myself off, paralyzed by anxiety and shame—until Got Your Six Support Dogs accepted me just as I was.

I was paired with Rosie, a sweet yellow lab who has brought me peace, security, and purpose. With her by my side, I've reconnected with loved ones, rediscovered joy, and started living again.

Rosie didn't just help me manage symptoms—she helped me reclaim my life. I'm endlessly grateful to GY6 for giving me that second chance." - **Dianna**

Dianna & Rosie



FINANCIALS



SUPPORT DOGS

	Without Donor Restrictions	With Donor Restrictions	Total
Support:			
Grant Revenue	249,472	-	249,472
Contributions	233,272	-	233,272
Program Service Revenue	52,336	-	52,336
Special Event Revenue	213,579	-	213,579
less: cost of direct benefits from donors	(18,077)		(18,077)
Miscellaneous Revenue	8,915	-	8,915
Investment Income	329	-	329
Unrealized Gain on Investment	22,605	-	22,605
Net Assest Released from Restrictions	-		
TOTAL SUPPORT	762,431	-	762,431
Expenses:			
Progam Services	519,231	-	519,231
Support Services:			
fundraising	56,339	-	56,339
management and general	219,369	-	219,369
Total Expenses	794,939	-	794,939
Change in Net Assets	(32,508)	-	(32,508)
Net Assets at Beginning of Year	702,963	145,441	848,404
Net Assest at End of Year	670,455	145,441	815,896

GRANTS



2024 grant awards:

The Pott Foundation
The Kaufman Fund

2023 grant awards:

Wanda Muntwyler Foundation
Department of Defense – Wounded Warrior Service Dog Program (WWSDP)
Disabled Veterans National Foundation (DVNF)
The Pott Foundation
The Kaufman Fund
Ameren Cares

2022 grant awards:

William Dean Charitable Foundation
Wanda Muntwyler Foundation
Herbert A. and Adrian W. Woods Foundation
Highland Rotary Club
Department of Defense – Wounded Warrior Service Dog Program (WWSDP)
Veterans United Foundation
The Pott Foundation
The Kaufman Fund

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www.gotyoursixsupportdogs.org
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