EXECUTIVE SUMMARY
A Summary of Findings in Collaboration with the Institute for Veterans and Military Families

Assessing Positive Mental and Physical Health Outcomes for Veterans

The work of Travis Manion Foundation (TMF) is rooted in the belief that veterans and families of the fallen are among America’s greatest civic assets, and that the path toward bridging the civilian-military divide and unifying our communities begins by empowering our military community. Their vision is to create a unified and supportive community, inspired by our nation’s service-members, where individuals hone their character to serve a purpose higher than themselves.

To achieve this, TMF trains, develops, and highlights the role models that lead these communities. They design programs, training opportunities, and events that invest in and empower veterans and families of the fallen by helping them to identify their personal character strengths. Armed with this knowledge, they pass on their values to the next generation, and serve and connect with the greater community.

“TMF improves my sense of well-being. TMF empowers me to take initiative to be innovative and collaborate with my community to make it a better place for me, my family, and future generations.”

—Military Veteran
**PRIMARY FINDING:** Participants of Multiple TMF Initiative Types have Increased Positive Mental and Physical Health Outcomes

Programs Grounded in Evidence-Based Research

TMF’s programs are grounded in the field of Positive Psychology, which studies the attributes and characteristics that lead individuals and communities to improve their well-being and thrive. Three areas that enable individuals and communities to thrive are meaning, relationships, and engagement. Thriving and well-being improves when people are able to identify what gives their lives meaning and purpose, develop and deepen relationships, and fully engage in activities in an effort to capture and communicate impact.

This report evaluates the effectiveness of TMF initiatives on improving the level of thriving and well-being among participating veterans, families of the fallen, and civilian members. We use the Brief Inventory of Thriving (BIT) scale to determine the effect that program participation may have on individual thriving and well-being. Our evaluation shows that those who participate in more types of TMF initiatives have better outcomes.

### Participants of Multiple TMF Initiative Types

<table>
<thead>
<tr>
<th>Initiative Type</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Initiative</td>
<td>65</td>
</tr>
<tr>
<td>2 Initiatives</td>
<td>21</td>
</tr>
<tr>
<td>3 or more Initiatives</td>
<td>14</td>
</tr>
</tbody>
</table>

**Note:** The number of initiatives does not reflect the number of activities in which an individual participated. For example, if an individual participated in multiple Operation Legacy service projects that would only reflect one initiative (Operation Legacy service projects).

Survey design, methods, and detailed results are explained in the companion technical report.

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**Character & Leadership Training**

Character Does Matter (CDM) aims to empower veterans and families of the fallen to draw on their own personal experiences to mentor youth aged 12-18 in a wide range of settings. Mentors then deliver proprietary character development curriculum focused on helping youth adopt the “If Not Me, Then Who…” mantra.

**Personal Development Seminars**

Through Leading With Your Strengths, a series of best-in-class personal development and leadership training workshops, veterans learn to identify their strengths, uncover their purpose, and tell their stories. Rooted in the evidence-based field of Positive Psychology, curriculum seeks to help attendees thrive individually and create impact at home, at work, and in the community.

**Expeditions**

Service-based trips that provide opportunities for veterans and families of the fallen to connect, build relationships, and work together domestically and abroad. Alongside others who have experienced loss or are seeking leadership development, participants continue their journeys of healing while receiving training and empowerment resources, and continuing the legacies of fallen heroes through meaningful projects.

**9/11 Heroes Run 5Ks**

Annual collective of more than 90 volunteer-led 5Ks that take place domestically and abroad to honor the legacy of heroes of the Sept. 11, 2001 attacks and the wars since. Runners, walkers, and ruckers of all levels and ages unite on or around 9/11 to pay tribute and answer the call of “If Not Me, Then Who...” and honor America’s heroes.

**Community Service Projects**

Through a national movement called Operation Legacy, TMF leverages the servant leadership of veterans, families of the fallen and TMF members to address critical needs in communities worldwide. Volunteers lead service projects that include park clean-ups, tree plantings in honor of fallen heroes, home rehabilitations, and more.
Increase in Veteran Health and Well-Being

**CONNECTEDNESS**

Veterans and families of the fallen show an increased connectedness score with increased participation*

<table>
<thead>
<tr>
<th>Sample Question</th>
<th>1 Initiative</th>
<th>3 or more Initiatives</th>
</tr>
</thead>
<tbody>
<tr>
<td>My involvement with TMF has provided me with a sense of community</td>
<td>54%</td>
<td>84%</td>
</tr>
</tbody>
</table>

Several studies have investigated the association between mental health and community connectedness. Overall, much of the existing research suggests there are relationships between aspects of community connection (e.g. sense of community, social support, etc.) and facets of well-being (e.g. self-esteem, mental illness, physical health, etc.). While the research and evidence related to community variables and mental health is still growing, it is likely that addressing multiple components of community connectedness and social relationships could be an effective approach in increasing positive psychosocial outcome2-9.

**HEALTH**

Veterans and families of the fallen show a significant increase in emotional/mental health score with increased initiative participation*

<table>
<thead>
<tr>
<th>Sample Question</th>
<th>1 Initiative</th>
<th>3 or more Initiatives</th>
</tr>
</thead>
<tbody>
<tr>
<td>In the last 3 months, I am satisfied with my emotional/mental health</td>
<td>64%</td>
<td>77%</td>
</tr>
</tbody>
</table>

"[TMF impacts me in that] I feel better physically which helps me mentally feel better as well.” —Active Duty Service Member

**THRIVING**

Veterans and families of the fallen show a significant increase in score with increased initiative participation*

<table>
<thead>
<tr>
<th>Sample Question</th>
<th>1 Initiative</th>
<th>3 or more Initiatives</th>
</tr>
</thead>
<tbody>
<tr>
<td>My life has a clear sense of purpose</td>
<td>71%</td>
<td>83%</td>
</tr>
</tbody>
</table>

**RESILIENCY**

Veterans and families of the fallen show a significant increase in their overall resiliency score with increased initiative participation*

<table>
<thead>
<tr>
<th>Sample Question</th>
<th>1 Initiative</th>
<th>3 or more Initiatives</th>
</tr>
</thead>
<tbody>
<tr>
<td>It’s often true that I am a strong person when dealing with life’s challenges and difficulties</td>
<td>85%</td>
<td>96%</td>
</tr>
</tbody>
</table>

"TMF has helped me look at hardship or suffering in a different light. None of the problems I have seem so big when I consider the stories of heroes such as Travis and the families that those heroes leave behind. TMF has made me more resilient.” —Active Duty Service Member

**CHARACTER DOES MATTER (CDM) MENTORSHIP**

- **87%** of Veteran CDM Mentors, compared to **60%** of Veteran non-CDM Mentors agreed or strongly agreed that their involvement with TMF has provided them with a sense of community.
- **82%** of Veteran CDM Mentors were satisfied or extremely satisfied with their emotional/mental health in the last 3 months, compared to **67%** of Veteran non-CDM Mentors.

*Scores represent the sum of the 2 highest positive categories. For example, satisfied and extremely satisfied were combined to include both responses in the scoring.

**Brief Inventory of Thriving Questions:**

<table>
<thead>
<tr>
<th></th>
<th>Veteran non-CDM Mentors (%)</th>
<th>Veteran CDM Mentors (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>My life has a clear sense of purpose</td>
<td>74</td>
<td>87</td>
</tr>
<tr>
<td>My life is going well</td>
<td>86</td>
<td>95</td>
</tr>
<tr>
<td>I am achieving most of my goals</td>
<td>78</td>
<td>89</td>
</tr>
<tr>
<td>In most activities I do, I feel energized</td>
<td>84</td>
<td>92</td>
</tr>
<tr>
<td>I feel a sense of belonging in my community</td>
<td>62</td>
<td>83</td>
</tr>
</tbody>
</table>
“TMF helps build necessary - and often rare - bridges between veteran and civilian communities.”
—Military Veteran

Civilian Health and Well-Being

TMF Bridging the Civilian-Military Divide
As the size of the military shrinks relative to the U.S. population and fewer people have personal connections to those who have served, there is a perception of a growing disconnect between civilians and the military-connected population.

- Although TMF is a Veteran Serving Organization, 60% of their offerings are open to civilians.
- Civilians experienced similar positive outcomes to veterans and families of the fallen with increased participation across initiatives. For example, 91% of veterans and 84% of civilians who participated in 3 or more TMF initiatives either agreed or strongly agreed that their involvement in TMF has encouraged them to become more involved in their community.
- 47% of survey respondents indicated that they were civilian and did not select any other form of military connection (i.e. Military Spouse, Military Caregiver, Military Child).

The diverse demographic makeup of TMF participants, along with their comments, suggest that TMF, as a Veteran Serving Organization, is succeeding in creating a rare and unique connection between civilians and those who are military connected.

Thriving, Health, and Resiliency
- Those with increased participation across TMF initiatives were healthier, more likely to be thriving, and had greater resilience.
- Over 90% of veterans, families of the fallen, and civilians who were involved in 3 or more initiatives agree or strongly agree that their involvement with TMF has had a positive impact on their life and that they have been inspired to serve others more.

“[TMF] has given a great sense of community and has motivated me to be of service.”
—Military Child

“Life changing. TMF has given me a sense of purpose and inspired me to serve in all aspects of my life.”
—Civilian

1 Su, R., Tay, L., & Diener, E. (2014). The development and validation of Comprehensive Inventory of Thriving (CIT) and Brief Inventory of Thriving (BIT). Applied Psychology: Health and Well-Being. Published online before print. doi: 10.1111/aphw.12027

The annual survey was designed to understand the relationship between TMF initiatives and participant outcomes, not to determine causality.

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