



TRAVIS MANION
FOUNDATION

2022-2023

ANNUAL REPORT

EXECUTIVE SUMMARY

THE FOLLOWING IS A HIGH-LEVEL OVERVIEW OF OUR 2022-2023 ANNUAL REPORT. IN THIS EXECUTIVE SUMMARY, YOU'LL FIND KEY TAKEAWAYS, INCLUDING METRICS AND CASE STUDIES OF OUR VETERANS AND FAMILIES OF THE FALLEN. FOR THE FULL REPORT, VISIT [TRAVISMANION.ORG/ANNUALREPORT](https://travismanion.org/annualreport).

TMF'S UNIQUE MODEL OF IMPACT

Veterans and families of the fallen often feel isolated post-service. The community and programs Travis Manion Foundation (TMF) provide foster a sense of connectedness, resiliency, and improved well-being that are critical to success after separating from the military. Our model, however, serves more than just the military community.

TMF's integrative approach focuses first on providing veterans and families of the fallen with resources to improve their mental health and well-being. We then empower these veterans and families to find renewed purpose by leading communities in service, from mentoring local youth to bringing Americans together to honor the fallen.



“ WE KNOW THAT 55% OF POST-9/11 VETERANS FEEL DISCONNECTED FROM CIVILIAN LIFE.

According to the CDC, when anyone experiences disconnection it is a primary factor that leads to suicide. Our goal at TMF is to be the community our nation's veterans and families of the fallen need—to be a place where they can find connection once again, find purpose, and feel empowered to serve as the leaders they are called to be.

— Ryan Manion, TMF President

ADDRESSING MENTAL HEALTH

Understanding the Modern Veteran, Addressing a Mental Health Crisis



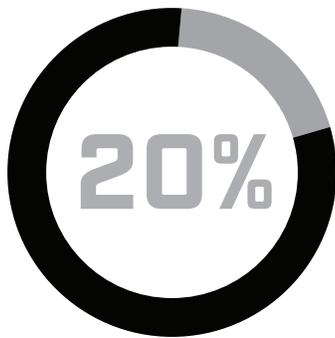
The Danger of Loneliness

The Surgeon General's 2023 health advisory on the epidemic of loneliness in our country indicates Americans are more disconnected from each other than ever before.

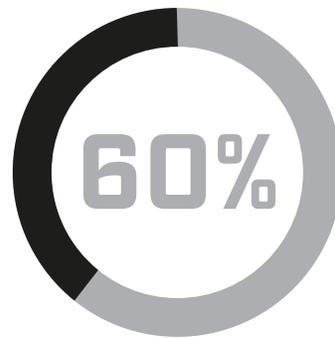
And because humans are wired for connection, the persistent lack of it carries physical risks similar to those associated with smoking 15 cigarettes a day, including a 29% increase of premature death.

Among the solutions proposed by the report is “cultivating a culture of connection.” Not only has this been a longstanding focus for TMF, it’s an area in which we excel. TMF is committed to being part of the solution to the loneliness epidemic in America.

IN FACT, OUR STUDIES HAVE SHOWN THAT WE’RE ALREADY MAKING PROGRESS:



Positive increase in mental health for TMF veterans and families of the fallen



Positive increase in connectedness for TMF veterans and families of the fallen



Learn more about the impact TMF has had on veteran mental health here

TMF PROGRAMMATIC SOLUTIONS TO THE MENTAL HEALTH CRISIS

TMF offers three categories of initiatives that support our mission by leveraging personal strengths, helping to rediscover purpose, and through building strong relationships.

1 Empowerment Programs

Designed to identify and highlight the unique character traits and strengths of veterans and families of the fallen with the goal of empowering them to lead their communities.



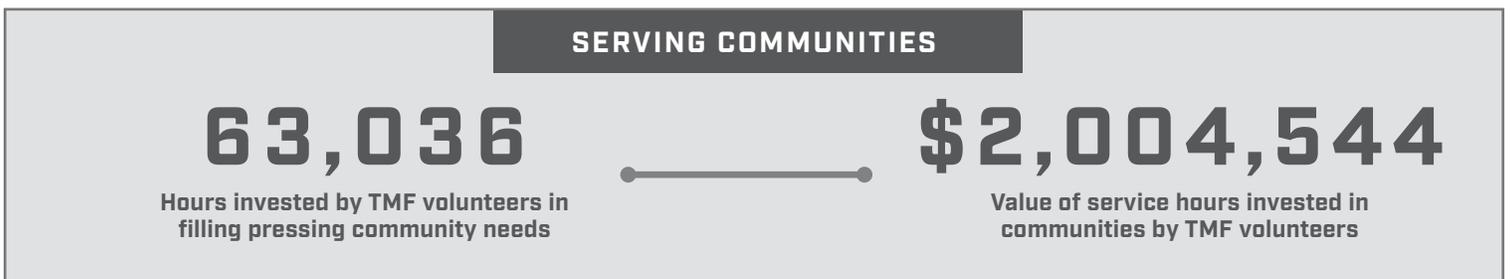
2 Service Programs

Programs designed to allow veterans and families of the fallen to find new meaning in their lives through service and connection with others.



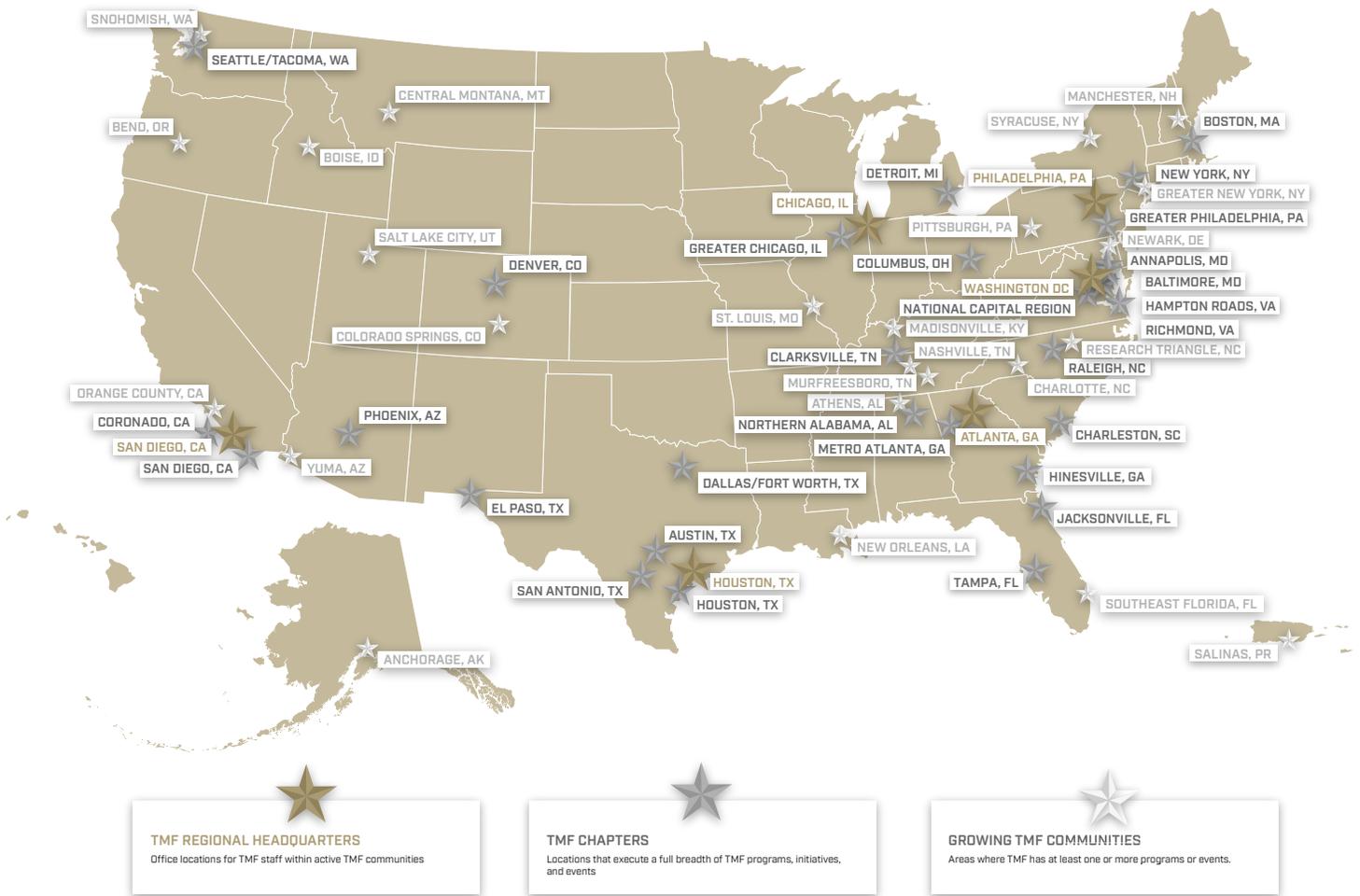
3 Community Activation

Both large-scale efforts that bring people together and hometown events that deepen community ties.



NATIONWIDE IMPACT

TMF is changing the lives of hundreds of thousands of people across the nation. Here's where we're active:



TMF REGIONAL HEADQUARTERS
Office locations for TMF staff within active TMF communities

TMF CHAPTERS
Locations that execute a full breadth of TMF programs, initiatives, and events

GROWING TMF COMMUNITIES
Areas where TMF has at least one or more programs or events.

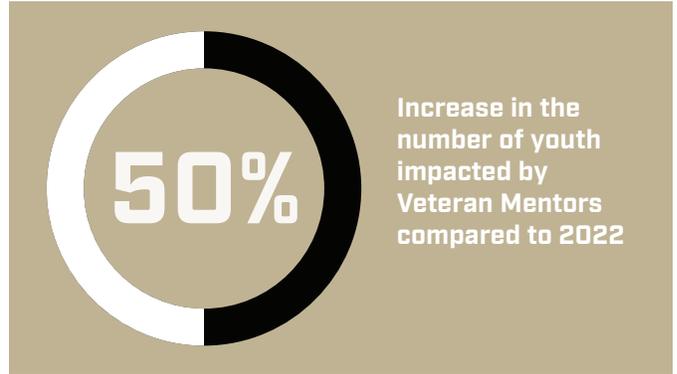
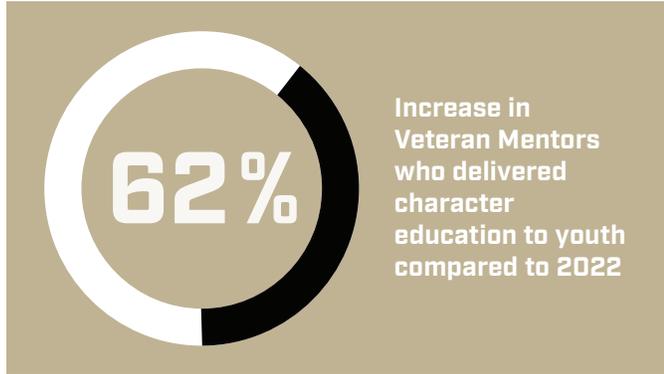
CITIES FEATURED ABOVE

<p>GREATER CALIFORNIA</p> <p>Orange County San Diego County:</p> <ul style="list-style-type: none"> • Carlsbad • Imperial Beach • San Diego • San Marcos 	<p>GREATER FLORIDA</p> <p>Southeast:</p> <ul style="list-style-type: none"> • Boca Raton • West Palm Beach 	<p>GEORGIA</p> <p>Metro Atlanta:</p> <ul style="list-style-type: none"> • Decatur • Fulton County • Marietta • Sharpsburg 	<p>ILLINOIS</p> <p>Greater Chicago:</p> <ul style="list-style-type: none"> • Chicago • Naperville • Wheaton 	<p>GREATER MONTANA</p> <p>Central:</p> <ul style="list-style-type: none"> • Great Falls • Bozeman
<p>NEW YORK</p> <p>Greater New York:</p> <ul style="list-style-type: none"> • Huntington • Hudson Valley • Connecticut 	<p>NORTH CAROLINA</p> <p>Research Triangle:</p> <ul style="list-style-type: none"> • Chapel Hill • Durham • Raleigh 	<p>PENNSYLVANIA</p> <p>Greater Philadelphia:</p> <ul style="list-style-type: none"> • Delaware Valley • Doylestown • Philadelphia • New Jersey 	<p>GREATER TEXAS</p> <p>Austin:</p> <ul style="list-style-type: none"> • Austin • Georgetown <p>Dallas/Ft. Worth:</p> <ul style="list-style-type: none"> • Arlington • Dallas • Ft. Worth 	<p>NATIONAL CAPITAL REGION</p> <p>Northern Virginia:</p> <ul style="list-style-type: none"> • Fairfax County • Alexandria • Springfield <p>Southern Maryland:</p> <ul style="list-style-type: none"> • Prince George's County

NEW THIS YEAR

Increased Veteran Impact on Youth

TMF's Character Does Matter program, powered by Under Armour Freedom, has a significant impact on thousands of youth, particularly those in underserved communities. In fact, of the youth who go on to serve with TMF after completing the program, 44% are from Title I schools. Over the last year, our focus has not only been on connecting more youth with our vetted and trained network of Veteran Mentors; it has also been on encouraging those youth to stay engaged with their communities afterward.



Empowering Future Leaders to Serve

In a new community impact pilot program - made possible with generous funding from the A. James & Alice B. Clark Foundation - TMF Veteran Mentors work in small groups to help youth identify a specific community need. Then, they guide students to practically apply their individual character and leadership strengths to fill that need. Community impact projects are fully executed by youth with guidance from Veteran Mentors.



Growth of TMF Chapters

This year, we focused on reinforcing communities by empowering Spartans in every region of the country to activate through local TMF chapters. Our efforts have resulted in tremendous volunteer growth in 30 communities nationwide. By 2024, we will have 40 chapters nationwide.



DATA & RESEARCH

Increases in Thriving Scores as Participation Grows

TMF is a data-driven organization that relies on research and results to remain effective. Each year, we prioritize an in-depth survey of our members to gather feedback and ensure our programs are successful in improving their mental health and well-being.

KEY FINDING #1

Mental health and well-being increases as participation in TMF grows. Thriving scores are consistently better when members participate in at least two TMF programs versus one.

KEY FINDING #2

Veterans and families of the fallen experience the greatest increase in thriving when they pair an empowerment program with another initiative type.



Veteran Case Study

Army Veteran Credits TMF as His Catalyst for Positive Change

Spartan Leadership Program (SLP) participants like veteran Doug Merritt experience the greatest improvement in thriving scores, increasing 16% as a result of the 7-month program. While SLP is our highest scoring individual program with a 4.31 (out of 5.0) average thriving score, participants experience an additional 4% increase by adding a service initiative such as Character Does Matter.

Learn more about Doug's story here



Family Member of the Fallen Case Study

Surviving Spouse Finds Path to Navigate Grief Journey

Surviving spouse Ashley Whitlock demonstrates the importance of combining TMF programs to maximize improvement to each individual's mental health and well-being. Military family members of the fallen like her report a 12% increase in overall thriving score by participating in the Spartan Leadership Program (SLP). Thriving scores increase another 3% when participants add a community event like 9/11 Heroes Run.

Learn more about Ashley's story here



FINANCIALS

Responsible Stewardship of Donor Investments

TMF is one of the nation’s leading military charities and a top nonprofit in the country. We’ve been selected as a “Best Nonprofit to Work for” for five consecutive years by The NonProfit Times, demonstrating the well-being of our team is just as important as the well-being of the veterans and families of the fallen connected to us. TMF has also been honored with excellent ratings, earning seals from renowned organizations based on our fiscal transparency, effective governance, and program impact. For a full list of credentials, please see page 8.



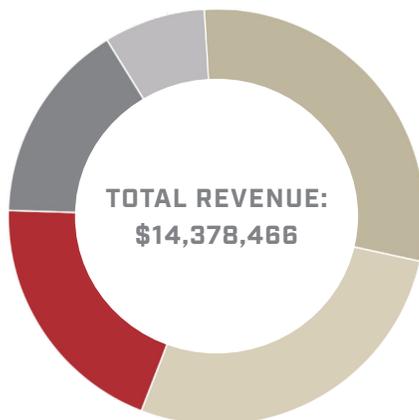
A Platinum Seal of Transparency from Candid (formerly Guide Star)—an honor reserved for only 15% of the tens of thousands of charities they evaluate every year.



A Four Star Charity rating by Charity Navigator since 2015 with perfect scores of 100 in Culture & Community and Leadership & Adaptability.



Through agility and intentionality, TMF has increased its year-on-year annual revenue when other nonprofits experienced a downturn of average overall revenue.



- 29% Corporations
- 28% Foundations
- 20% In-Kind Contributions

- 16% Individuals
- 7% Program Services

- 86% Programs
- 9% Fundraising
- 5% General & Administrative

BOARD OF DIRECTORS



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USMC (Ret)**
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