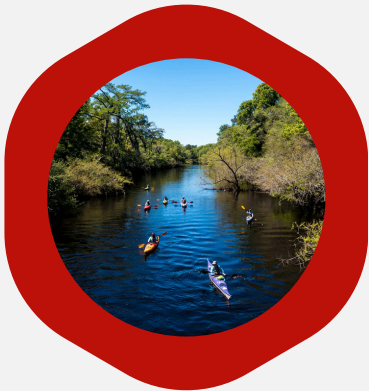


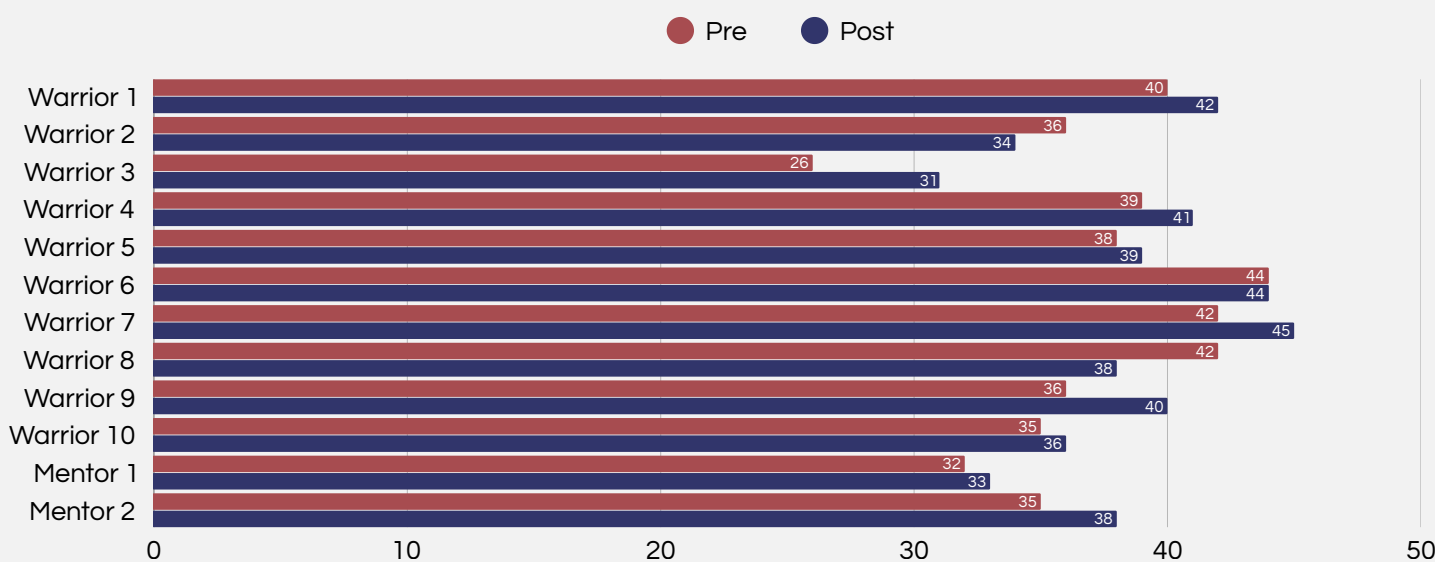


Coastal Warriors SPRING 2025 IMPACT REPORT



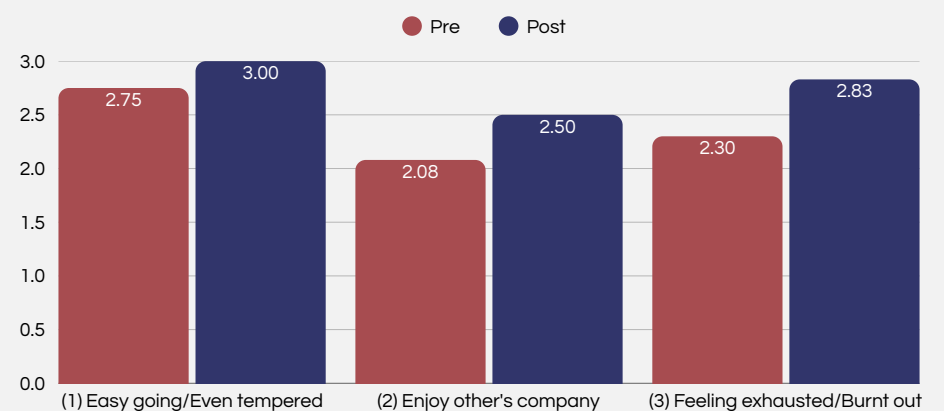
What We Do

Over the course of this program, participants take part in six full-day expeditions into saltwater and blackwater ecosystems to develop sea kayaking skills. Taking the principles of sea kayaking and applying them to interpersonal development skills, this program focuses on PTSD recovery and learning how to help- and be helped- on the water and in life.



What We Measure

Warriors were asked to fill out a pre-assessment and a post-assessment following the completion of the program to measure mental health and coping skills. We strive for the highest number (max =45) and the lowest number (min=14) indicates the most room for growth.



Areas of highest average improvement on a scale of 1 to 3 for Questions 1 & 2 ; 1 to 4 for Question 3

Who We Serve

- ★ 10 Warriors (6 men + 4 Women)
- ★ Ages 27 to 63 Years Old
- ★ 5 Army, 2 Navy, 2 Air Force, 1 Coast Guard
- ★ 2 Non-Serving Mentors

Real Change

"To help someone else you must first save yourself. That goes for kayak rescue but also life in general; a very interesting way the coaches brought that up in the resilience training and reinforced it through subsequent sessions." - Warrior

Lasting Impact

"This program was the best thing I've done for myself in at least 15 years" - Warrior