



2020/2021
16-MONTH REPORT



MENHEALING
Inspiring Hope, Changing Lives

WWW.MENHEALING.ORG

EXECUTIVE DIRECTOR'S STATEMENT



2020 was a year of unexpected and uncertain challenges – most notably the COVID pandemic and a severe economic downturn. As an organization that conducts in-person events and relies on the financial generosity of grassroots individual donors, MenHealing faced numerous obstacles to maintain services for male survivors.

One thing was certain: we were unflappable in our determination to continue offering robust and accessible services.

As we adjusted to the uncertainties of 2020, we discovered opportunities to plant seeds for new projects. Some of those seeds sprouted and matured into events that have been conducted during the beginning of this current year.

Therefore, we have decided the best way to showcase our accomplishments is to craft an Annual Report that includes information for the past 16 months: January 2020 through April 2021.

Thanks to each of you who continue to support our work and especially to the many individual donors who have contributed financially. You have made these events and projects possible.

We are excited to share with you the breadth and depth of our accomplishments in the pages that follow. **We hope this will inspire you to continue your support and to tell others about MenHealing!**

Jim Struve

JIM STRUVE

EXECUTIVE DIRECTOR, MENHEALING



OUR MISSION

MenHealing is a 501(c)(3) non-profit, tax-exempt organization dedicated to providing healing resources for men, age 18 and older, who have experienced sexual victimization during childhood or as adults.

MenHealing insures the sustainability of the Weekend of Recovery program.

OUR VISION

MenHealing was formed from a deep commitment to expand services to underserved populations of male sexual victimization survivors and to insure that resources (personnel, programs, and finances) are invested and managed with attention to long-term sustainability.

We pride ourselves on creating healing resources that are inclusive across all spectrums. We will continue to make our resources financially accessible to all male survivors.

OUR CULTURE

Since we incorporated as MenHealing in 2017, we have nurtured an organizational culture of transparency and connection between the Board of Directors and the Facilitator Team. We seek to cultivate a non-hierarchical collaboration.

We strive to be an organization that radiates authenticity in heart and soul. To deepen our congruence between actions and words, we have maintained annual joint Board/Facilitator retreats.

MenHealing could not exist without the magnitude of volunteer power, generosity of supporters, and the courageous men who come together to heal with each other. These men inspire, support, lead, and envision!

Our Facilitators, Staff, Board, and so many talented volunteers commit their time, their passion, and their personal dedication to the values of MenHealing and social change.

With your continued support, each year will bring new projects and healing for more male survivors!

Thank you **ALL** for making MenHealing what it is and what it is yet to become.



Joanna Colrain, MenHealing Board Chair

COMMITMENT TO SOCIAL JUSTICE

MenHealing is a pioneer in providing unique & effective resources for male survivors. We acknowledge the intersectionality of sexual violence and other manifestations of violence. Therefore, we are committed to acknowledge our Indigenous Ancestors and to oppose racism.

STATEMENT ON RACISM

MenHealing stands against the historical & ongoing violence being done against Black and Brown Americans. We stand with those who have been brutalized & silenced. We will listen. We will challenge all systemic & institutionalized racism. MenHealing Board of Directors & Weekend of Recovery Facilitator Team. We offer our condolences to the families who have lost dear ones at the hands of police brutality and injustice.

INDIGENOUS LAND ACKNOWLEDGEMENT

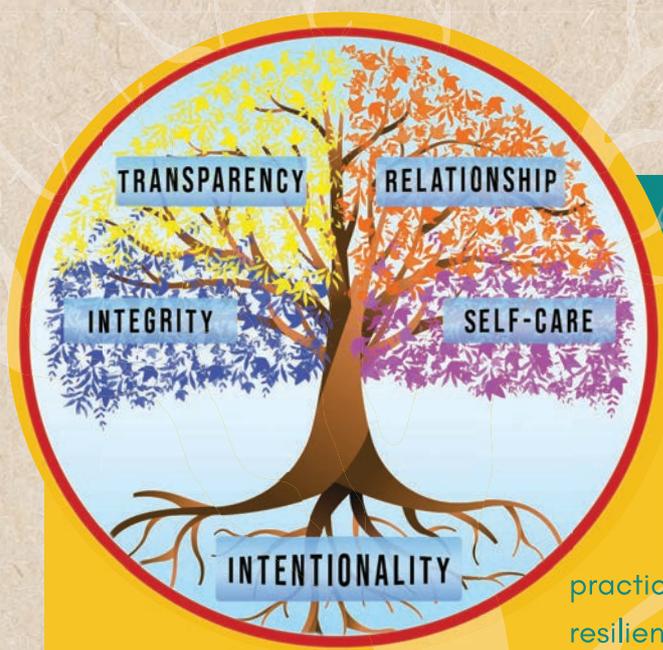
Every community owes its existence and vitality to generations and ancestors who contributed to their hopes, dreams, and energy to making the history that led to this moment. Some of our ancestors were brought here against their will, some were drawn to come here from their distant homes, and some have lived on this land for more generations than can be counted. Truth and acknowledgment are critical to building mutual respect and connection across all lines of heritage and difference. We begin this effort to acknowledge what has been buried by honoring the truth.

Each of us, no matter where we are physically, are standing on the ancestral lands of an Indigenous People who were here before us. We pause to consider the many legacies of violence, displacement, migration, and settlement that precede our being together here today. Please take a moment to reflect on the Native communities that inhabited the land that you occupy now. We pay respects to their elders and we take a moment now to acknowledge their past, present, & future care of the land and all the manifestations of the earth's spirit. May we all join together in stewardship of this precious Earth.



GENUINE COMMITMENT TO SOCIAL JUSTICE REQUIRES THAT ACTION MUST BE CONGRUENT WITH OUR WORDS.

IN 2020, WE WELCOMED RICHARD SMITH TO OUR NEWLY-CREATED ORGANIZATIONAL ROLE OF ANTI-RACISM CONSULTANT TO THE FACILITATOR TEAM.



OUR 5 CORE VALUES

SELF-CARE: Through caring and healing for ourselves and the entire MenHealing community we create a solid core from which we can offer our care and healing to others. We achieve this by recognizing and using mind and body practices of safety, self-awareness, strength, vulnerability, resiliency and the equitable honoring of self and others.

RELATIONSHIP: The heart of our work at MenHealing emerges from careful attention to healthy relational dynamics, within the culture of our organization as well as in all interactions with others.

TRANSPARENCY: MenHealing is dedicated to creating an environment of transparency, which is an ongoing process of openness between all involved, including participants, team members, board members, and the public that creates trusts and facilitates the empowerment, authenticity, and growth of the organization.

INTEGRITY: We at MenHealing aspire toward integrity by doing what we say we will do and practicing what we preach. We seek to be consensual by acknowledging in advance that participation does not take place without mutual recognition of what is to take place.

INTENTIONALITY: MenHealing is committed to the individual and collective practice of intentionality. Mindful land Somatic action, presence and reflection on the goals and pathways we seek to travel are the roots of self-care, relationship, transparency, and integrity. Intentionality leads to purposeful words and action.

BOARD OF DIRECTORS

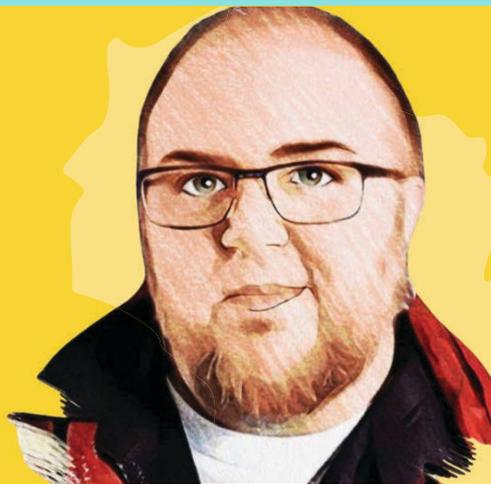
The MenHealing Board of Directors continues to add individuals of extraordinary vision and talent from all over the country. While the Board's major responsibilities are funding and outreach, they are committed to a close internal relationship with the team, the staff, and the many incredible volunteers.

MEET OUR 3 NEWEST BOARD MEMBERS...



EMILIANO DIAZ DE LEON
he/him/his | Texas

After more than a decade of experience working for several domestic and sexual violence centers across Texas, Emiliano joined the **Texas Association Against Sexual Assault** in 2008, where he provides training and technical assistance on victim advocacy and prevention of sexual violence to SAPCS-PHHS Block Grant grantees around the state. [Read more...](#)



MICHAEL MUNSON
he/him/his | Wisconsin

Michael is co-founder and Executive Director of **FORGE**, an organization focused on improving the lives of transgender individuals by building stronger connections, providing resources, and empowering growth. He is passionate about engaging professionals to embrace these complexities and learn key skills to better serve clients/constituents. [Read more...](#)



ALBERT EDWARDS III
he/him/his | California

Albert brings more than 40 years of Human Resources, Talent Management, Diversity, Equity, and Inclusion, Anti-Racism, Social Justice, Leadership, and Organization Development experience to MenHealing. He focuses on helping organizations strategically transition to an Anti-Racism culture through whole-systems transformation processes. [Read more...](#)



JOANNA COLRAIN
LPC, CGP, ACS
she/her/hers
Washington
[Read more...](#)



YAO OBIORA DIBIA
LCSW, ACSW
he/him/his
New York
[Read more...](#)



MARIA ESTRADA
PHD
she/her/hers
Utah
[Read more...](#)



JORDAN MASCIANGELO
Special Project Manager
he/him/his
Florida
[Read more...](#)



DEBRA WARNER
PSYD
she/her/hers
California
[Read more...](#)

WEEKEND OF RECOVERY TEAM

The MenHealing Facilitator Team is committed and adaptable. Their membership on the Team ranges from 18 years to less than one year. They have adapted the delivery of the WORs to thrive as virtual workshops. They are dedicating hours and hours to self-reflection AND action as part of an anti-racist organization. They are constantly redefining state-of-the-art trauma healing and empowerment.

MEET OUR 4 NEWEST TEAM MEMBERS...



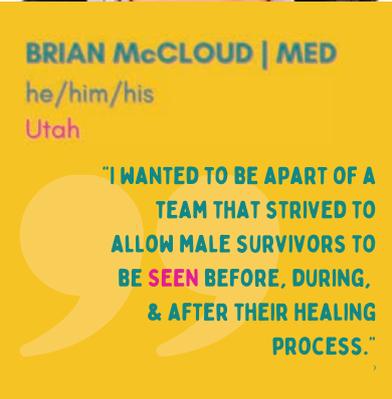
UMA DORN | PHD, PC
she/her/hers
Utah

"I AM EXCITED TO BE PART OF THE FACILITATOR TEAM AS WE DELVE INTO THE PERSONAL & SYSTEMIC WORK OF PROVIDING TRAUMA INFORMED SERVICES TO COMMUNITIES OF COLOR USING AN **INTERSECTIONAL & EQUITY LENS.**"



JOSEPHINE PANG | LCSW
she/her/hers
Massachusetts

"I JOINED BECAUSE THEY HAVE MODELED WHAT IT MEANS TO BE AN ORGANIZATION THAT IS CONSISTENTLY **RESPONSIVE, ADAPTIVE & COMMITTED** WHEN ENGAGING IN DIFFICULT CONVERSATIONS REGARDING SOCIAL JUSTICE ISSUES."



BRIAN McCLOUD | MED
he/him/his
Utah

"I WANTED TO BE A PART OF A TEAM THAT STRIVED TO ALLOW MALE SURVIVORS TO BE **SEEN BEFORE, DURING, & AFTER** THEIR HEALING PROCESS."



PEITAO ZHU | PHD
he/him/his
Illinois

"I HAVE ALWAYS ADMIRERED MENHEALING AS AN ORGANIZATION FOR THE BREADTH & DEPTH OF ITS VARIOUS ENGAGEMENTS & PROJECTS. I AM EXCITED TO BE A PART OF THIS **INCREDIBLE TEAM!**"



TOSIN AKINDELE
LMSW | New York



CHAD CORBLEY
PHD | Ohio



JESSICA GUSBERG
PHD, PC | New York



SHARON IMPERATO
LHMC | Massachusetts



KENTON KIRBY
MSW | New York



RICHARD SIMS
RSME, RSMT, CTP | Illinois



JIM STRUVE
LCSW | Washington



LEE BECKSTEAD
PHD | Utah



SANDI FORTI
PHD, PC | Ohio



MARGARET HUNTER
LMFT, ATR | California



LISA JAMESON
LMFT | California



ERNESTO MUJICA
PHD | New York



MATT STELLA
LICSW, DIPL.P.W. | Massachusetts



DIANA THOMAS
MED, CHMC | Utah

SPECIAL APPRECIATION TO **BILL BURMESTER & KERBY KILLINGHAM** WHO TRANSITIONED OFF THE TEAM IN 2020. THANK YOU FOR YOUR TIME & DEDICATION TO HELPING SURVIVORS HEAL.



OUR DEDICATED SUPPORT STAFF



MISSY BURTON
bookkeeper
Utah



RY DUNN
social media
Massachusetts



DAVID EVANOFF
video producer
Utah



ERIC JENNINGS
website manager
California



SAM KATZ
video producer
Illinois



JORDAN MASCIANGELO
special projects
Florida



TRISHA MASSA
outreach
New Jersey



RICHARD SMITH
WOR Anti-Racism
Consultant
New Jersey



SHAR WOOD
webmaster
Utah

COLLABORATION WORK

MenHealing pursues opportunities for collaborative projects. Working with other organizations fosters greater creativity and more efficient use of resources.

Our efforts to help male survivors decrease their isolation and create community must be congruent to our organizational behavior, both internally and externally.

We believe that ending sexual violence is more achievable if we establish healthy and collaborative alliances with organizations that want to work together.

MENHEALING presents

THE MEN'S STORY PROJECT: *Survivors' Healing Journeys*

MenHealing and *The Men's Story Project* forged a working relationship to produce an innovative forum for male survivors to share their journeys of hope and healing. Twelve men were selected from a national *Call for Submissions* - through a series of workshops, these men were guided to craft powerful stories and present them for a national online audience during four LIVE events. Videos of each presentation have been added to the [MenHealing video library](#).



MenHealing established a collaboration with *Best Friends Animal Sanctuary* in Utah this past April to provide an adjunctive healing experience for survivors. This service project creates an innovative and unique opportunity

for male survivors and abused animals to help each other heal. We loved it so much that we are going back next year! Click

[HERE](#) to watch a short video about this Service Project.



MenHealing is actively engaged in public outreach through conference and in-service presentations.

SCRIPT STOP THE STIGMA

Requests for our speaker resources has proliferated during the past 16 months. Our participation in the international *SCRIPT* Conference is just one example. Click [HERE](#) to watch a video of this 90-minute conference presentation.



MenHealing has received increased invitations to participate in cutting-edge podcasts and public forums.

One example is our participation in a dynamic interactive session about male survivorship hosted by the *Positive Results Center*.

Click [HERE](#) to watch a video of this forum.

FINANCIAL TRANSPARENCY

We are committed to raising and managing money in ways that ensure long-term financial sustainability and that maximizes access to the services we provide. We seek a relationship with money that allows us to use our financial resources to reduce the barriers for male survivors of sexual violence who desire access to the healing services that we provide.

MenHealing successfully met the challenge of providing continuity of services during the past 16 months even as many survivors and financial donors were experiencing economic hardships. To overcome these obstacles, we implemented four bold budgetary actions:



Transitioning most of our healing retreats to virtual access via the Zoom platform

Reducing enrollment by 50% to accommodate online participant interaction



Decreasing registration fees for DORs/WORs by 85%

Extending eligibility for Financial Assistance grants to include the remaining 15% of registration fees.



MenHealing was successful in accomplishing these budgetary actions through our agility to reallocate considerable amounts of our General Fund for these four critical areas of financial need.



The generosity of donated and volunteer time from our amazing facilitator team and alumni is a core factor of MenHealing's success...



all numbers are based on the 16-month period between 01/20 & 04/21

DONOR RECOGNITION

MenHealing is grateful for the generosity of individual donors, whose financial contributions support over 80% of our operating budget. We want to acknowledge the following one-time and recurring donors who contributed to MenHealing during the last 16 months. We also want to acknowledge those donors who have contributed financially but prefer to remain anonymous.

THANK YOU FOR YOUR SUPPORT!

A DEDICATED FACILITATOR IN MEMORY OF A SURVIVOR

DANIEL ADAMS
JESSE BATHRICK
JEFF BELL
JEFF BRANDT
BILL BURMESTER
MICHAEL CASTELLANA
DAS CHAPIN
JEFF & BONNIE CLAY
JOANNA COLRAIN
CHAD CORBLEY
EMILIANO DIAZ DE LEON
FRANCES V. DILLON
RYAN DUFF
MARION DUNN
DANIEL DURACK
GUY EDWARDS
MARIA ESTRADA
DAVE EVANOFF
DAVE FLETCHER &
LEO RAMOS
HOWARD FRADKIN
FRANKLIN THEATRICAL GROUP
ANNE FREED, LCSW
ADAM FROST
DR. RICHARD GARTNER
JON GILGOFF
CATHY GRANT

BRIAN GREENE
ROB HAWKINGS &
ANGELA KONDRAK
TOM & JAN HODSON
JACKSON HOLTZ &
JEREMY MOSER
JAMES HOPPER
MARGARET HUNTER
MIC HUNTER
SHARON IMPERATO
LISA JAMESON
ERIC JENNINGS
SAM KATZ
GARY KATZ
KIRBY KILLINGHAM
KENTON KIRBY
JEFFREY KRAMER &
JANET CRAIG
NIALL LENIHAN
MIMI LEVITT
GILES MAIDON
DAVE MANGUM
SONYA MARTINEZ-ORTIZ
JORDAN MASCIANGELO
JERRY MILLER
STEVE MILLER
ALEX MOLLHOFF &
JEFF KEYES
ERNESTO MUJICA

MICHAEL MUNSON
JEFF NEAL
BRIAN O'LEARY
MARINA PEED
MELINDA PETTINGILL
MICHAEL PHOENIX
ROBERT & CHERYL PURVIS
TERENCE RICE
MARTHA RIESER
LARRY RUHL
RICH SIMS
PAUL STRETCH, LCSW
JIM STRUVE
CJ SUMNER
DIANA THOMAS
JOHN WALKER
JIM WALKER
DEBRA WARNER
ELLEN WEISS
DREW WIGGINS
RICK WILLIAMS

VIDEO PRODUCTION

As MenHealing continues to grow and evolve as an organization, we have discovered that telling **STORIES** is an integral piece of the healing puzzle. Making video production more of a priority in 2020, we expanded our video library, successfully reaching more men with the message of hope and healing.



BEYOND SURVIVAL: SKILLS FOR HEALING REFRAMING TRAUMA

With the success of our **Voices of Healing** series, we launched a companion series titled **Beyond Survival: Skills for Healing**, geared towards helping survivors gain new tools for healing. The first video in this series, *Reframing Trauma*, became a certified hit for MenHealing, garnering over 3,000 views in the first month of release and becoming our most watched video to date!



BEYOND SURVIVAL: VOICES OF HEALING ZEKE THOMAS

In honor of Sexual Assault Awareness Month, MenHealing produced a very special Voices of Healing video. This video focuses on the healing journey of Zeke Thomas, a male survivor with international fame as an activist, renowned DJ, TV host, producer and the son of NBA superstar, Isaiah Thomas.



BEYOND SURVIVAL: FINDING HOPE & HEALING ON KILIMANJARO

Our Voices of Healing series continued to expand in 2020, beginning with the anticipated release of the 22-min short documentary, *Finding Hope & Healing on Kilimanjaro*. In this inspiring film, WOR alumnus, Jordan Masciangelo, chronicles his personal healing journey through East Africa and to the summit of Mount Kilimanjaro through a series of video diaries and breathtaking footage.



FACES OF MENHEALING: ERNESTO MUJICA

With our newly launched *Faces of MenHealing* video series, we are giving viewers a look inside the lives of the people behind our organization. Three videos, featuring *Weekend of Recovery* facilitators, have been released so far in this exciting new series with three more focusing on Board members set to launch in the second half of 2021.

Ernesto Mujica, PhD
WoR Facilitator
Manhattan, NY

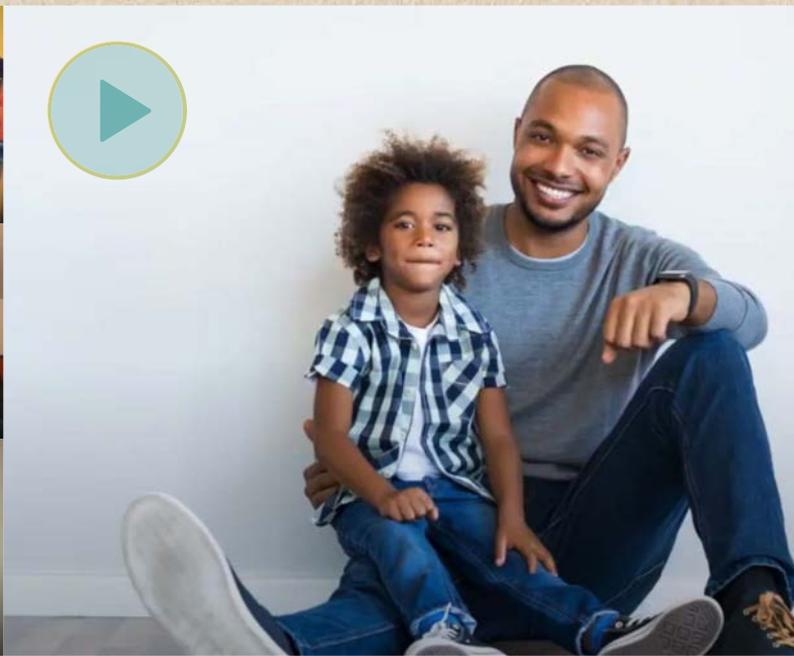


SKILLS FOR HEALING
PEBBLES MEDITATION
7:55

SKILLS FOR HEALING
TRAUMA INFORMED YOGA
29:05

FACES OF MENHEALING
SANDI FORTI, PHD
2:53

FACES OF MENHEALING
TOSIN AKINDELE, LMSW
3:35



BEYOND SURVIVAL:
VOICES of HEALING
• **MICHAEL**
• **RY**
• **NIALL**

MENHEALING
DID YOU KNOW?
1 in 6 males are survivors of sexual victimization .
Did you know that *anyone* in your life could be a survivor?
3:02

BEYOND SURVIVAL:
VOICES of HEALING
• **THOMAS**
• **TISHA**
• **DJ**

HONORING OUR HEALING SPACES



VENUE: HOPE SPRINGS INSTITUTE
LOCATION: PEEBLES, OHIO
HONORING: THE SHAWNEE & OSAGE PEOPLES

We have been conducting WORs at **Hope Springs** since 2007. Located in the Appalachian foothills, this venue is carefully integrated into farmland and the forest ecosystem. This woodland sanctuary includes user-friendly trails and creates an environment of solitude.



"Alta Lodge is very lucky to be situated in the Wasatch National Forest, in the incredible, glacier-cut Little Cottonwood Canyon. It is home to numerous wildlife and flora – in the summer, the moose and deer will come by the Lodge. The land surrounding Alta Lodge is a retreat for visitors and locals alike – the wildflowers in the summer and fall are a local treasure. Preserving Alta’s unique character and heritage; and to encourage stewardship and sustainability of Alta’s environment and community is important to Alta Lodge."

- Mimi Levitt, proprietor - *Alta Lodge*



VENUE: WHIDBEY INSTITUTE
LOCATION: CLINTON, WASHINGTON
HONORING: THE SNOHOMISH PEOPLES

Whidbey Institute was added as a WOR venue in 2018. This retreat setting is carefully integrated into a classic Northwest Forest ecosystem. Comfortable lodging is available in charming cabins. Gardens and a contemplative labyrinth provide a wonderful setting for program activities.



"Our most profound accomplishment during 2020 was demonstrating the depth of dedication from everyone associated with MenHealing (staff, Board members, volunteers, and consultants) and our collective ability to maintain uninterrupted services for the survivors and their allies who rely on us. Success with virtual WORs has augmented access for survivors who are unable to travel to our physical venues. Therefore, our on-going schedule will now include several virtual WORs."

- Jim Struve, Executive Director - *MenHealing*

We maintain a commitment to conduct WORs at venues that share the core values of MenHealing. We have established close working relationships with several facilities that are invested in protecting the physical environment in which they are located. Their staff are responsive to our mission and we embrace them as part of our MenHealing family. We are grateful for their careful attention to providing nutritious food as well as safe and respectful service.

"Hope Springs Institute's deepest and most meaningful teacher is the land herself. As an organization that stewards considerable rural land and teaches from a learning landscape, we know our most important lessons of community, respect, and responsibility come from the meadows, woodland, and ravines that we call home at Hope Springs. We also believe that to live in right relationship with one another as humans, we must each live in right relationship with the Earth."

- Victoria Brown, Executive Director - Hope Springs Institute



VENUE: ALTA LODGE
LOCATION: ALTA, UTAH
HONORING: THE UTE PEOPLES

Since 2005, we have conducted 26 WORs at Alta Lodge. Located at 8,600 feet and nestled in a quaint alpine setting, rustic lodging and meeting spaces allow spectacular mountain vistas, frequent sightings of wildlife, and the opportunity to mingle with gorgeous wildflowers.



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"The land is integral to the Whidbey Institute's work and mission. It holds us, feeds us, teaches us, and inspires us. Remembering and reengaging our deep interdependence with wild spaces is vital if we, as humans, are to experience the kind of personal, societal, and ecological healing that this moment calls for."

- Marnie Jackson, Co-Executive Director - Whidbey Institute



VENUE: VIRTUAL/ONLINE
LOCATION: GLOBAL
HONORING: ALL INDIGENOUS PEOPLES OF EARTH

Initial COVID shutdowns went into effect on March 16th, 2020 - just weeks before 2 of our scheduled events. Thanks to the imaginative and agile resourcefulness of our Board, Facilitator Team, and Support Staff, we quickly transitioned our attention to conducting our 2020 events without interruption, virtually via Zoom



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WHAT MEN ARE SAYING ABOUT OUR EVENTS...

As we continue to gather and evaluate data about the effectiveness of our programs, we want to highlight that voices are more powerful than any statistic. To learn more about our on-going research project, [CLICK HERE](#)

“MY STORY WAS HEARD”

“THE FACILITATORS WERE AMAZING!
SO MUCH COMPASSION”

“THE WOR WAS A POWERFUL & POSITIVE EXPERIENCE FOR ME”

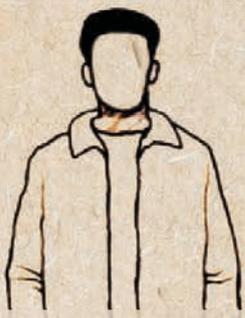
“THE BIGGEST THING WAS THAT I FOUND MY VOICE”

“I LEARNED TO ACCEPT THE WAY I AM & JUST ALLOW THAT TO BE.”

“I GAINED A LOT OF INSIGHT ABOUT MYSELF”

“I FEEL LIGHTER & HAVE A BETTER SENSE OF DIRECTION FOR LIFE, WORK & RELATIONSHIPS”

“THIS WEEKEND WAS WORTH MORE TO ME THAN A YEAR OF THERAPY”



LOOKING AHEAD...

Full steam ahead, MenHealing is already planning a variety of exciting new projects. We aim to expand our programming, developing each step with careful attention to enhance our commitment to provide innovative resources for underserved populations. We look forward to your continue interest and support for our program activities.



Building on the success of our *Survivors' Healing Journeys* live events, we are launching a new collaboration with FORGE, a nonprofit dedicated to building strength and resilience in our transgender communities. This brand new project will feature the incredible healing journeys of Trans and Nonbinary Survivors. We will circulate a *Call for Submissions* later this summer. Two Live Events are planned to be conducted on March 31st & April 1st, 2022.



Services that address the needs of Partners, Family Members, and Friends (PFF) is often overlooked as a valuable adjunctive resource for survivors. MenHealing is committed to providing resources that enhance the capacity for PFF to be supportive allies for the male survivor they love. We will be expanding our "Voices of Healing" video series to include PFF as well as developing DOR/WOR events with online and/or in-person accessibility.



Decreasing isolation and increasing community for male survivors is an important dimension to long-term healing. Expanding our services to include online support groups will allow greater accessibility for survivors who face obstacles to attend an in-person event. In addition, support groups for WOR/DOR Alumni will contribute to post-event connection and community.

THESE INITIATIVES CANNOT HAPPEN WITHOUT YOUR SUPPORT!

80% OF OUR BUDGET COMES FROM GRASSROOTS DONATIONS

HELP KEEP OUR EXTRAORDINARY TRADITION ALIVE

HELP SURVIVORS HEAL. DONATE NOW!

