

# MenHealing



2025  
*getting better together*

Research reveals **1 in every 4** men in the United States experiences sexual harm during their lifetime.



Men who have experienced sexual harm usually struggle with multiple consequences to their well-being, including isolation, post-traumatic stress, anxiety, depression, increased risk of self-harm and suicide, shame, relationship challenges, etc.

Many men **wait 20 years** or more before they disclose their victimization or seek help.

MenHealing is one of the only charities that provides dedicated resources for these men.



IN

Our online support groups, Weekends of Recovery, and educational resources have helped thousands of men to build skills, community, and self-compassion to overcome the devastating impacts of sexual abuse and end the cycle of victimization. We also offer services to reach loved ones, allies, and providers.

# A MESSAGE FROM THE EXECUTIVE DIRECTOR

This past year has been characterized by assaults on social service providers who seek to protect policies of diversity, equity, and inclusion. Draconian government funding cutbacks have decimated many social service agencies. Overarching economic uncertainties have thwarted individual charitable donations.

MenHealing has not wavered in our deep commitment to the core values that define our work and staff have maintained a steady investment in providing uninterrupted services to survivors and loved ones we serve. **THANKS to EACH OF YOU** who have sustained your loyal support and welcome to each of you who are new supporters.

**TOGETHER WE ARE STRONGER** as we provide resources to men who have experienced sexual harm as well as to loved ones and providers.

This 2025 Annual Report is a concise but comprehensive overview of our work during the past year. We welcome your feedback with testimonials of support, inquiries for more information, or any other comments.

If you are already a monthly donor, thank you. Your ongoing support makes our high-quality programs possible and allows us to plan sustainably for the men and families we serve.

If you are not yet a recurring donor, we invite you to consider a monthly gift of \$5, \$50, or \$100. Every amount makes a meaningful difference. Please also consider sharing this report with others who may benefit from or support our mission.

**Thank you for being part of MenHealing.**

Jim Struve  
Executive Director, MenHealing



# WHO WE ARE



MenHealing is committed to collaboration and teamwork; building a movement alongside other organizations working to end sexual victimization of women, children, and survivors of all genders.

Together, we are building a world where every survivor of sexual harm, regardless of gender or identity, has access to the community and resources they need to heal.

**MenHealing** began to operate as an independent non-profit eight years ago, but our roots go back nearly **50 years**. Our Executive Director has been working with boys and men who have experienced sexual harm since 1976. Many of our staff and volunteers have been working together for more than 20 years. **Weekends of Recovery**, our flagship program, has been running continuously since 2001. **More information about our current team is available at our website.**

# MEET THE TEAM



**Mary Aguldelo**  
Bookkeeper

**Evan Basting**  
Program Evaluation Project

**Chad Corbley**  
Direct Services

**Mike Davis**  
Support Groups Project Co-Director

**Stephanie DeCandia**  
Support Groups Project Co-Director

**Holly Demore**  
Grant Writer

**Sandi Forti**  
Direct Services

**Zidia Gibson**  
Digital Outreach Director

**Sharon Imperato**  
Support Groups Project Co-Director

**Eric Jennings**  
Website & Blog Manager

**Sam Katz**  
Outreach & Engagement Director

**Ernesto Mujica**  
Direct Services

**Rich Sims**  
Direct Services

**Michael Munson**  
Board Member / Podcast Host

**Jim Struve**  
Executive Director

**Debra Warner**  
Board Member / Podcast Host

**Shar Wood**  
Executive Assistant

# WEEKENDS OF RECOVERY

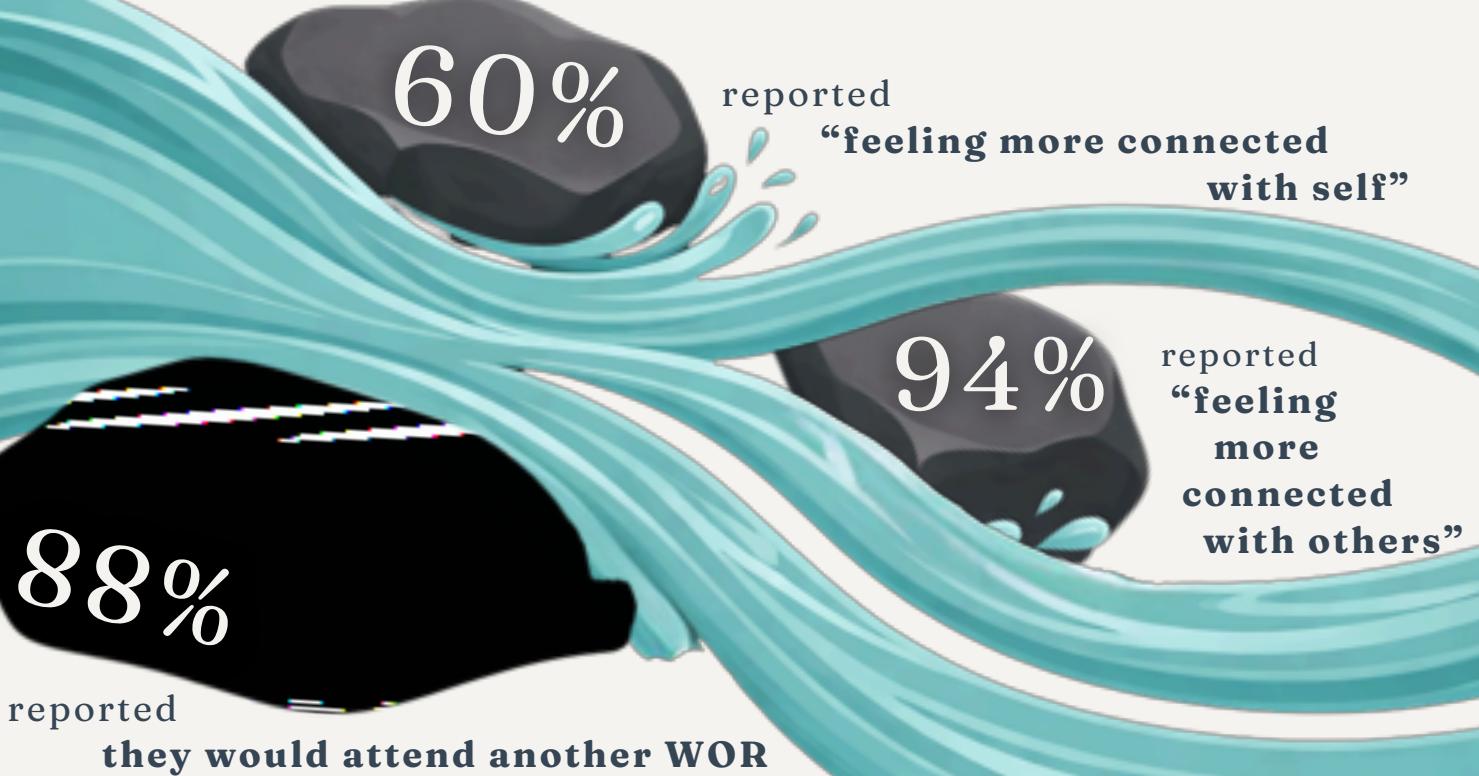
WEEKENDS OF RECOVERY

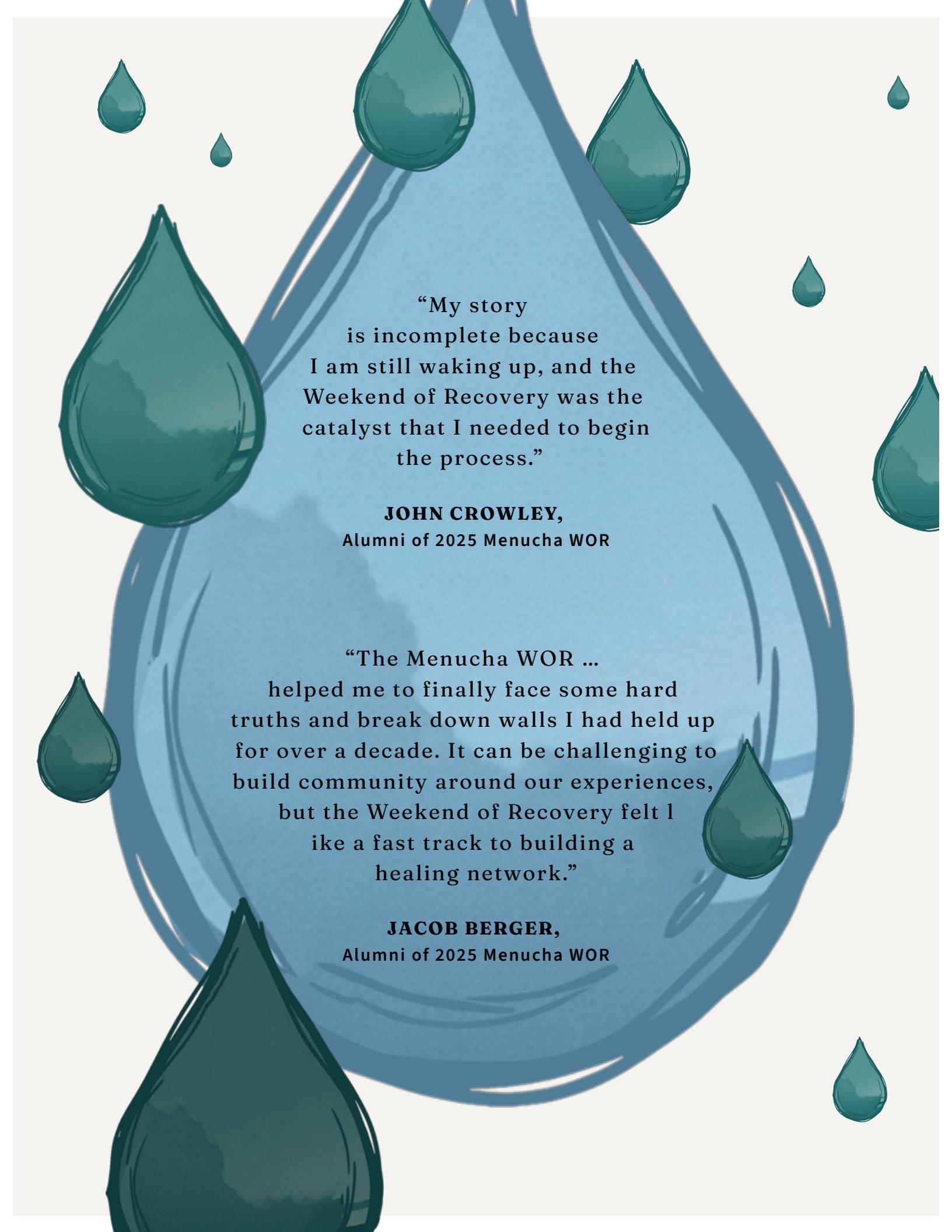
In October 2025, we conducted our 104th Weekend of Recovery (WOR), celebrating 25 years. WORs provide a unique healing experience, where men discover connection and community in a safe environment. This year's Weekend, near Portland, Oregon, was a collaboration between MenHealing and the newly-formed Pacific Northwest Community Survivor Network.

We are exploring this model of grassroots partnerships as our pathway forward. We believe that by working with agencies and advocates across the country, we can reach more survivors and better provide resources that allow for additional support locally after attending a Weekend. This new approach strengthens our financial health by providing opportunities for sponsorship from local businesses. At our October WOR, five law firms contributed financial support, which allowed many men to attend who could not afford it otherwise.

In 2026, we are focused on collaborations with individuals, charitable foundations, and agencies to conduct Weekend and Day of Recovery events that allow more survivors nationwide to access our healing resources.

## Participant post-weekend feedback from the October 2025 Level 1 WOR:





“My story  
is incomplete because  
I am still waking up, and the  
Weekend of Recovery was the  
catalyst that I needed to begin  
the process.”

**JOHN CROWLEY,**  
Alumni of 2025 Menucha WOR

“The Menucha WOR ...  
helped me to finally face some hard  
truths and break down walls I had held up  
for over a decade. It can be challenging to  
build community around our experiences,  
but the Weekend of Recovery felt l  
ike a fast track to building a  
healing network.”

**JACOB BERGER,**  
Alumni of 2025 Menucha WOR

# Online Peer Support Groups

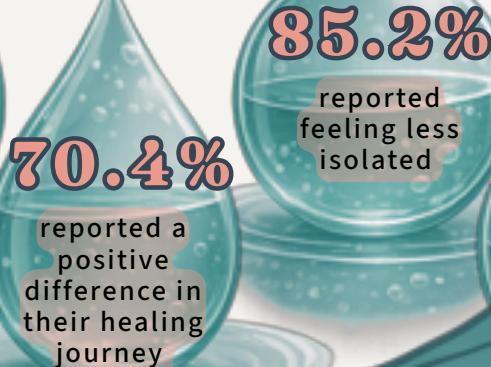
Our Online Peer Support Groups have become one of our core programs, providing community and connection to three different groups:

- 1) Weekend of Recovery alumni who want ongoing connection and support
- 2) male survivors who have never attended a Weekend but are still seeking a safe community to heal
- 3) partners of male survivors, who face unique challenges and also deserve support and care.

All Support Groups are co-facilitated by survivors or partners who have received Peer Leader training and receive ongoing supervision from MenHealing clinical staff.

**We currently have 27 survivors and partners on our roster of trained Peer Leaders available to co-facilitate Support Groups.**

Evaluation results from a sample of Community Peer Support Group following participation indicate that:



“The support group has provided me with the first safest platform on which I can now begin building a journey that cherishes and celebrates my true self.”  
- Community Support Group participant

Looking forward to 2026, we plan to include Parenting Groups, designed to offer support for male survivors with children. We are expanding outreach to survivors, partners, and providers to increase awareness about our online Support Groups

“This course gifted me with a lot of very valuable tools to help me deal better with the trauma of what I went through in my life”

- anonymous incarcerated survivor

A GUIDE FOR SURVIVORS

OF SEXUAL

ABUSE

# H.O.M.E. PUBLICATION

We completed the first edition of our 154-page **Healing Outreach for Men Everywhere (H.O.M.E.)** e-book at the end of 2024, edited by Sandi Forti and illustrated by Jordan Masciangelo.. At the end of January 2025, this e-book was uploaded to tablets in correctional facilities nationwide. As of today, H.O.M.E. is available in 1,430 correctional facilities in 47 states. This comprehensive publication gives access to healing resources to over one million incarcerated individuals, a population where survivorship is estimated to be higher than 80%. Careful attention was given to drafting culturally relevant text and including 21 videos produced by MenHealing to increase user engagement.

“...the whole course impacted me in a amazing way I thank God and you for supporting and providing helpful information thru and for my past trauma's and now I can finally confirm and say I am in the process of healing and can finally move on with my new life and family happy and peaceful and I can finally say I am enough thank you”

- anonymous incarcerated survivor

In September 2025, a paperback print version of H.O.M.E. was released for purchase by the general public. In December 2025, we received a generous grant from the **RLC Family Foundation** that will fund:

- (a) Spanish-language translation of H.O.M.E.;
- (b) Second Edition of H.O.M.E., adapted for community-based survivors and providers; and
- (c) access to a Data Analytics service to track user demographics and impact



# JUST HEALING PODCAST

In 2025, hosts Dr. Debra Warner and Michael Munson hosted 25 episodes of Just Healing. This podcast and video series, available on all podcast streaming platforms and YouTube, explores issues that intersect with sexual harm, and invites guest speakers and listeners alike to reflect on the question: **How do you heal?**

Guests share real life experiences of finding their way - through identity, loss, culture, community, love, and all the beautiful and messy things in-between.

**We saw remarkable success with the content we published this year:**

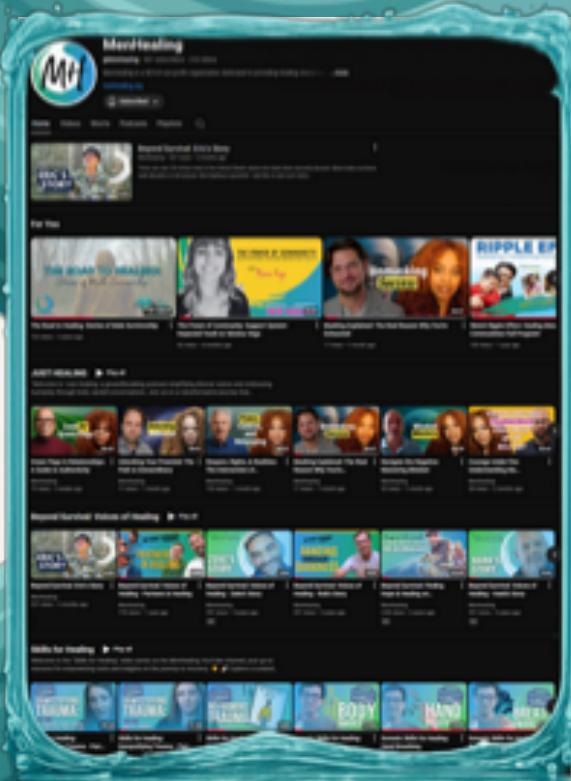
We received more comments than **78%** of other shows

Fans listened to us for longer than **75%** of other shows

In the top **25%** of videos on Spotify

We received more shares than **93%** of other shows

**900%** increase in new audience from 2024



## MENHEALING YOUTUBE LIBRARY

**Our YouTube presence has grown to 209 videos.**

Our library of videos produced by MenHealing, includes “Voices of Healing” (that feature personal stories of hope and healing), “Skills for Healing” series, recordings of training presentations, all “Just Healing” podcasts, etc.

## Program Evaluation Project (PEP)

PEP is MenHealing's way of evaluating the impact of our services and helps us shape our programming to fit the needs our community. We routinely conduct participant pre- and post-surveys for WORs and Support Groups, and program evaluations for all our services, including education and training. We appreciate Peitoa Zhu's leadership during the past 3 years. In October 2025, Evan Basting assumed responsibilities for the management of PEP. We hope careful evaluation of services will enhance our role as pioneers and will provide critical data to the entire community

## Online Class Curriculum

We are currently in the early stages of building a comprehensive menu of online classes. Somatic Healing 101, an 8-week series conducted by Rich Sims (our in-house Somatic Educator) was first offered in 2024. In 2025, the class sold out! We look forward to growing our options for online classes in the coming years. We welcome suggestions for future classes!

## Professional Trainings

MenHealing staff and volunteers have presented 14 workshops and in-services throughout the country during 2025, reaching mental health clinicians, legal/paralegal providers, and sexual assault survivor advocates. Looking into next year, we seek to be presenters for more diverse audiences, including efforts to reach legal and paralegal providers.



# SPECIAL EVENTS

In April 2025, we conducted a theatrical reading of *BONDED*, a contemporary drama written by Tyler Martin, that features a young male survivor and addresses trauma-bonding among siblings. Advance outreach provided a platform for us to feature 11 male survivors who have discovered creative expression as a tool for healing. We featured examples of their artistic modality in our performed conducted at was endorsed by a organizations. encouraged audience who were young people.

by Bellamy Young and Westminster University coalition We by the of were large

This successful event, Tyler Martin, was in Salt Lake City and community especially percent of our



April 2025 was the 5th Anniversary of our annual Best Friends Service Project. This three-day service visit to the largest animal rescue sanctuary in the U.S. demonstrates our commitment to collaboration by offering volunteer service from MenHealing to another worthy nonprofit organization. What started as a small group of WOR Alumni and Facilitators has grown to include family members and friends, with youth as young as 8 years old.



Our fall fundraiser, **Ripple Effect 2025**, leveraged the success of our spring **Courage to Create**. In October 2025, we conducted a virtual Ripple Effect Benefit Concert. This innovative program featured the creative expression of 10 male survivors and allies including the **Indigo Girls**, **MOONTOWER**, **Jon Davis**, and the **Columbus Gay Men's Chorus**. This was our most successful single fundraising event ever, raising a total of \$45,000.

# BRIEF OVERVIEW OF 2025 FINANCIAL HEALTH

MenHealing remains firmly grounded in grassroots support for our work. Our relationship with loyal individual donors continues to be a key factor in our current financial health. During 2025 our strategy for fundraising evolved from a single end-of-year funding campaign to offering donor engagement throughout the entire calendar year.

During 2025, we expanded our base of support by receiving our first non-governmental grant, a \$50,000 gift from the RLC Family Foundation.

## 2025 Total Income \$343,857

Individual &  
Foundation Donors  
\$290,632

Event Registrations &  
Contracted Services:  
\$47,614

Educational  
Services:  
\$5,611

## 2024 Total Income \$266,728

Individual &  
Foundation Donors  
\$223,127

Event Registrations &  
Contracted Services:  
\$30,598

Educational Services:  
\$13,003

Looking forward to 2026, a major priority is to grow the number of donors in our Monthly Giving Circle, a convenient option for small and large donors to participate in on-going sustained donations. In addition, we are in communication with several non-governmental foundations that are interested in providing financial support for our inventive, effective, and well-managed programs. The H.O.M.E. book is an educational publication that is now available for purchase directly from our website and has potential for increased income.

**Individually, we are one drop.  
Together, we are an ocean.**

[www.menhealing.org](http://www.menhealing.org)