

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 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.**

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.

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

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:



60%

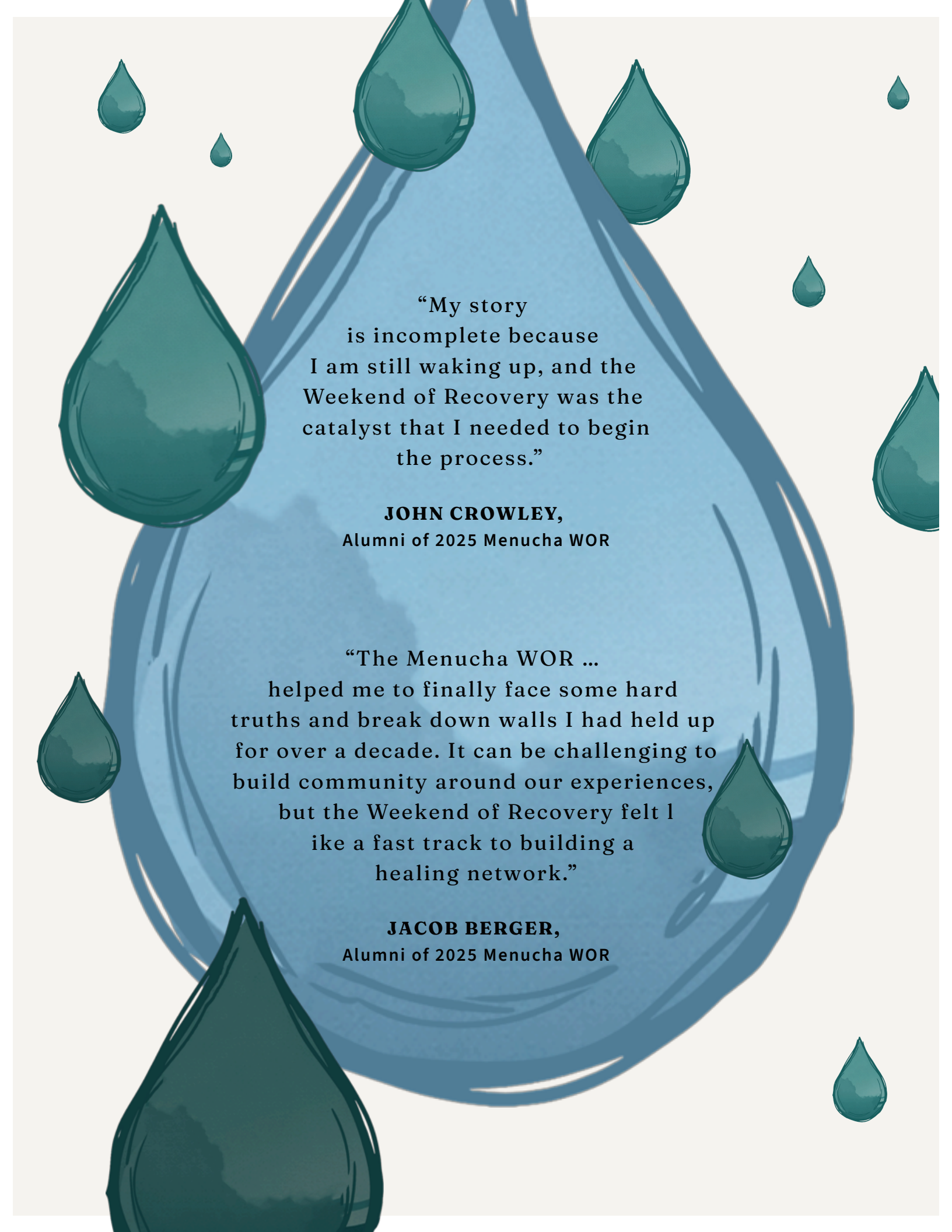
reported
"feeling more connected
with self"

94%

reported
"feeling
more
connected
with others"

88%

reported
they would attend another 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:

70.4%

reported a positive difference in their healing journey

85.2%

reported feeling less isolated

“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 LIVING BEHIND BARS



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 an 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:

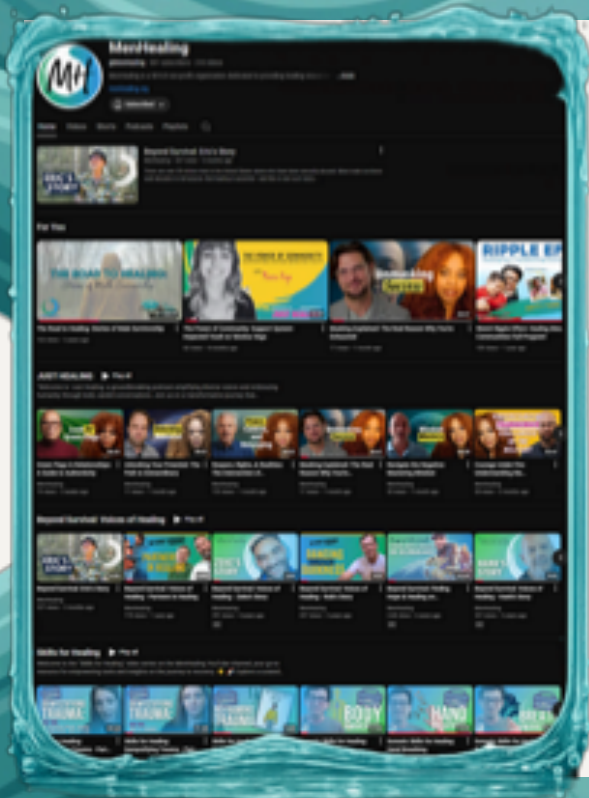
We received more comments than **78%** of other shows

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

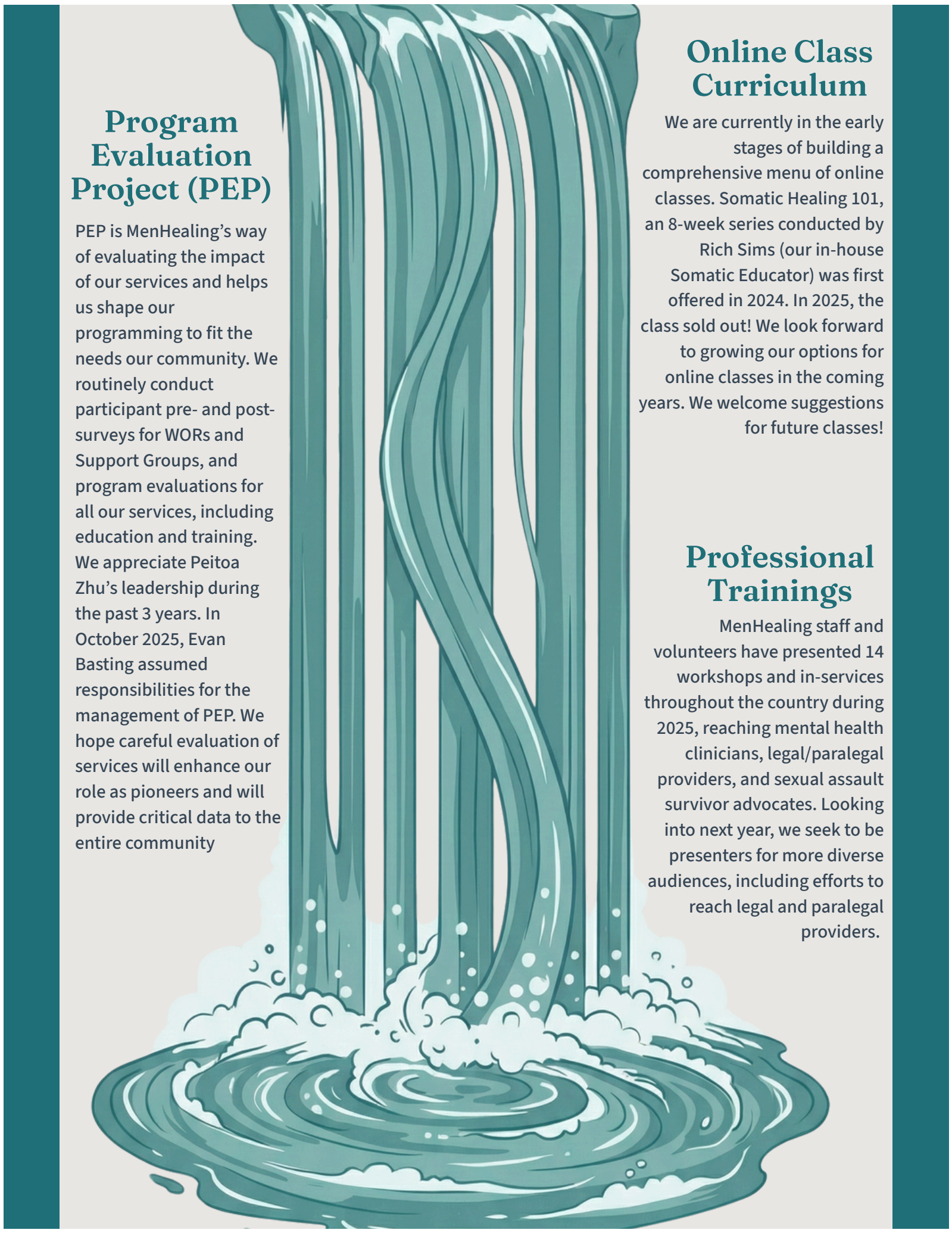
900% increase in new audience from 2024



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 promotion of **Courage to Create**. This successful event, performed by Bellamy Young and Tyler Martin, was conducted at Westminster University in Salt Lake City and was endorsed by a coalition of community organizations. We were especially encouraged by the large percent of our audience who were young people.



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