



Our Military Kids Wounded Warrior Program Survey Report

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Executive Summary

The purpose of this annual survey is to gauge the effectiveness of Our Military Kids' extracurricular activity grants in mitigating stress and other negative symptoms in children of severely injured service members during their recovery.

Surveys were emailed to 481 families who received grants through our Severely Injured program between October 1, 2017 and July 31, 2018. Families had just over two weeks to complete the survey; they were contacted and reminded by OMK staff two times. We received an 80.87% response rate this year (389 families), the highest response ever recorded in our annual survey. We attribute the increased response to a new requirement that families must participate in the survey if they would like to apply for additional grants. Because children in the Severely Injured program are eligible for a total of four grants, we knew there would be an incentive to participate. The survey responses remained anonymous. Survey questions were crafted to shed light on the program's impact on the 826 children who received grants, as well as its peripheral impact on family members.

Items on the survey were worded as direct questions, and addressed the following topics:

Service Member demographics; key findings include:

- 90% are Enlisted.
- 59% were wounded while serving in the Active Duty Army.
- 40% have deployed three or more times outside of the continental United States.

Injury demographics; key findings include:

More than half were injured between 2003 and 2007. 65% were injured in Iraq, and 22% were injured in Afghanistan. The most common injuries reported were:

- Post-traumatic stress – 95%
- Traumatic brain injury – 61%
- Other mental health – 44%
- Spinal cord injury – 14%
- 94% of families say they have dealt with financial difficulties due to their injuries.
- 78% say the service member's injury has affected the ability of the children's other parent or caregiver to work outside the home.
- 86% have two or more children between the ages of 3-18 living in their home.

Effects of injuries on families

- 42% noticed a decrease in their child's academic performance.
- 88% observed an increase in stress and anxiety due to the service member's injuries.
- 78% reported a financial hardship due to injuries.

The top two symptoms observed in children ages 4-11 were attention difficulties and acting out or aggression. In children ages 12-18, the top symptoms were attention difficulties and crying and depression.

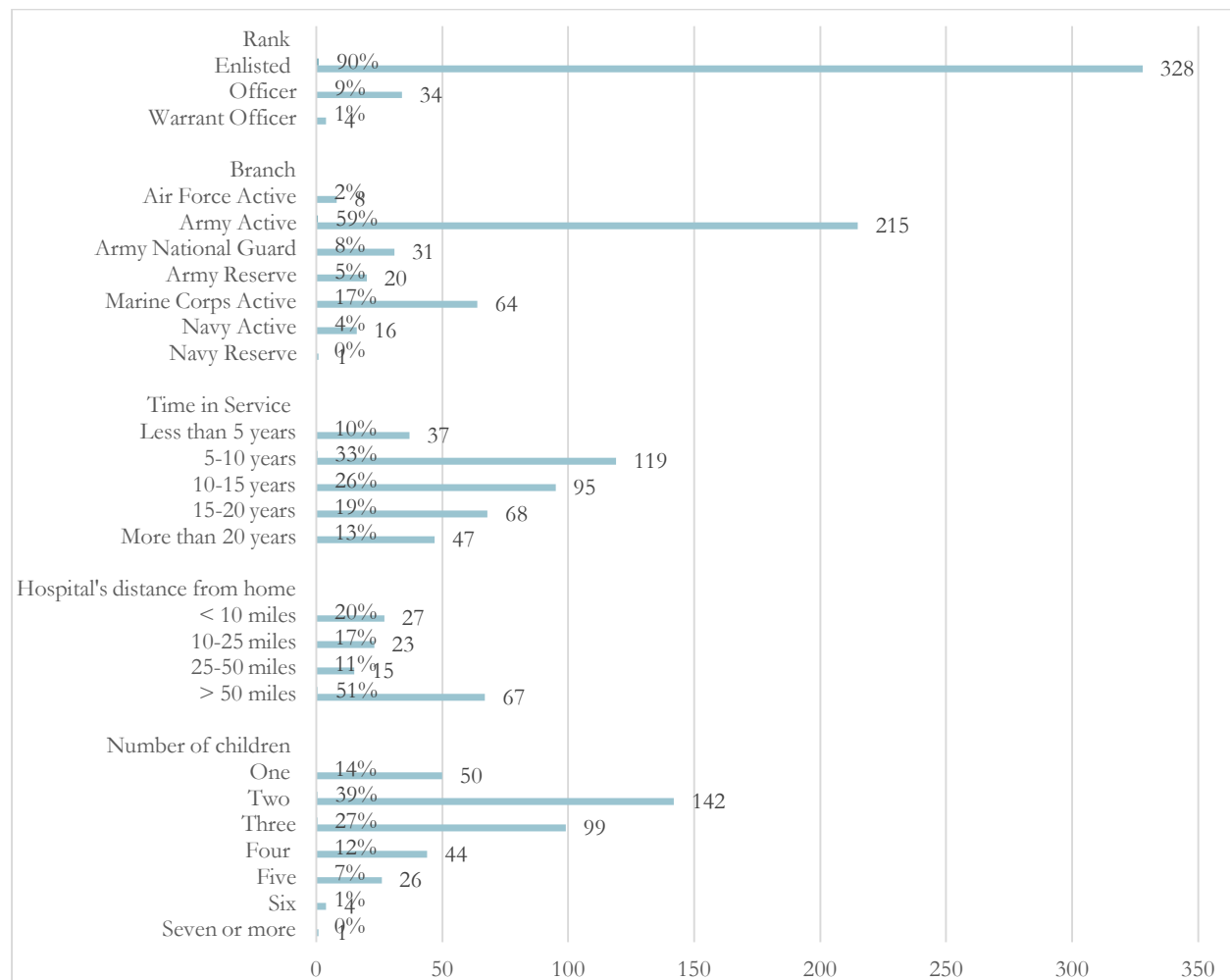
Impact of Our Military Kids Grant; key findings included:

- 85% reported that participation in the OMK sponsored activity improved their child's performance in school.
- 92% percent said that participation in OMK sponsored activity positively impacted the child and some, or all the child's symptoms during the service member's recovery process.
- 97% said that participating in the OMK sponsored activity contributed to the overall wellbeing of the entire family.
- 92% said the activity contributed positively to their recovery.

Demographics

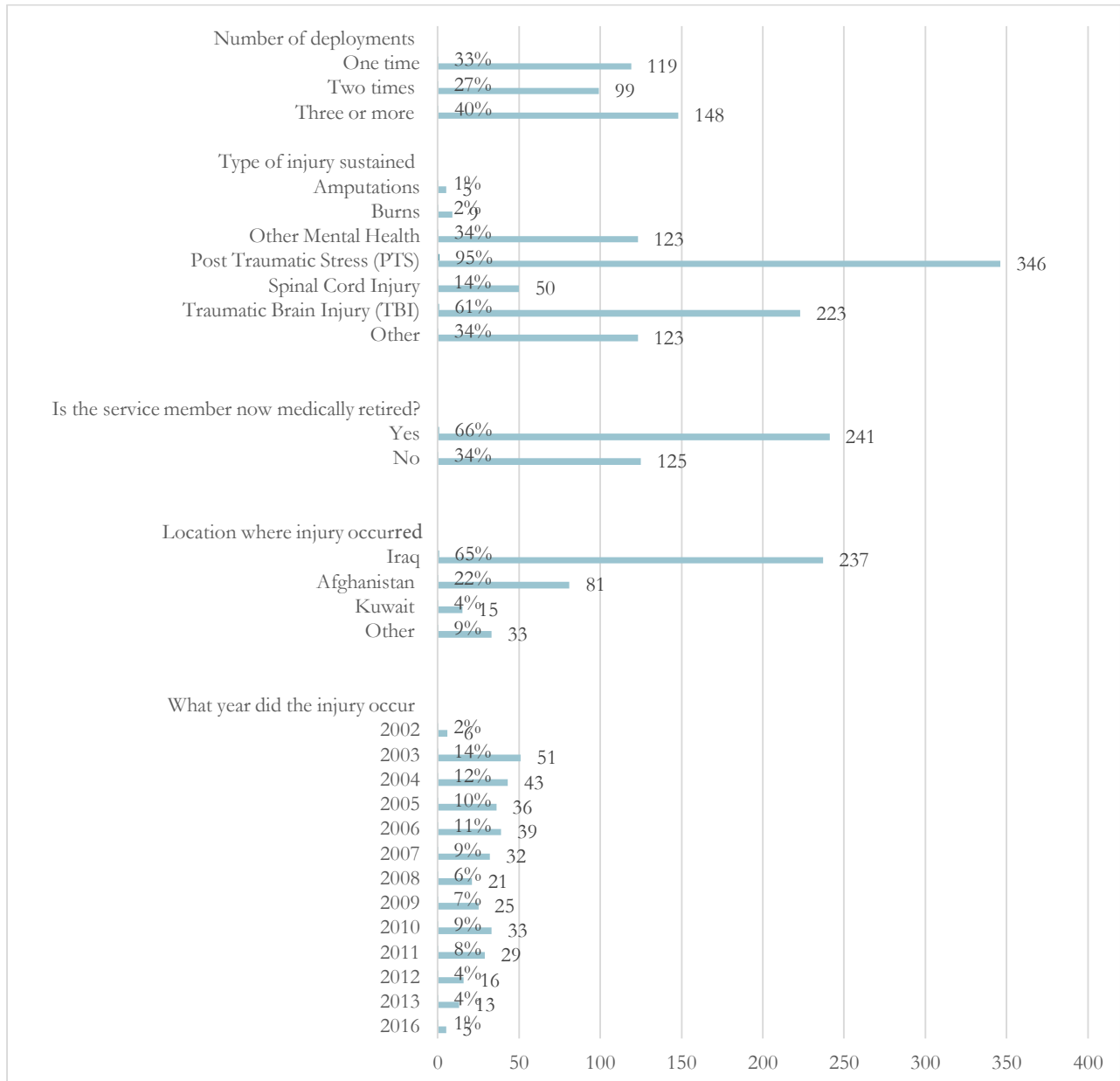
The percentage of respondents are broken out by service member demographics and injury demographics. Service member demographics include:

- Rank of service member
- Branch of service
- Time in service
- Distance service member lives from military hospital
- Number of children (ages 3-18) in the home



Injury Demographics included:

- Total number of times the service member has deployed
- Type of injury sustained
- If the service member is medically retired
- Where the injury occurred
- What year the injury occurred

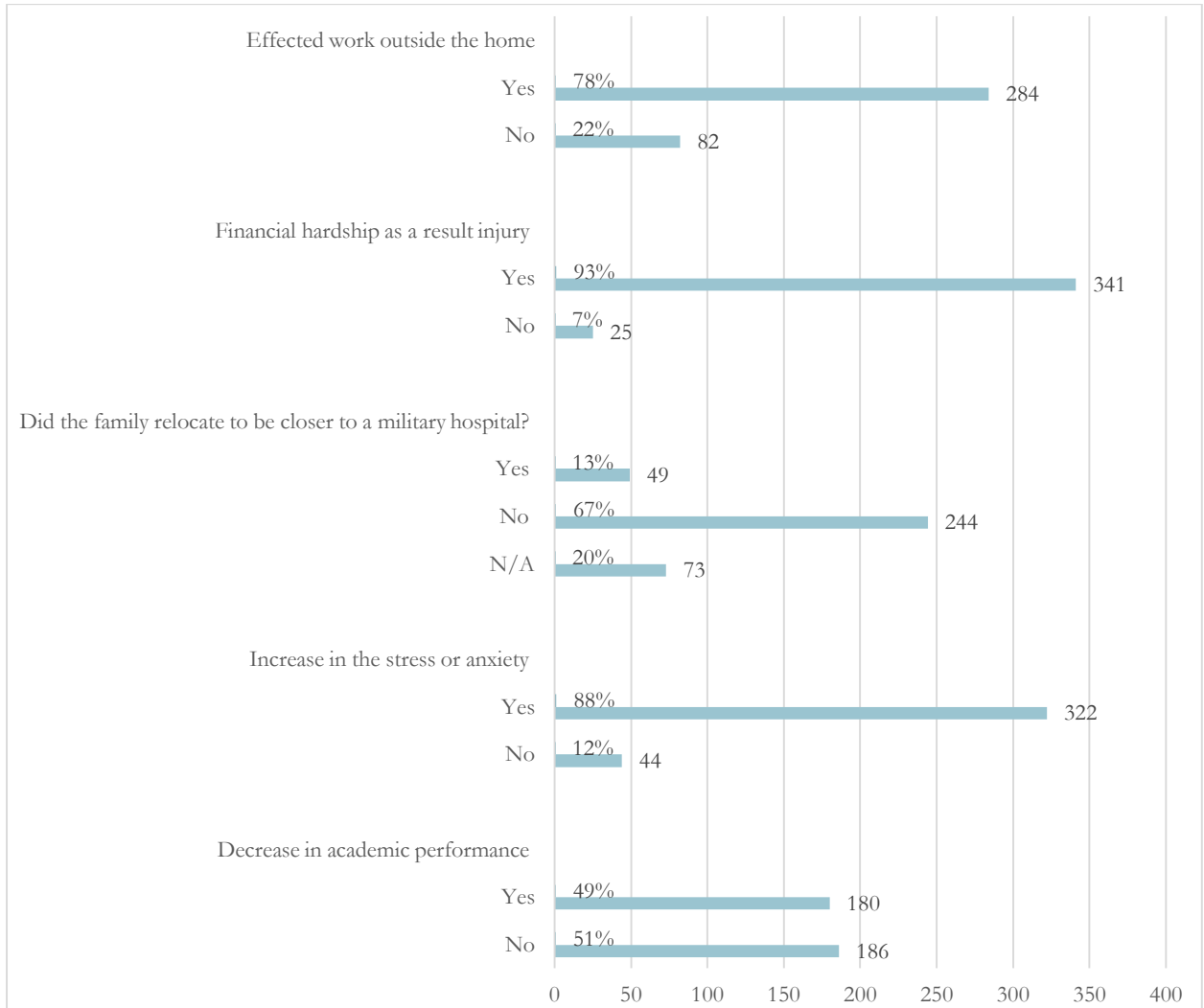


Effects of Injury on Families

Respondents were asked the following regarding the effects of the injury on their family:

- Has the service member/veteran's injury affected the ability of the child's other parent or caregiver to work outside the home?
- Has your family dealt with financial difficulties as a result of the service member/veteran's injury?

- Did the family relocate, temporarily or permanently, to be with the service member/veteran while he/she was being treated at a military hospital?
- Did you observe an increase in the stress or anxiety level of your children as a result of the service member/veteran’s injury?
- Have you noticed any decrease in your children's academic performance as a result of the service member/veteran's injury?



Broken down in age groups of:

- 4-7
- 8-11

- 12-15
- 16-18

Respondents were also asked if any of the following symptoms were observed because of the most recent deployment:

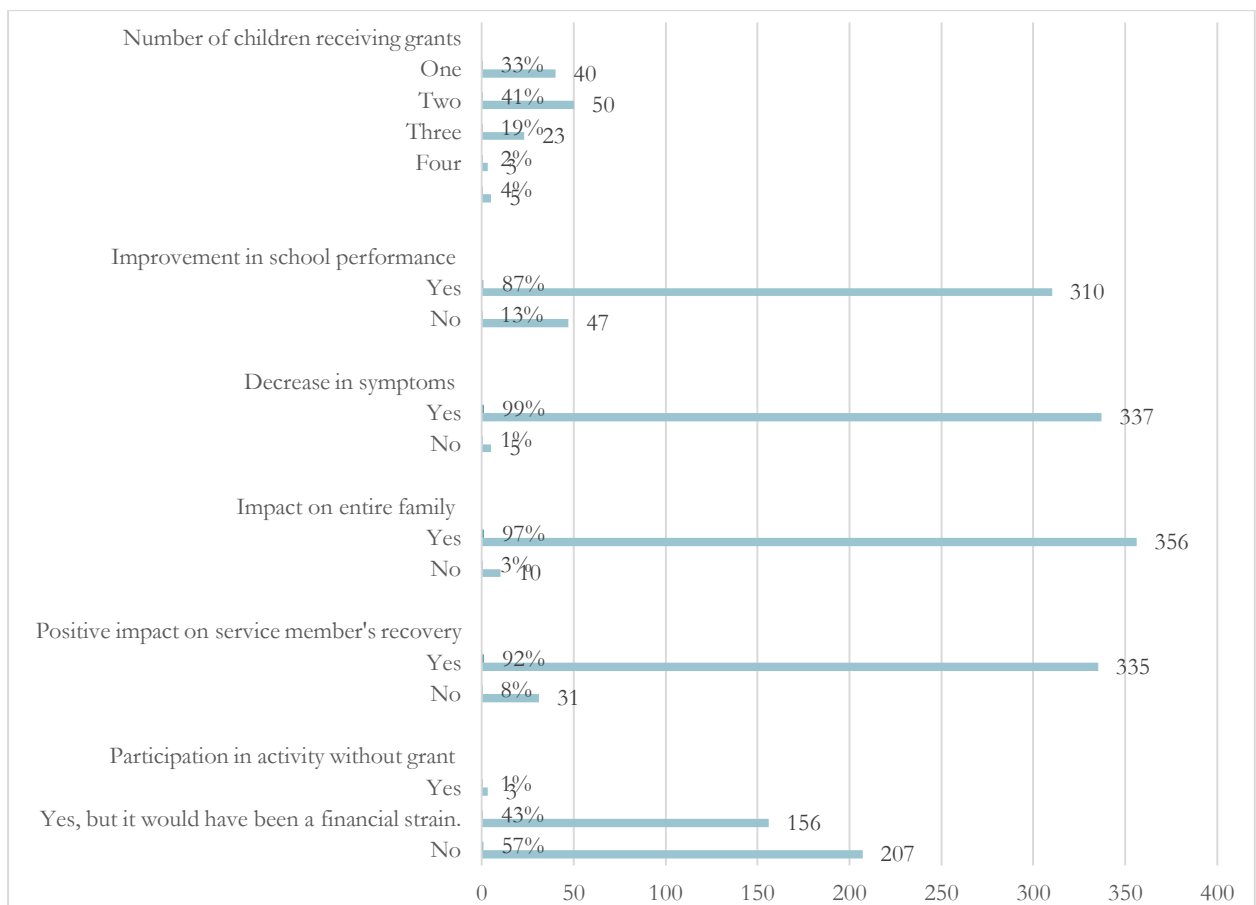
- Acting out or aggression
- Attention difficulties
- Changes in appetite
- Crying and depression
- Headaches or stomachaches
- Fearfulness or nightmares
- Negative or morbid thoughts
- Social withdrawal



Impact of Our Military Kids Grants

To better understand how Our Military Kids' grants are impacting grant recipients and their families, respondents were asked the following regarding the effects the injury had on their family and children:

- How many of your children have received at least one grant from Our Military Kids?
- Did participation in the Our Military Kids sponsored activity improve your children's performance in school?
- Did participation in the grant activity positively impact your children and some or all your children's symptoms?
- Did your children's participation in the Our Military Kids sponsored activity contribute to the overall well-being of your entire family?
- Did your children's participation in the Our Military Kids sponsored activity contribute to improved morale for the service member during his/her recovery?
- Would you have been able to enroll your children in the extracurricular activity without the availability of the Our Military Kids Grant award?



Respondents were also asked to share how grant awards from Our Military Kids have helped them, their families and their children. For many of these families, the opportunities provided by Our Military Kids allowed these children to engage in empowering activities during a critical period of their lives. Some of their responses are included below.

“This program was available the moment my husband was injured. We moved permanently to be with him for his 3 years in therapy and as a result, our child had to have therapy for a while due to her fear of death and injury. Your program allowed us to put her into other activities that we wouldn't have been able to afford on our own and she was able to make some fun memories and smile again. My spouse is permanently disabled so having this program available for our daughter is a blessing. She has been able to play with other kids and keep her spirits high.”

“There are no words to describe the battle to survive the last 7 years. Our baby girl was 6 when her daddy was injured. She has grown up with little sense of security. Cheer has given her a safe place to shine. She has learned so many life lessons that we couldn't teach her because we were just trying to survive. Thanks for continuing to support our efforts to heal as a family.”

“My daughter struggled in her freshman year of high school. Competing in color guard has really helped her physically, as well as improve her self-confidence. My wounded warrior has been able to attend competitions and help cheer her along, and it's contributed to some great family time.”

“I cannot express what this program has done for my sons, especially my oldest son. In 2016, my husband was medically retired. We relocated and had no idea how difficult the transition would be and the toll that it was going to take on the family, both mentally and financially. The bottom for me was a text from my oldest son that he wanted to end his life. Upon further probing, we discovered that he was self-harming. We spoke to our case manager and social worker who gave us resource information that could assist us, including Our Military Kids. We submitted the application and enrolled the boys in Taekwondo. It's been over a year, the smiles have returned, and I have nothing but gratitude for affording us the opportunity to give, when we couldn't. Thank you.”

“This program kept my kids engaged and involved even when they wanted to completely shut down. We are very thankful that our children have these opportunities. They have shown increased self-confidence and responsibility since receiving their grants. They are also looking for ways they too can give back to the community!”

“With my husband having multiple surgeries and being out of work for extensive periods of time, money has been tight. The help that Our Military Kids have provided has enabled our kids to be in sports and relieve the stress of dealing with seeing their dad in pain every day. It has allowed them to make friends and keep active.”

“Since my husband retired and is unable to work it is impossible for us to afford to put the kids in any extra-curricular activities. Having our Military Kids support us during this difficult time has been a blessing. It has helped them make friends, feel better about themselves because they are doing something they enjoy and learning new skills. Since my husband's injury (amputation) the kids' lives changed and they spend many days in the hospital and at doctor visits. It made me sad that they had to go through that when they were supposed to be playing in the park and

having fun - not worrying about their dad being injured and in pain. We are very grateful for all the support provided by OMK.”

“My child was and still is to a lesser degree, lacking confidence and is socially withdrawn. With an Our Military Kids’ grant, my daughter has been receiving equine lessons and just competed for the first time. She received three first-place ribbons and one second-place ribbon. Her confidence and attitude toward life has made a 180-degree change. Because of her personality change, we have a closer bond because we express our pride and support in her newfound passion.”