

HOW WE ARE MAKING A DIFFERENCE



Our programs not only build confidence, strength, mobility, and endurance, but also promote peer-to-peer counseling and create a support system network.



Program Growth



2008 - 2019
14 → **10,500**
 Program Participants

2010 - 2019 - 2023
 1 → 55 → 117
 Project Hero HUB locations nationwide

Our Programs

Local HUBs



HUBs bring together local wounded veterans and first responders to train them from basic to advanced riders and have proven results transforming isolation into hope, recovery, and resilience. Our nationwide HUB locations are lead by trained volunteer supporters. Many HUBs advanced because of community based public-private partnerships and support, including the Department of Veterans Affairs.

Impact:

55 active HUBs supporting those who are new and those continuing to benefit from rehabilitation cycling therapy.

Yearly Funding Need: Ranging from \$9,500 to \$25,000 to properly train and support individual volunteer-led locations.

Challenge Rides



These multi-day rehabilitation bike rides are at the core of our cycling therapy mission. Challenges push riders to the max both mentally and physically and strengthen the peer-to-peer support network through camaraderie and teamwork. These events also provide life-saving skills to overcome daily physical and mental challenges. Local HUB riders work hard aspiring good health to participate in a Challenge.

Impact:

HUBs send between 5-25 riders to one of 4 events each year. This greatly improves the participants capacity to help set goals and have a long-term commitment to their mental and physical health.

Yearly Funding Need: Challenges cost between \$750 to \$1,000 per individual, per event.

Adaptive Bikes



Physical injuries should not stop a hero from recovering. We have the ability to create one-of-a-kind specialty bikes from the ground up. Whether it is a quad amputee or a back injury, we create custom modifications within the frame and components, designing solutions to cover the individual's adaptive needs.

Impact:

More than 230 custom adaptive bikes have been created for participants across the country.

Yearly Funding Need: Average \$8,500 per custom bike build depending on injuries. 1 to 3 custom adaptive bike build requests per year.

Women's Initiative



Our Women's Initiative is a unique mental and physical rehabilitation effort designed to help and support female service members in need. The Initiative creates a confidential, private setting that allows for healing, growth, and learning in a cycling-centric format with a female focus.

Impact:

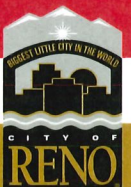
Nearly 600 Women have benefited from this paramount program.

Yearly Funding Need: Locally, 3 to 7 women request to attend our Women's Initiative event. Cost per participant is between \$500 and \$750.

WeAreProjectHero.org

**JOIN US
 IN OUR MISSION**

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PROJECT HERO

SAVING LIVES BY RESTORING HOPE AND PURPOSE

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BY THE NUMBERS

236 Custom Adaptive Bikes built

2,654 Bikes given to participants

10,250 Riders in the program

over 600,000 Hours of riding therapy



Project Hero is a one-of-a-kind organization that brings together veterans and first responders and helps them heal. Through outdoor recreational therapy and community programs, we empower them to overcome challenges associated with their wounds - whether visible or hidden. As the industry leader and catalyst for the adaptive sports movement, we are changing the way our country treats PTSD/TBI and the resulting mental health issues of depression, anxiety, loneliness, and suicide. Our mission is to save lives by providing hope, recovery, and resilience for those who serve our country.

Current Issues

20 veteran suicides per day, of which only 15% received VA mental health services.

The diagnoses most common in suicides: PTSD, anxiety, and alcohol use disorder. Most cases involve at least 2 of the above.

The most common symptoms: depressed mood, anxiety, and sleep problems.

The top suicide risk factors: pain, access to firearms, worsening of health status, relationship problems, hopelessness, and decline in physical ability.

50% of veterans with PTSD do not seek treatment. Of the half who seek treatment, 50% of them get "minimally adequate" treatment.

55% of women in the military develop a form of PTSD from sexual harassment and assault.

Our Impact

program survey results report

62% decreased or elimination of prescription drug use

83% decreased PTSD-related stress attacks

89% reduced pain & physical discomfort

89% improved sleep

93% find peer-to-peer support

98% increased overall health & fitness

overall increased resilience

