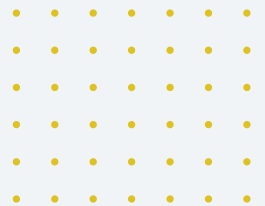


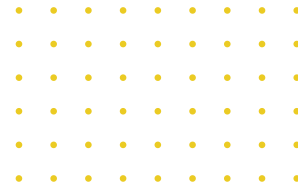
2023

Impact Report



531.247.4040
info@ateaseusa.org
ateaseusa.org

Welcome to At Ease USA



Gary Piercy
Board President



Beth Kramer
Executive Director

We are honored to serve our military and medical community through our work at At Ease USA. The 2023 Impact Report is a testament to our organization's unwavering commitment to improving the mental health and well-being of military service members, veterans, frontline healthcare workers and their families.

At Ease USA's mission is at the heart of our efforts - to provide critical mental health services that foster resilience and healing within the military and medical community. Our dedication to this mission has propelled us to new heights, allowing us to make a profound impact on the lives of those we serve.

As we reflect on the achievements of 2023, we acknowledge that our success is a direct result of the support and collaboration of our dedicated community of donors, partners, and volunteers. Your unwavering commitment empowers us to continue making a lasting difference in the lives of those who have sacrificed so much for our nation. In the pages that follow, you will find a detailed account of our accomplishments, the stories of resilience that inspire our work, and our vision for the future. Thank you for being an integral part of the At Ease USA family and for joining us on this journey of hope, healing, and continued service.

Look Back & Launch Forward

Key Achievements

Founded in 2007, At Ease USA is committed to providing access to confidential trauma treatment to active military, veterans, frontline healthcare workers and their families who may be suffering from Post-Traumatic Stress Disorder (PTSD), moral injury and suicidal ideations.



Increase in Clients

At Ease USA saw a 191% increase in clients

Expansion of Services

At Ease USA added group and 1:1 peer support services to our program in addition to trauma informed yoga and self defense.

Larger Network

At Ease USA expanded our number of preferred providers to 34.

Leadership Excellence

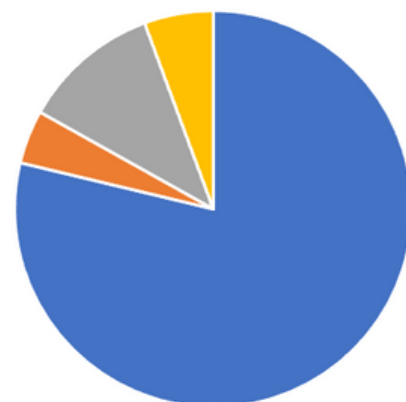
At Ease USA's clinical care meets the highest standards, utilizing evidence-based practices.

PTSD Software

Now used as therapy for our service members.

“At Ease Is the best organization for military families and for us as providers.” -- AEU Provider

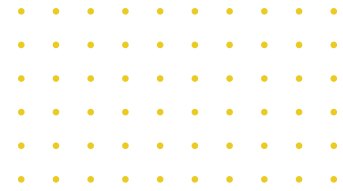
Service Locations



■ Omaha ■ Lincoln ■ Rural ■ Iowa

Our Services

From Strategy to Success



Increase In Counseling and Peer Support Clients

Over the past year, At Ease USA has experienced a remarkable 191% increase in individual and family counseling clients as well as clients utilizing our peer support services compared to the previous year. This surge in demand is a clear indicator of the trust placed in our organization and the effectiveness of our mental health services.

Those in the military do not seek assistance because of fear of embarrassment, difficulties with peers or officers, or interference with career opportunities within the military. There has been a national push to remove the stigma associated with mental health issues and include mental health as a part of overall healthcare. At Ease has answered the call. We continue to break down barriers to care, working to remove the stigma surrounding mental health issues among our military and medical community.



Expansion of Peer Support Services

We continue to enhance our commitment to supporting the well-being of our military veterans. In our ongoing effort to provide comprehensive services, At Ease USA has expanded its menu of offerings to include new peer support services, which not only stand as a crucial component of the recovery journey, but also serve as a valuable segue to clinical therapy. We are thrilled to introduce peer support groups, buddy checks, and 1:1 peer sessions; recognizing the critical role these services play in the recovery journey of our veterans. To bolster this initiative, we have welcomed two highly experienced peer support specialists to our team. One specialist brings over 20 years military expertise and spearheads our efforts in the North Platte area while our newest addition helps to build our program statewide. This integration not only strengthens our support capabilities but also complements our existing collaboration with veteran treatment courts. At Ease USA remains dedicated to offering holistic and tailored support, ensuring that those who served receive comprehensive care they deserve. We look forward to continuing our mission of fostering healing and resilience within our veteran community.

Our Services

From Strategy to Success

Expanded Therapist Network

In response to the growing demand for our services, At Ease USA has expanded its network of therapists to 34 providers. This includes 14 dedicated professionals specifically assigned to the Douglas County area, ensuring strategic allocation to address the highest concentration of clients effectively. At Ease USA also has two therapists in Pottawattamie County, six therapists in Lincoln and the remaining providers are serving western Nebraska. Each of these professionals are trained in evidence-based protocols and offer virtual sessions to reach all corners of our state.

"An amazing nonprofit organization that I am so privileged to be a part of!"
— AEU Provider

"I am so grateful for the additional families I have been able to serve over the past year thanks to At Ease."
— AEU Provider



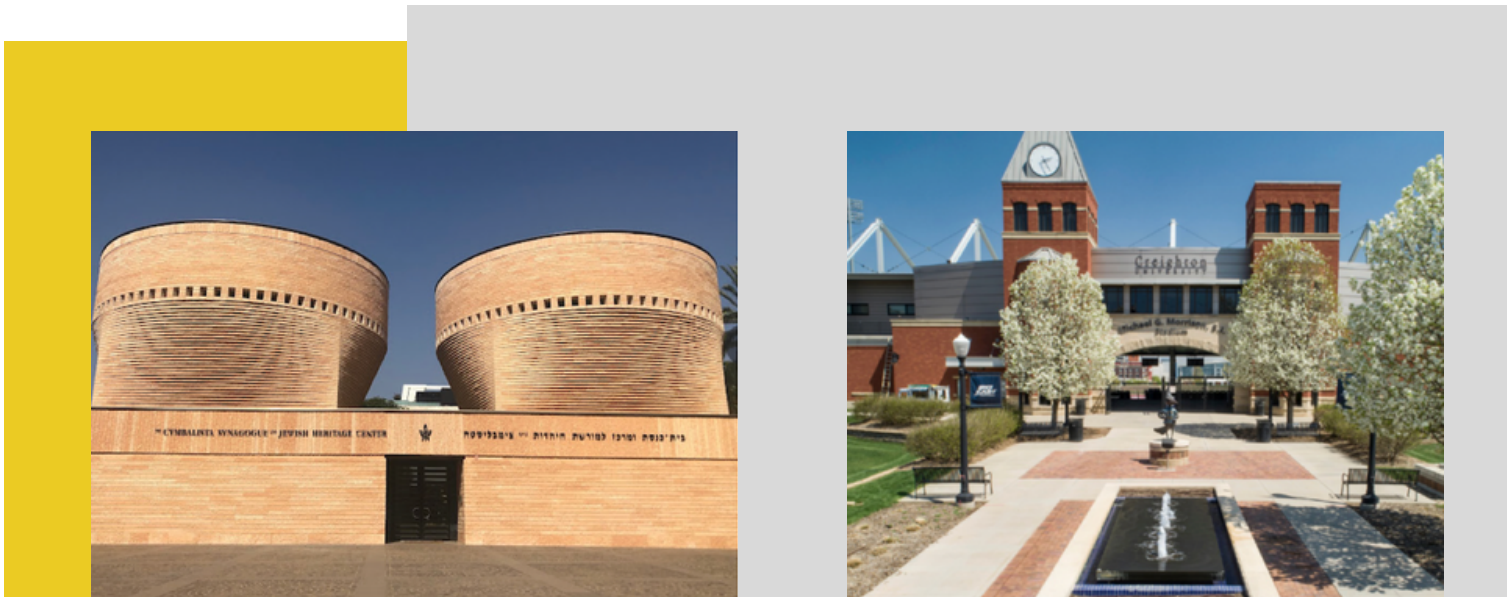
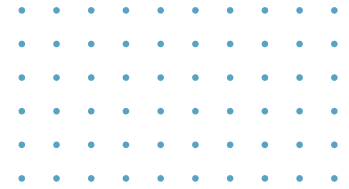
Gail Williams, Clinical Director

Leadership Excellence

Our commitment to excellence is exemplified by the invaluable contribution of our Clinical Director, who plays a pivotal role in overseeing and enhancing the well-being of our clients on their wellness journey. With a dedication to ensuring positive progress for all individuals in our care, our Clinical Director actively offers therapeutic sessions to those in need. In addition to providing direct therapy, she oversees our network of providers to ensure our military and frontline healthcare workers and their families receive the best and most effective treatment for success. As part of our ongoing commitment to cutting-edge and effective treatments, we are excited to announce that our Clinical Director is now incorporating Reconciliation of Traumatic Memories therapy into our services. This innovative protocol, specifically designed for treating PTSD, reflects our commitment to providing the best possible support. This strategic leadership ensures that our clinical care meets the highest standards, providing the best possible support for those in need.

Our Services

Cutting-Edge Technology

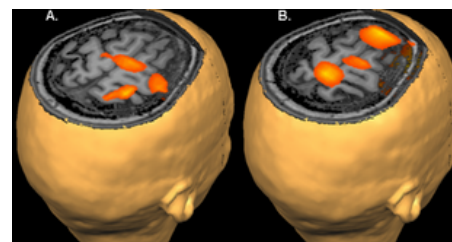


Success of Attention Training for PTSD Software

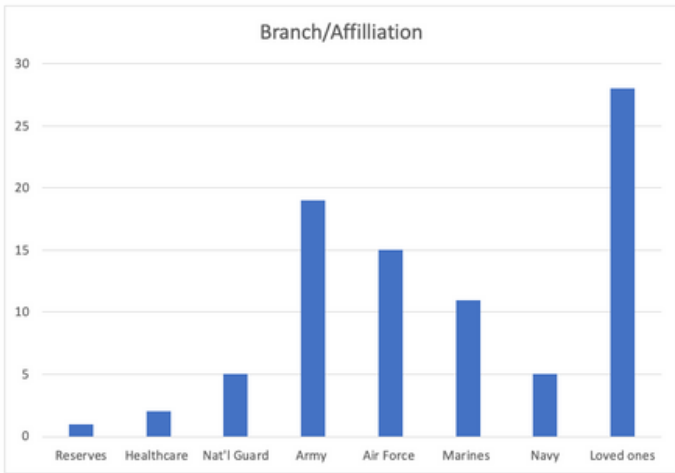
A landmark achievement for At Ease USA is the success of the Attention Training for PTSD software. After six years of rigorous clinical trials in conjunction with Dr. Yair Bar-Haim of Tel-Aviv University and Dr. Amy Badur-Brack of Creighton University, this innovative software is now offered as treatment for veterans suffering from PTSD.

People with PTS quickly vacillate between threat vigilance and threat avoidance. Attention training targets this cognitive disruption and is designed to normalize threat processing.

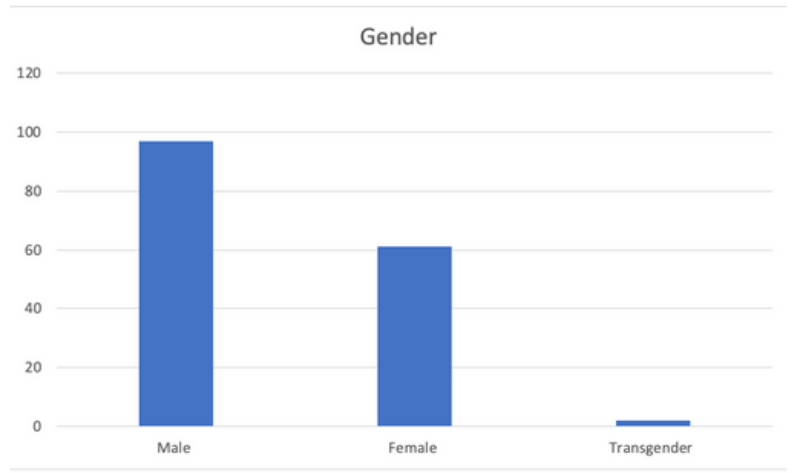
Additionally, this technology has been adopted by the Israeli Ministry of Health, the Ministry of Education and the IDF to combat the over 35,000 expected cases of PTSD that will overwhelm the Israeli mental health system. We are proud to have had a part in the development of this innovative technology. This groundbreaking advancement not only demonstrates our commitment to cutting-edge interventions but also reinforces our position as a leader in providing effective mental health solutions.



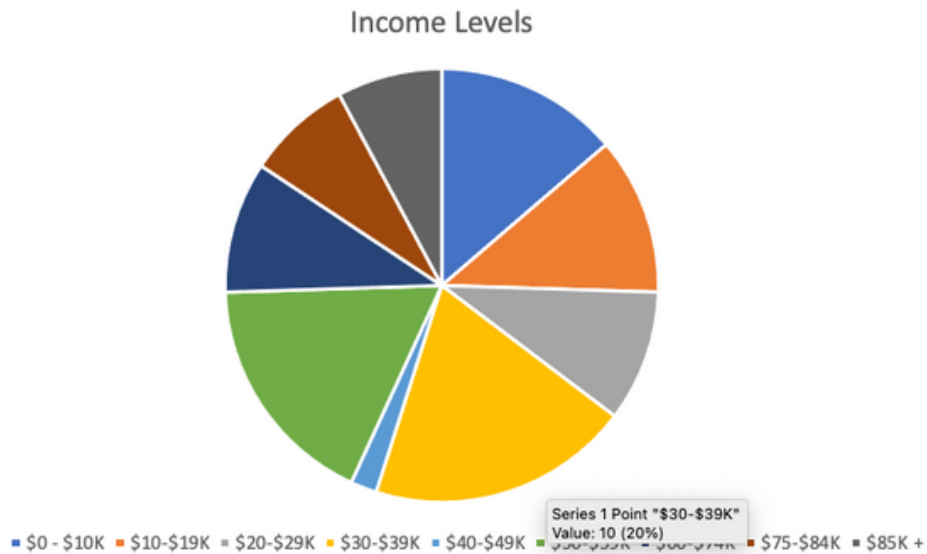
By the Numbers From Strategy to Success



AEU serves the entire family



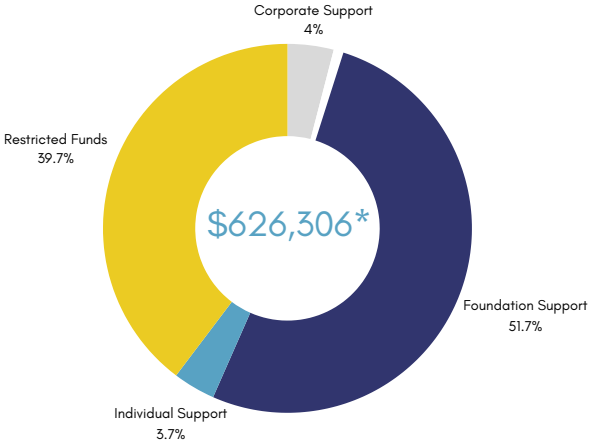
Men continue to be our largest client base



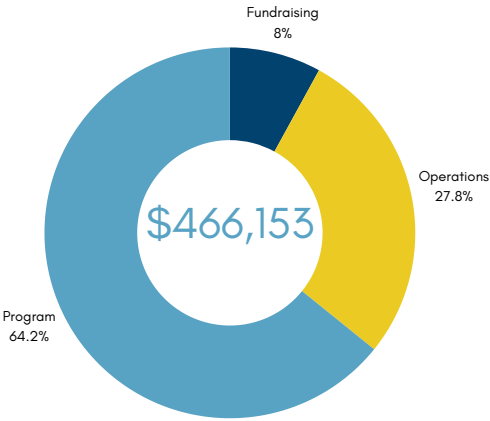
Of those who reported Income, the majority fell below \$39k

Supporting Our Mission

FY23 Revenue



FY23 Expenses



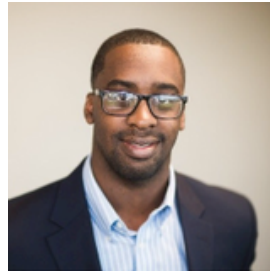
*Total revenue includes \$180,763 of restricted funds that was received in previous years

Events



Our Board

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Susan Courtney
Becky Girthoffer-Browne
Ted Lampkin
Patrick McMahon
John Menicucci
Mike Pallesen
Sheila Waring
John J. Waters
Josh Weiss



Our Team

Beth Kramer
Gail Williams
Keith Howell

Mission

Expand access to PTSD Treatment



What Others Are Saying



"This is a wonderful program! And without assisted support I couldn't afford this opportunity. I'm grateful it's available and affordable."

"It helped me to have hope, feel connected, and see a light at the end of the tunnel. Mostly, I learned that It's ok to not be ok."

"Love how not just for active or veterans but also spouses and dependents of military to be heard"

"Appreciate the support with not having family or too many friends here."

"I have a son that has PTSD from two tours in Afghanistan. He was managing his issues until 6 months ago. He started to have severe panic attacks, pain in his chest, he could not sleep, and was easy to anger. He moved in with us and we were managing okay and then the effects of his PTSD really started to affect my mental health. I was feeling hopeless and depressed. I started searching for support through At Ease and found the T.R.I.B.E. group. The group taught me more about PTSD, gave me emotional support and tools to live with PTSD within our family."

I am so happy At Ease offers T.R.I.B.E. It has given me tools to live a happier life. I hope they continue to offer this valuable group. I have been sharing what I have learned with others who struggle, and they are excited that support is out there. I thank T.R.I.B.E. for helping me navigate this difficult journey."

Thank You to Our Supporters

As we reflect on these achievements, we acknowledge that our success is a direct result of the support and collaboration of our dedicated community of donors, partners, and volunteers. Your unwavering commitment empowers us to continue making a lasting difference in the lives of those who have sacrificed so much for our nation. Thank you for being an integral part of the At Ease USA family and for joining us on this journey of hope, healing, and continued service to those who have given so much.

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Scott Anderson
Arbor Bank
Ann Ashford
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Wesley Ballinger
Lori Bauer
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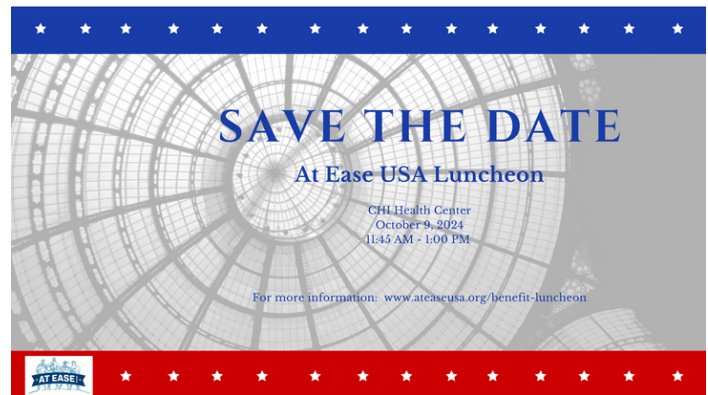
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Values



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Caring



Compassionate



Evidence-Based



Innovative



Resourceful

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