

# Patriot Resilient Leader Institute

HELPING THOSE WHO HAVE SERVED  
BOUNCE BACK IN MIND, BODY, AND  
SPIRIT SINCE 2014



*Press Kit*

# Patriot Resilient Leader Institute

## Our Info

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## Mission

Using the scenic beauty of the Lakes Region of New Hampshire, the Patriot Resilient Leader Institute runs Camp Resilience for service members, veterans, first responders, and their loved ones. Camp Resilience retreats combine facilitated peer-to-peer counseling and outdoor experiential learning activities to help attendees to improve their physical, mental, and emotional well-being.

## Press Contacts

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# About Us

Patriot Resilient Leader Institute (PRLI), a 501 (c)(3) nonprofit, recognizes that those who have served their country and communities often need a helping hand in order to recover and maintain their mental and physical health. By running Camp Resilience retreats for service members, veterans, first responders, and their loved ones, PRLI does its part to help those who have served bounce back in mind, body, and spirit. Located in the beautiful Lakes Region of New Hampshire, Camp Resilience retreats combine outdoor experiential learning activities, facilitated peer-to-peer counseling, and life skills workshops. PRLI is devoted to tackling an array of issues affecting veterans and first responders—we offer a wide variety of tailored retreats that take the healing process out of the clinic and stress the importance of camaraderie and wellness in fostering resilience and recovery. We have found great success in running retreats for families, couples, and veterans coping with military sexual trauma, post traumatic stress, or moral injury.

Founded in 2014 by a small group of veterans and local citizens, PRLI has welcomed over 570 participants to 59 Camp Resilience retreats. The grass roots nature of our programs sends an important message to our attendees—their service is appreciated by their fellow citizens. PRLI is a primarily volunteer organization with one full time staff member and a small but dedicated Board of Directors made up of a combination of veterans and mental health professionals.

The Camp Resilience retreat model is based on a 2011 white paper that concluded an effective healthcare model for veterans included peer-to-peer counseling and outdoor activities. We welcome veterans of all eras, branches, races, etc. Attendees arrive as strangers and build a community. Mornings at Camp Resilience feature yoga and/or water aerobics and life skills workshops. In the afternoons, attendees, facilitators, and volunteers participate in an experiential learning activities like hiking, kayaking, aerial obstacle courses, skiing, and snowshoeing. Each day ends with a facilitated “rap” session where the attendees discuss the day's total learning experience. During the retreat, a private Facebook group is set up for participants so they can continue to interact as a community after the retreat. Our goal is that after attending a retreat, veterans and service members will be able to: strengthen their abilities to bounce back from adversity; develop self-improvement goals; recognize that they're not alone in their struggles; and return home to give back to their community. Response to the program has been overwhelmingly positive: From a participant - “Camp Resilience has given me many tools to take home & use in everyday life! ... I am forever changed for the better because of CR & PRLI”  
From a VA Therapist - “The effects of Camp Resilience seem to be life changing”

Retreat photographs available upon request. Individuals interested in volunteering can find the application at [www.camp-resilience.org](http://www.camp-resilience.org). Donations are accepted online or by mail. In kind donations are welcome.