



ADVENTURE. SUPPORT. BELONGING.

# 2025 IMPACT REPORT

# TABLE OF CONTENTS

VALUES & MISSION

01

OUR IMPACT

03

EXAMPLES OF IMPACT

04

HG BY THE NUMBERS / WHO WE SERVE STATS

05

DONORS & VOLUNTEERS

09

STAKEHOLDERS SPOTLIGHT

10



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# VALUES & MISSION

# EMPOWERING LIVES THROUGH ADAPTIVE RECREATION & CONNECTION

## VALUES & MISSION

For over 25 years, we've empowered people of all abilities to live fuller lives. Through recreation, therapy, and lasting support, we bridge the gap between disability and belonging.

## WHY WE'RE HERE

**To enhance the quality of life.**

Physical and mental challenges shouldn't prevent anyone from achieving their potential. Higher Ground empowers individuals to live meaningful, fulfilling lives.



*1 in 4 First Responders faces depression, anxiety, or PTSD*



*Limited access to adaptive equipment makes outdoor*



*1 in 5 Americans live with a disability that limits access to recreation.*



*1 in 3 Veterans faces depression, anxiety, or PTSD*



## OUR IMPACT



# OUR IMPACT



## 88% OF DONATIONS GO DIRECTLY TO OUR PROGRAMS

providing maximum benefit to  
our participants.



## STATISTICALLY SIGNIFICANT REDUCTIONS IN PTSD SYMPTOMS

have been recorded in participants  
following a one-week program.



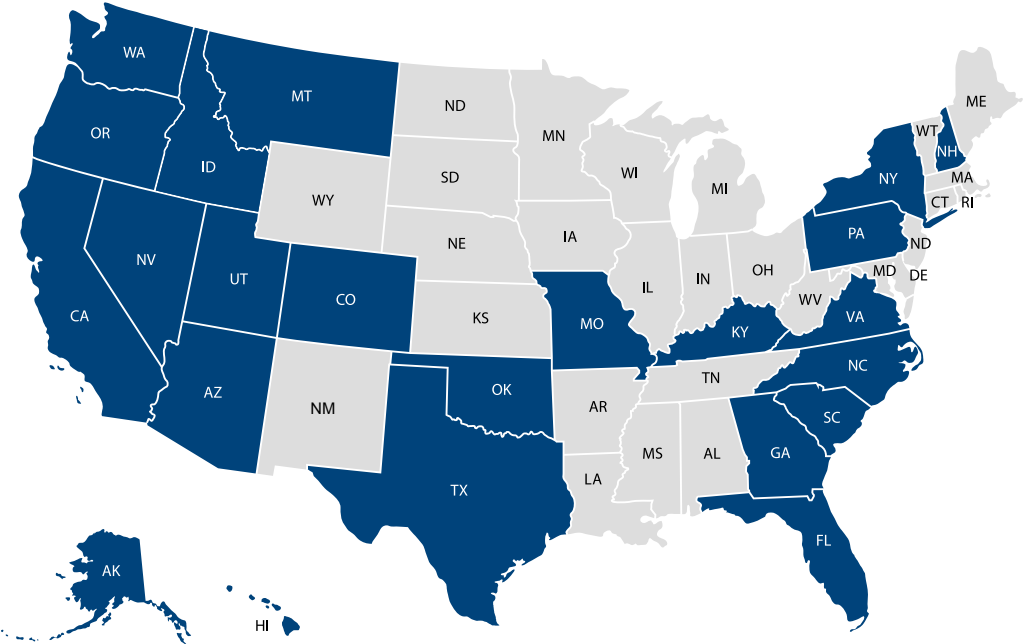
## POSITIVE MOOD IMPROVEMENTS AND INCREASED QUALITY OF LIFE

are seen over time in those who  
engage in Higher Ground's services.



# HG BY THE NUMBERS

THE STATES IN BLUE HIGHLIGHT WHERE HIGHER GROUND  
IS ACTIVELY TRANSFORMING LIVES.



**People Served**  
4,014 (+23%)

**Program Hours**  
36,720 (+32%)

**Local WRV Program Hours**  
16,959

**Veteran/First Responder Programs**  
29

**Community Resiliency Unity (CRU) Ambassadors**  
30+

**Total Volunteer Hours**  
6,365 (+25%)

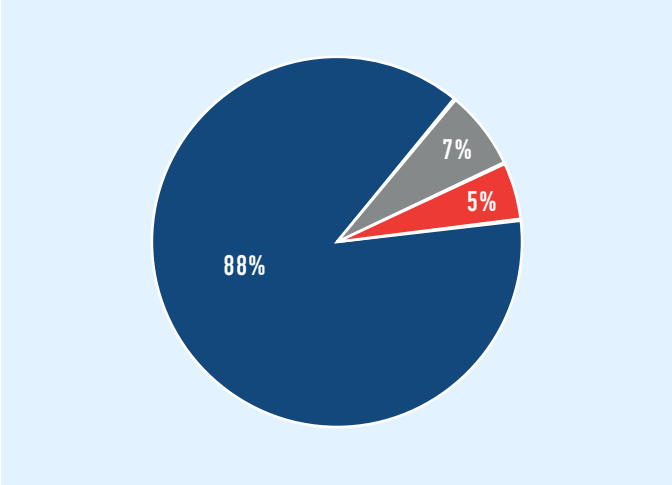
**Number of days of local adaptive sports programming**  
300+

**Number of unique adaptive sports program opportunities**  
40+

# FINANCIALS

## WHERE YOUR SUPPORT GOES

Here’s how we allocate our resources to make the biggest difference:



## YOUR TRUST, OUR TRANSPARENCY

We take your investment seriously. With a coveted 4-star rating from Charity Navigator, 88 cents of every dollar goes DIRECTLY into the programs — directly towards changing people’s lives.





# HG BOARD OF DIRECTORS

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Tom Mistele *Board Chair*

Erin Pfaeffle *Vice Chair*

Spike Booth

Michael Gilman

David Hennessy

Michael Lanahan

Hayes MacArthur

Amanda O'Grady

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Gen James Mattis, USMC (RET)

Ltj H.R. McMaster, USA (RET)

Radm Wyman Howard, USN (RET)

Chris Boskin

Michael Boskin

Greg Hartman





# DONORS & VOLUNTEERS

# HIGHER GROUND IS GRATEFUL FOR...

## OUR DONORS

You, our donors, are the heart of Higher Ground and your generosity enables us to provide each of our programs with the professionals, equipment, and resources we need to effectively serve our diverse participants. Our collective vision and mission are grand in scope and efficacious in practice, but would be impossible without you. As Higher Ground continues to move forward and serve more participants than ever before, we are increasingly thankful for the ongoing support and commitment from each of you.

## OUR VOLUNTEERS

Higher Ground's pulse comes from our dynamic volunteers and the dedication and love that you put into our programs. Our volunteers dedicate thousands of program hours to make sure our participants are out being active. There are not enough words to say "Thank You" for all the cold mornings that you have spent teaching lessons on Dollar, the countless hours of office work, the full days at veteran week-long programs, and your continuous support with events!

**THANK YOU!**





# STAKEHOLDER SPOTLIGHT



## GEORGE CATON

**VOLUNTEER, DONOR, HG CHEERLEADER**

As a veteran himself, George brings a unique perspective to his volunteer role. He's seen firsthand how a few days on the slopes can spark something powerful in our participants, especially veterans. "You can literally see the shift," he shares. "They start the week unsure, sometimes skeptical. But by the end, there's this incredible sense of confidence, joy, and pride." Time and again, he hears participants say, "I didn't think I'd ever ski again—let alone ski on my own."



A SPECIAL THANKS TO



HIGHER GROUND

EMPOWERING PEOPLE NATIONWIDE

[highergroundusa.org](https://highergroundusa.org) | 82-0512146

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