



**SEAL FAMILY**  
FOUNDATION

# 2022 ANNUAL SUMMARY



**TAKING CARE  
OF THEIR  
FAMILIES**



**WHILE THEY  
PROTECT  
OURS**

## SEAL FAMILY FOUNDATION

was founded in 2010 to raise awareness and funds for special programs in direct support of active duty Navy SEALs and their families on a local, national and global scale.

## OUR MISSION

is to support individual and family readiness and to assist the Naval Special Warfare (NSW) community in maintaining a resilient, sustainable and healthy force.

## FROM THE EXECUTIVE DIRECTOR

DUNCAN SMITH CAPT (SEAL), USN (RET.)



**\$1.2+**  
**MILLION**  
**IN 2022**

Thanks to the generosity and passion of our donors, we had a dramatic increase in funds raised in 2022 which allowed us to increase participation across all programs and expand our reach.

Over \$1.2 million dollars were invested into programs, directly impacting the lives of U.S. Navy SEALs, Special Warfare Combat Crew (SWCC) and their families.

SEALs and Special Warfare Combat Crewman (boat team operators known as SWCC) operate around the world defending the nation and our allies. They complete some of the most demanding military training in the world with an unprecedented twenty years of combat since 9/11, the intensity of service has come at a tremendous cost.

While preparing for future conflicts and still recovering from extended deployments, the demand on our military families is greater than ever before and the impact is becoming more evident: long absences during training and deployment make it harder for young couples to build families, heavier parenting demand on the spouse at home, increased learning disabilities for children, and sadly, a dramatic increase in suicides among our active duty and retired operators.

**2022**  
**ANNUAL**  
**SUMMARY**

**WE ARE PROUD OF THE WORK  
WE HAVE DONE THIS FAR  
BUT THERE IS STILL SO MUCH MORE TO DO**



# OUR SCOPE of SERVICE



## 1. FAMILIES

**Third Location Decompression (TLD)** seminars provide the spouse tools to prepare for their service member's return from deployment.

**Sisterhood** meetings foster community and are opportunities for Naval Special Warfare (NSW) spouses to connect and discuss topics of shared concern.

Our partnership with **SEALKIDS** provides direct educational diagnostic testing services to address the complexities of a NSW child on the autism spectrum, with special needs, tutoring or struggling with behavioral/emotional difficulties.

SEAL FAMILY FOUNDATION is the sole funding source for each command's **Family Readiness Group (FRG)**. Grants are used to increase family unity, provide educational activities, provide emergency assistance, and empower peer support and close interaction between NSW families.

**Direct Emergency Response** and immediate access to resources is a critical safety net for Naval Special Warfare families. We assess each individual request with urgency and expedite delivery of assistance. Based on unforeseen and sometimes tragic circumstances, needs vary and can include support for unexpected travel expenses, food subsidies, emergency medical care and therapy sessions not covered by insurance.



## 2. WARRIORS

**Injury and Emergency Assistance** is provided to the service member for issues that arise unexpectedly.

**SEAL/Special Warfare Combat Crewman (SWCC) Family Graduation Dinners and Luncheons** are the building blocks that create a greater sense of family in the NSW community. They are held at the Command for over 10 classes per year.

A private breakfast is provided one week after the completion of **Hell Week** for SEAL candidates and the **Tour** for SWCC candidates and all significant others.

# 3 PILLARS

## 3. FALLEN

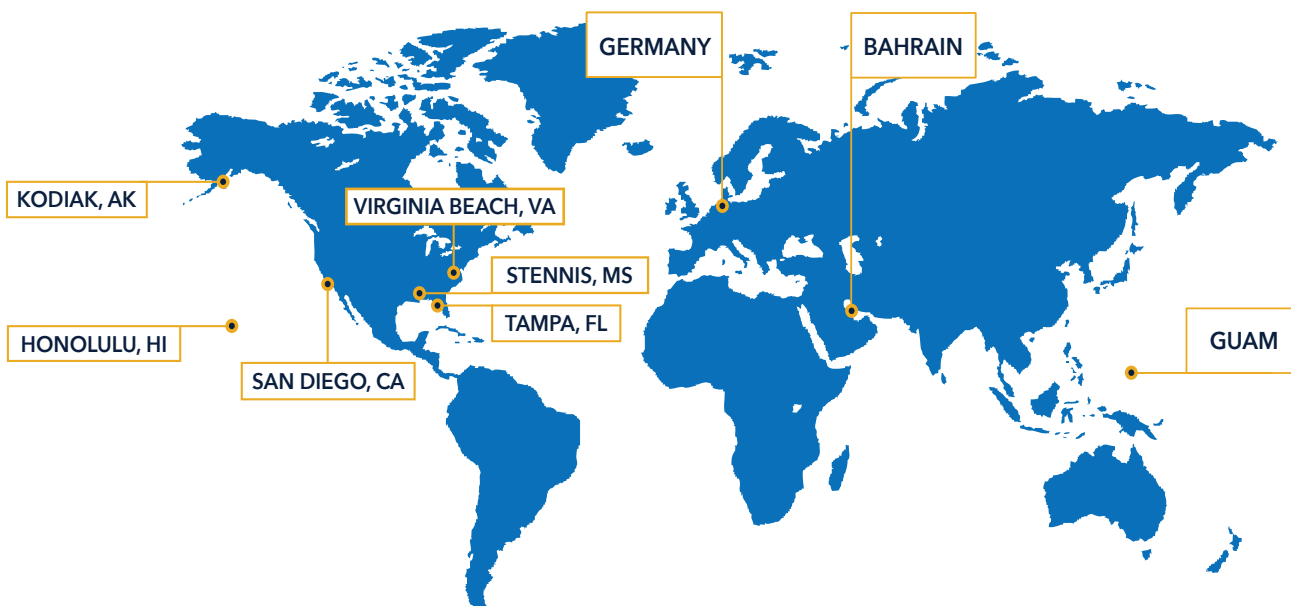
**Gold Star Family Support** includes Command memorial service/reception expenses for fallen service members, family trips to internment sites, holiday gatherings and events for families, and the establishment of memorials.

We host airfare, lodging and meals for NSW Gold Star families annually for the wreath laying ceremonies in conjunction with **Wreaths Across America** in Arlington and San Diego.



## OUR SUPPORT of FAMILY

**SEAL FAMILY FOUNDATION** has dramatically increased its support to the force through the implementation of relevant, timely and needs-driven programs. We are committed to the judicious and efficient use of donor funds. We represent our donors, and it is through their generosity and commitment that makes everything we do possible.



**OUR REPUTATION** of delivering relevant, innovative and timely programs in support of our nation's fiercest defenders has won the respect of a rapidly increasing and loyal donor base.

**WE SERVE** the operators and families around the globe to ensure they can remain a resilient family force able to tackle the day-to-day requirements asked of them. Our programs connect these families and ensure they are a tight unit regardless of where they are located.

59%

### PROGRAM FUNDING DISTRIBUTION

\$1,232,332

TOTAL PROGRAM FUNDS

This shows our prioritized approach, which is designed to serve the unique needs of the family first.

FAMILIES

23%

WARRIORS

18%

FALLEN  
HEROES



# FINANCIAL

Our programs and services are specifically targeted to assist the Naval Special Warfare community in maintaining a resilient, sustainable, and healthy force. As NSW demands increase, we must also increase our fundraising efforts, so we can continue to meet the needs of Navy SEALs and their families. Through a close partnership with the NSW Commands and Warrior and Family Support, we can quickly and efficiently respond when these needs arise.

We surpassed our 2022 fundraising goal and raised \$700,000 more than we did the previous year due to increased support at our Annual Philadelphia “Families First” gala and our “United We Stand” San Francisco event. Fundraising efforts at these events grew by 77% and 49%, respectively and we were able to increase program support by over \$300,000 and started 2023 with a solid foundation. Our Charlotte, North Carolina fundraiser will be returning to our calendar in 2023 and will contribute to our fundraising goal.

A robust fundraising and marketing plan for 2023 will focus on donor retention, increased gifts, and organization awareness. We are committed to increasing our support by growing current programs, expanding to rural areas, and adding new programs across the country.



**WE ARE PROUD** to receive a 4 out of 4 star rating (100%) with Charity Navigator for the past two years. This beacon provides an assessment of a charity's financial health (Financial Efficiency, Sustainability and Trustworthiness) and its commitment to governance practices and policies.

INCREASED FINANCE AND  
ACCOUNTABILITY SCORE:

2021—97%

2022—99%

# 2022 HIGHLIGHTS

## **SEAL QUALIFICATION TRAINING (SQT) GRADUATION FAMILY DINNERS**

Hosted over 1,400 NSW family members on the Basic Underwater Demolition/SEAL (BUD/S) grinder for dinner and graduation ceremony where they are pinned with the Navy SEAL Trident before reporting to their first SEAL Team.

## **CQT (SWCC) GRADUATION LUNCHEONS**

Hosted over 1,100 family members in the "boat house" for Special Warfare Combat Crewman graduation and celebratory lunch.

## **HELL WEEK BREAKFASTS**

Hosted BUD/S students for breakfast a week after they complete Hell Week. We hosted over 120 students and spouses and anticipate this number to grow in 2023.

## **SPOUSES TLD**

Third Location Decompression stops for deployed SEALs returning to the US are the template for one-day retreats hosted by SFF in coordination with NSW Command. Spouses share insight and learn what to expect when their warrior returns home. 2022 saw the first SWCC Spouse TLD.

## **SISTERHOOD GATHERINGS**

Funded gatherings in Coronado, CA, Virginia Beach, VA, Pearl Harbor, HI, Kodiak, AK and in overseas locations including Germany, Guam, Bahrain. New "Sisterhood" chapters were added with record setting attendance this past Fall.

## **SEAL KIDS**

Our partnership funding provides educational diagnostic testing services to address the complexities of NSW children with special needs, tutoring and behavioral and emotional difficulties.

## **HARVEST HOEDOWN**

The West Coast Harvest Hoedown is a traditional favorite of NSW parents and children. 438 NSW family members attended a weekend of bonding and fun activities. An East Coast event will be added in 2023.

## **COOKIES WITH THE GRINCH**

At the request of NSW, this event was hosted in Virginia Beach with over 220 families getting into the holiday spirit.

## **WREATHS ACROSS AMERICA**

Our Gold Star Community is near and dear to our hearts and one of our three pillars. We hosted 28 spouses at our Wreaths Across America weekend and coordinated with the senior SEAL officer at the Naval Academy to formalize future participation of NSW-bound midshipmen.

## **BEREAVEMENT & EMERGENCY ASSISTANCE**

Sadly, 2022 saw an increase in SEALs and Spouses taking their own lives. We provided significant support for funeral services and airfare and accommodation needs of family members. We also provided funds to help with special home adaptations to create accessibility for injured veterans.

## **COUPLES RESILIENCY RETREAT**

In September we piloted our first retreat with success and it is being used as a template for future retreats.

# SEAL FAMILY FOUNDATION

## EXECUTIVE COMMITTEE

CHAIRMAN	John Moninger Allspring Global
VICE CHAIRMAN	Mike Argo CAPT (SEAL), USN (Ret.)
SECRETARY	Craig Cassell Cushman & Wakefield

## BOARD OF DIRECTORS

ALAINE BOLLINGER	Crafted Agency
SCOTT CARLSON	Westin Foods
CRAIG CASSELL	Cushman & Wakefield
JOHN GALT	Philanthropist
BRENT GLEESON	TakingPoint Leadership, Former Navy SEAL
RANDY MORGAN	CAPT (SEAL), USN (Ret.)
JEFF OSHER	No Street Capital, LLC
JEFFREY ROSSER	PIMCO
TIMOTHY SCHNELL	Lucid Hearing, LLC
MERLE SHEPARD	Sportsmen For Responsible Management
MARK SPINA	FLX Networks
MICHAEL THORNTON	LCDR (SEAL), USN (Ret.) Medal of Honor Recipient

## STAFF

EXECUTIVE DIRECTOR	Duncan Smith CAPT (SEAL), USN (Ret.)
PROGRAM DIRECTOR	Laura Ozeck
DEVELOPMENT DIRECTOR	Dayna Klock
BUSINESS MANAGER	Jana Gober

## WAYS TO DONATE:

### OUR WEBSITE

[www.sealfamilyfoundation.org](http://www.sealfamilyfoundation.org)

### VIA TEXT

Text **SEAL** to **24365**

### VENMO



### FOR A STOCK DONATION:

In lieu of a cash donation  
please contact **Jana Gober**



GUIDESTAR IS THE WORLD'S LARGEST SOURCE OF  
INFORMATION ON NONPROFIT ORGANIZATIONS







|| We truly cannot thank you enough for all that you do for us, and we cannot comprehend really the depth of your efforts for our little community . . . we would like to take this opportunity to specifically thank SEAL Family Foundation for the Harvest Hoedown.

well thought out, intentional, and fun. Thank you for finding such a fun venue with so many activities perfectly tailored for our daughters, thank you for finding a venue with fun and unique overnight camping options, and thank you for creating an environment where we could make some wonderful memories.

I've deployed four times in the six and a half years since I graduated SQT and events like these are what really help my family, and (honestly so much more) myself, get through all the difficult times of being away. ||

—WEST COAST HARVEST HOEDOWN PARTICIPANT FAMILY



|| I greatly appreciated the time with other wives and talk about shared experiences and to know that we truly are all in this together. I think it's so important to get to know one another, especially during deployment so the RFG really meant a lot.

Thank you SEAL Family Foundation for putting it together, it was much appreciated and needed! ||

—SPOUSE REINTEGRATION RETREAT PARTICIPANT



**SEAL FAMILY**  
FOUNDATION

760-533-7172

SEALFAMILYFOUNDATION.ORG



SEAL FAMILY FOUNDATION IS A  
501(C)3 TAX-EXEMPT NONPROFIT  
ORGANIZATION FEDERAL TAX ID  
NUMBER: 27-1963880