

prepared by:  
Melissa Hansen  
Executive Director  
mhansen@continuemission.org  
(801) 560-9889

# CM Veterans Impact Inquiry Report



***Continue Mission***<sup>®</sup>  
**NO VETERAN LEFT BEHIND**

January 2022

## Table of Contents

|   |    |
|---|----|
| Introduction  | 3  |
| Background and Objectives   | 3  |
| Survey Method   | 4  |
| Survey Results  | 4  |
| Impact CM events have on our Veterans mental health                     | 4  |
| Impact of CM events on suicidal ideation                                | 6  |
| Impact of including CM Veterans family and support members in CM events | 7  |
| Comparison of impact results to previous years at Continue Mission      | 8  |
| Conclusion  | 10 |

## Charts

|   |   |
|---|---|
| <b>Chart 1</b> Number of Events Provided and Attendance for CM Events held Since 2015   | 3 |
| <b>Chart 2</b> Percentage of CM Veterans Diagnosed with a Physical, Mental, or Emotional Challenge  | 4 |
| <b>Chart 3</b> Percentage of CM Veterans Experiencing Symptoms of a Physical, Mental, or Emotional Challenge                                    | 5 |
| <b>Chart 4</b> Percentage of CM Veterans Reporting a Positive Impact on their Mental Health because of Participating in Continue Mission Events | 6 |
| <b>Chart 5</b> Percentage of CM Veterans Reporting Thoughts of Suicide in the Last Year   | 6 |
| <b>Chart 6</b> Impact of Participation in CM Events on CM Veterans Thoughts of Suicide  | 7 |
| <b>Chart 7</b> Impact of Including Family/Support Member(s) on Our Veterans Relationship with Them  | 7 |
| <b>Chart 8</b> Comparison of Impact Results to Previous Years at Continue Mission   | 8 |
| <b>Chart 9</b> Comparison of Impact on Veterans Mental Health because of Participation in Continue Mission events during 2017, 2019, and 2021   | 9 |
| <b>Chart 10</b> Comparison of Veterans reporting Thoughts of Suicide during 2017, 2019, and 2020  | 9 |



## Introduction

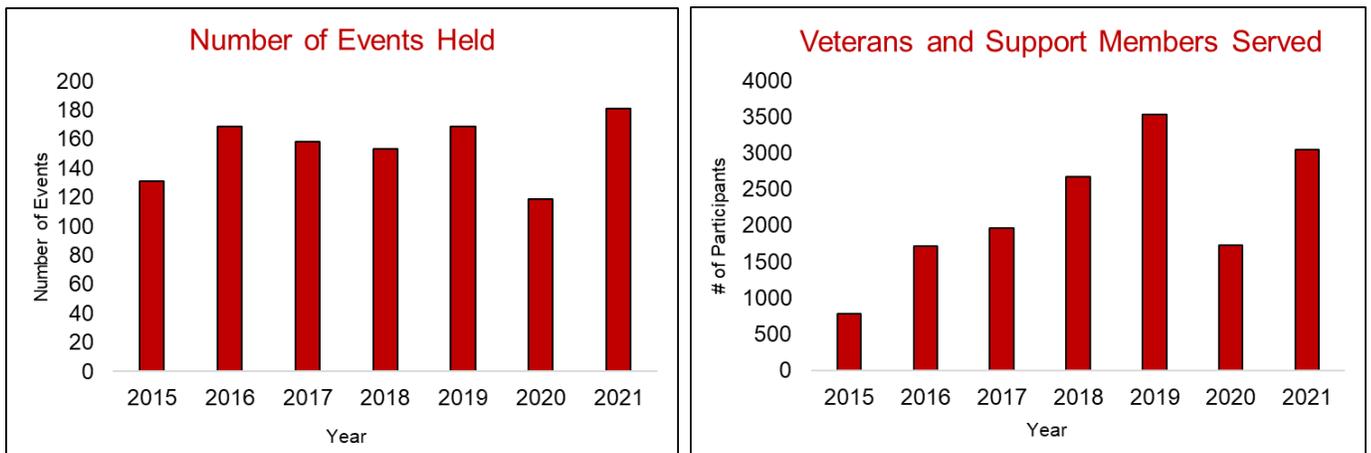
Continue Mission (CM) is a 501 (c)(3) non-profit organization serving Veterans and referred Service Members with service-connected physical, mental, and emotional injuries; Veterans and civilians in recovery; and their family/support members. We provide recreational and educational events that support and empower our participants, offer opportunity for healing and camaraderie, and result in improved mental health. We take an active role in suicide prevention.

The following report provides feedback on the CM Veterans Impact Inquiry taken by registered Continue Mission Veterans in November 2021.

## Background and Objectives

Continue Mission has been serving Veterans, Service Members, and their family/support members since August 2014. In 2015, we provided 65 events and served 774 participants. In 2016, we held 165 events and served 1717 participants. In 2017, we provided 158 events and served 1,962 participants. In 2018, we provided 153 events and served 2,669 participants. In 2019, we provided 169 events and served 3,535 participants. In 2021 we held 181 events and served 3,045 participants. See Chart 1.

**Chart 1** Number of Events Provided and Attendance for CM Events held Since 2015



Our goal is to continue to serve all era, male and female, Veterans and Service Members; and their family/support members through impactful recreational and educational events at no cost to the participants to decrease suicidal ideation and improve overall mental health.

The objectives in requesting that our Veterans take part in the CM Veterans Impact Inquiry are: 1) To discover the impact CM events have on our Veterans mental health, 2) determine whether the events provided are successfully reducing thoughts of suicide, 4) to evaluate the effectiveness of the program in improving our Veterans relationships with their support members, and 5) provide program effectiveness (impact) results to grantors, donors, supporters, and suicide prevention coalitions.



## Survey Method

The CM Veterans Impact Inquiry survey was developed using Survey Monkey online survey software. It was sent to all registered Continue Mission Veterans and VA staff members who bring registered Veterans to our events via email on 1 November 2021. A final reminder was sent to take the survey the middle of November 2021. The survey was closed on 30 November 2021.

None of the surveys had to be dropped to eliminate anomalies in the results.

The percentages used in this report are based off 62 survey participants.

## Survey Results

### General information regarding the Veterans who participated in the Inquiry

We had Veterans participate in the survey aging in range from 25 up through older than 65 years old, with 0.00% from 18-24, 6.56% from 25-34, 36.07% from 35-44, 29.51% from 45-54, 19.67% from 55-64, and 8.20% older than 65.

70.97% of survey participants were male Veterans, while 29.03% were female Veterans.

17.74% of the participants served in the Air Force, 51.61% in the Army, 17.74% in the Marines, 12.90% in the Navy, and no participants from the Coast Guard.

Of the participants surveyed, 11.29% were not able to attend any CM events in the past year, 33.87% attended a few events, 41.94% attended some events, 11.29% attended most events, and 1.61% attended all events held in the past year.

### Impact CM events have on our Veterans mental health

At Continue Mission we serve Veterans that have suffered a service-connected injury whether that be physical, mental, or emotional. The Veterans who participated in the survey were asked if they had been diagnosed with anxiety, depression, post-traumatic stress, traumatic brain injury, or none of the choices given. Chart 2 shows the percentage of surveyed Veterans who answered yes to each diagnosis.

**Chart 2** Percentage of CM Veterans Diagnosed with a Physical, Mental, or Emotional Challenge

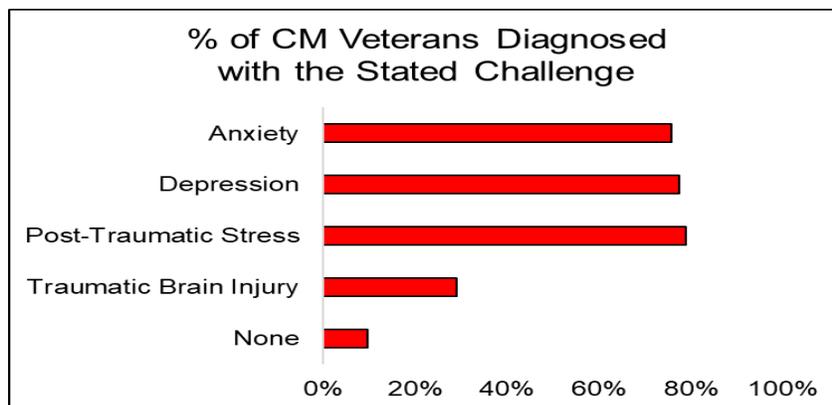
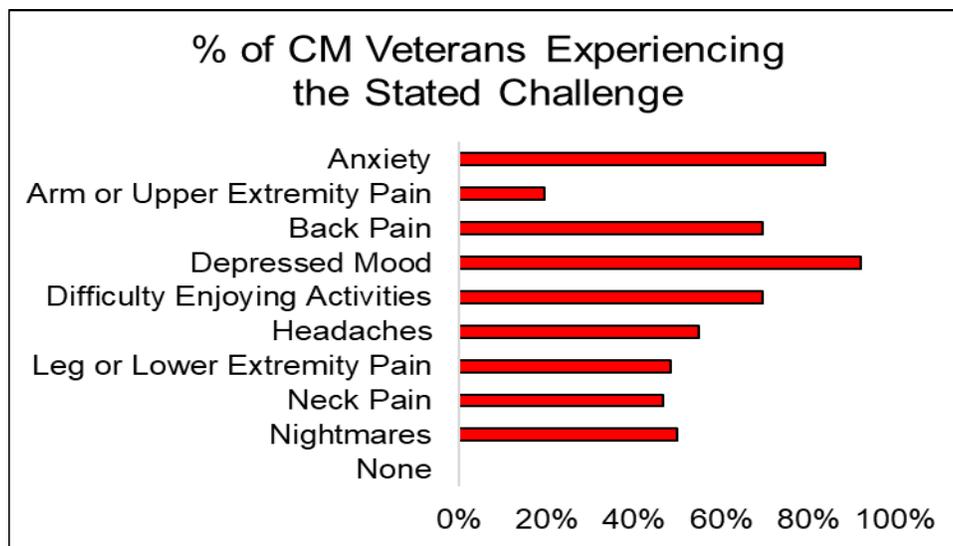


Chart 2 shows that over 75% of our Veterans who participated in the survey have been diagnosed with anxiety, depression, and/or post-traumatic stress. 29% have been diagnosed with traumatic brain injury which can result in the following long-term symptoms: headaches/migraines, sensitivity to light and noise, visual difficulties, fatigue, seizures, degenerative brain diseases, behavior or mood changes, and agitation.

The Veterans who participated in the survey were then asked if they had experienced symptoms of any of the following challenges: amputation, arm or upper extremity pain, anxiety, back pain, depressed mood, difficulty enjoying activities, headaches, leg or lower extremity pain, neck pain, nightmares, or none of the choices. Chart 3 shows the percentage of surveyed Veterans who answered yes to experiencing symptoms of each challenge.

**Chart 3** Percentage of CM Veterans Experiencing Symptoms of a Physical, Mental, or Emotional Challenge

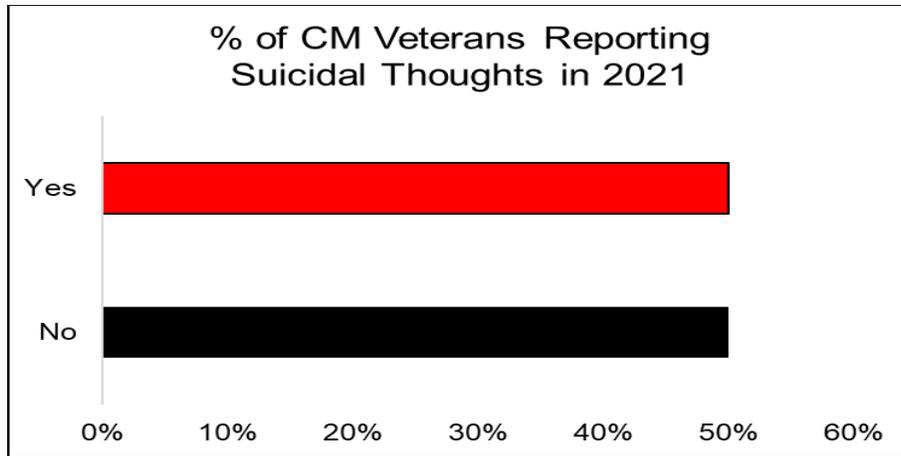


You can see from Chart 2 that more than 75% of CM Veterans surveyed are challenged with anxiety, depression, and/or post-traumatic stress. According to the National Institute on Mental Illness (NAMI) depression is “a common but serious mood disorder. It causes severe symptoms that affect how you feel, think, and handle daily activities, such as sleeping, eating, or working”. Some of the tips given by NAMI to reduce depression coincide with the services provided by Continue Mission such as remaining active and exercising, spending time with other people, avoiding isolation, accepting help from others, and continually increasing knowledge about depression.

Chart 3 gives you an idea of the challenges our Veterans are faced with each day as they make the difficult decision to remove themselves from isolation and find a path to healing that works for them.

CM Veteran survey participants were next asked the question ‘How has participation in Continue Mission events impacted your mental health?’ Chart 4 shows us the response.

**Chart 4** Percentage of CM Veterans Reporting a Positive Impact on their Mental Health because of Participating in Continue Mission Events

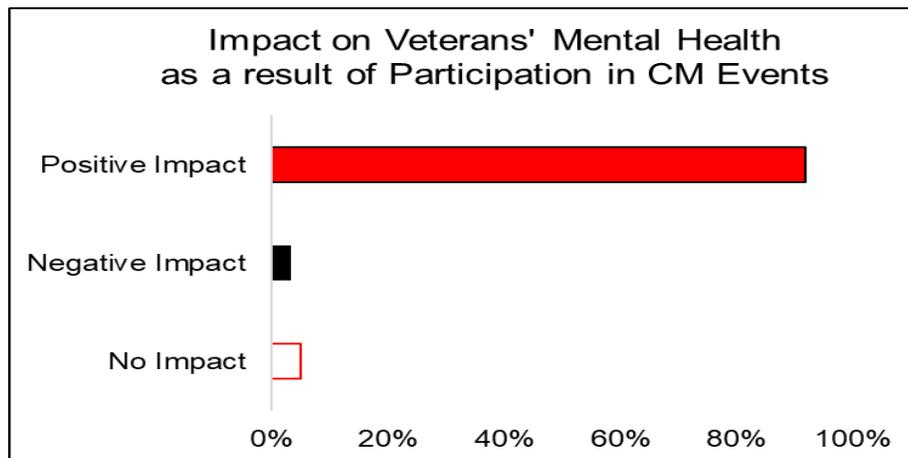


According to Chart 4 over 91% of CM Veterans surveyed report that participating in CM events has a positive impact on their mental health. CM Veterans described the impact on their mental health as positive, negative, or no impact.

Impact of CM events on suicidal ideation

The CM Veterans surveyed were asked if they had any thoughts of suicide in the last year, even if only just a little bit. Chart 5 shows the percentage that reported yes to having suicidal thoughts.

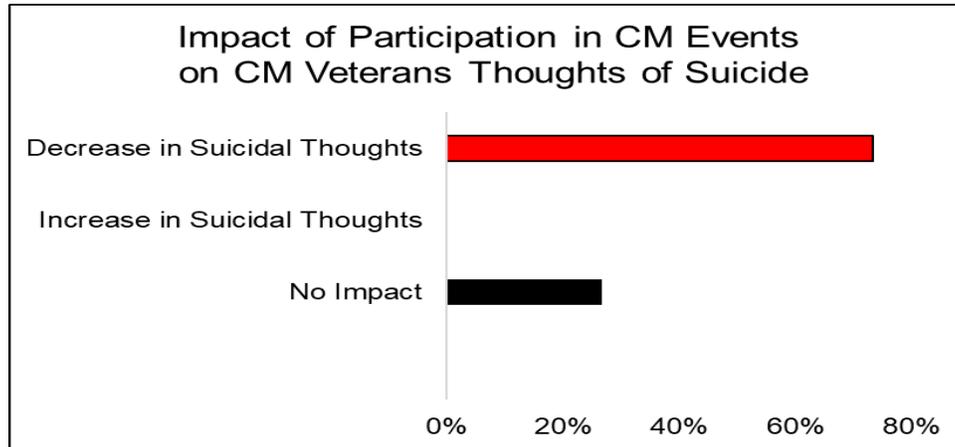
**Chart 5** Percentage of CM Veterans Reporting Thoughts of Suicide in the Last Year



According to the results shown in Chart 5 50% of CM Veterans surveyed have had suicidal thoughts in the last year.

The Veterans were then asked how participation in CM events has impacted their thoughts of suicide. Of those CM Veterans that answered yes to entertaining thoughts of suicide, Chart 6 shows the percentage of those who had an improved impact on their thoughts of suicide because of attending CM events.

**Chart 6** Impact of Participation in CM Events on CM Veterans Thoughts of Suicide



According to Chart 6 we can report that over 73% of CM Veterans surveyed, who have had thoughts of suicide in the last year and participated in CM events, have had a decrease in their thoughts of suicide.

Impact of including CM Veteran’s Family and Support Members in CM events

Chart 8 shows the impact that including family/support members in CM events has on our Veteran’s relationship with those family/support members.

**Chart 7** Impact of Including Family/Support Member(s) on Our Veterans Relationship with Them

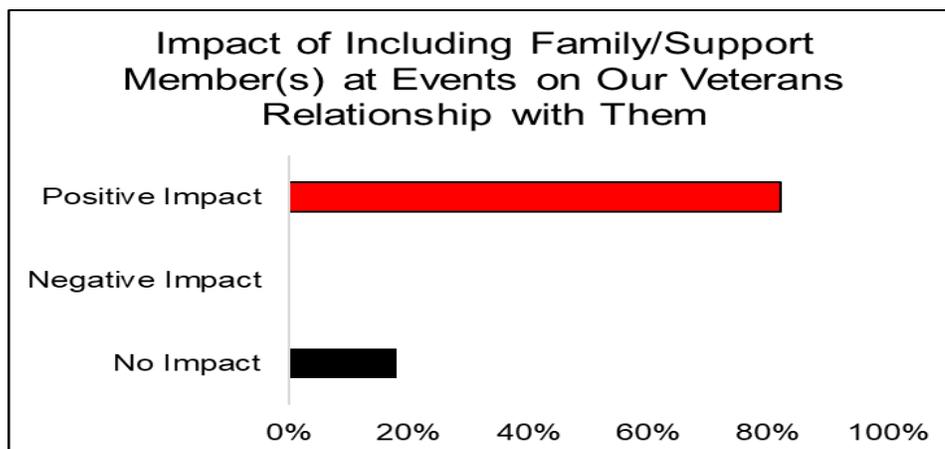


Chart 8 shows that more than 81% of our CM Veterans surveyed have experienced an improved impact on their relationship with their family/support member(s) because of participation with them at CM events. The Veterans were not questioned whether they had included any family/support member(s) in events so some of the no impact answers could be because of this exclusion.

Comparison of impact results to previous years at Continue Mission

Chart 9 shows the comparison of Veterans diagnosed with various challenges in 2017, 2019, and 2021.

**Chart 8** Comparison of Veterans Diagnosed with the Stated Challenges

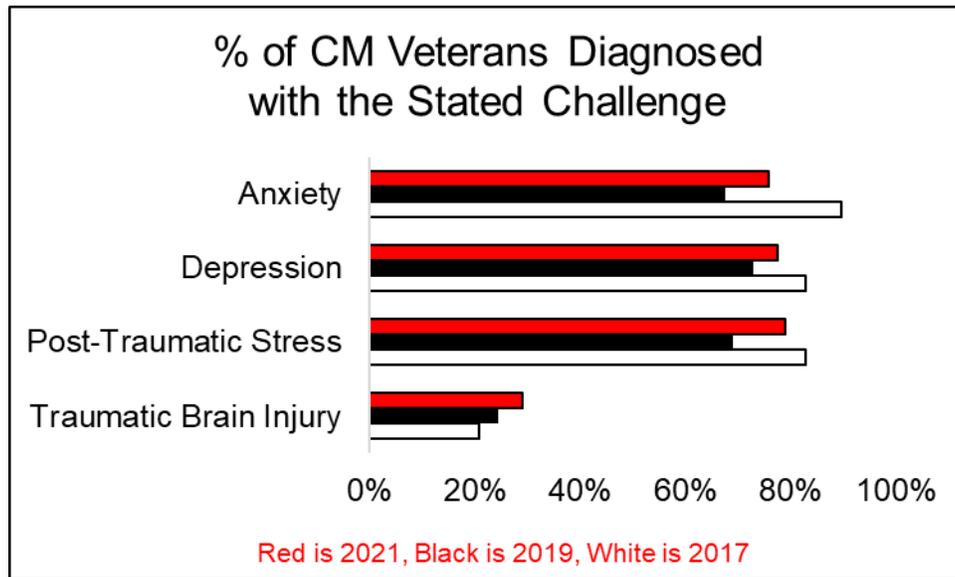


Chart 9 shows that the percentage of Veterans challenged with anxiety, depression, and post traumatic stress has increased since 2019, but is lower than 2017. As per previous year surveys as well as 2021, participation in Continue Mission events has had a positive impact on our Veterans' mental health, resulting in decreased anxiety and depression. During 2020 Veterans returned to isolation resulting in the increased anxiety and depression we saw this year.

Chart 10 shows the comparison of impact on Veterans mental health because of Participation in Continue Mission events during 2017, 2018, and 2021.

**Chart 9** Comparison of Impact on Veterans Mental Health because of Participation in Continue Mission Events during 2017, 2019, and 2021

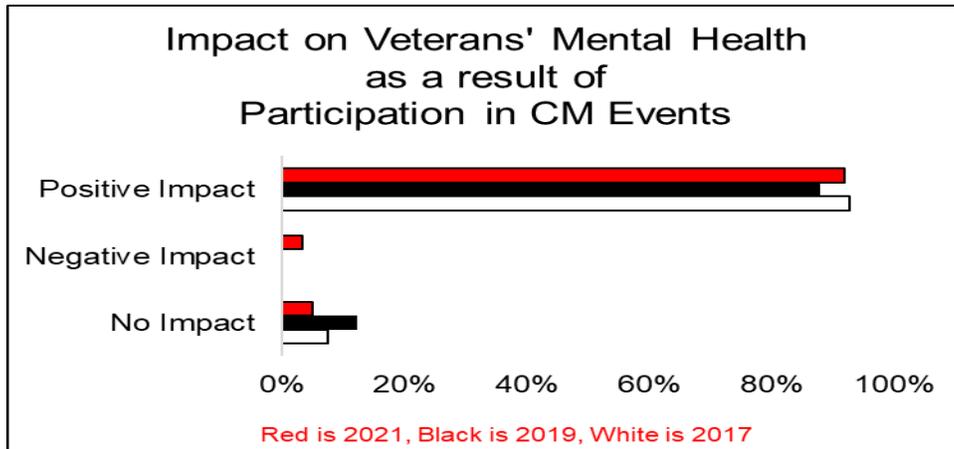


Chart 10 shows that Continue Mission has maintained an over 87% positive impact on the mental health of Veterans that participate in provided events over the years.

Chart 11 shows the comparison of Veterans reporting thoughts of suicide during 2017, 2018, and 2021.

**Chart 10** Comparison of Veterans Reporting Thoughts of Suicide during 2017, 2019, and 2021

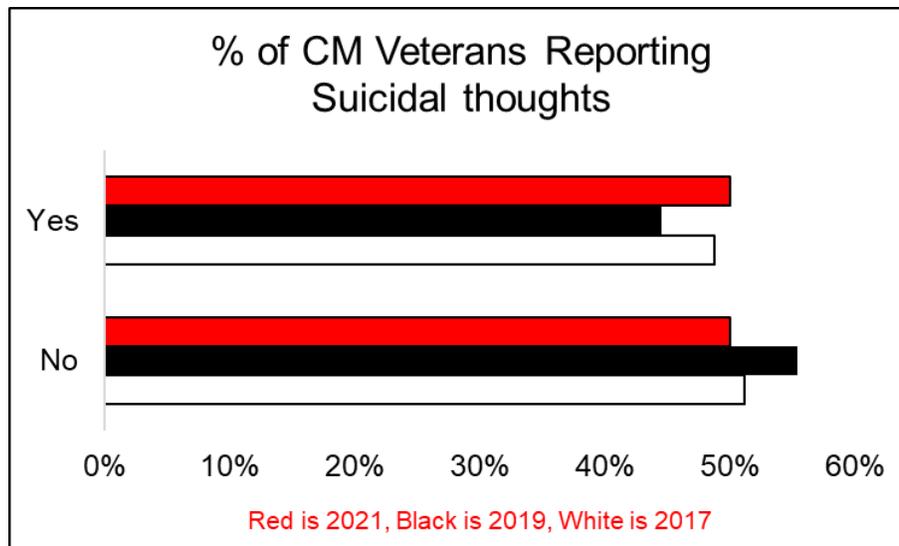


Chart 11 shows that the number of Veterans experiencing thoughts of suicide this year are higher than in 2019. This could be due to the COVID-19 pandemic. Luckily, the percentage of Veterans reporting a decrease in suicidal thoughts because of participation in continue Mission events has stayed over 70%.

## Conclusion

Based on the results of the 2021 Continue Mission Impact Survey, we can conclude that CM events have had the following impact on registered CM Veterans:

- Participation in Continue Mission events has had a positive impact on the mental health of Veterans.
- Participation in Continue Mission events has resulted in reduced thoughts of suicide for Veterans.
- Participation in Continue Mission events with a support member has had an improved impact on the relationships of most CM Veterans.
- Here at Continue Mission we are fulfilling our mission of taking an active role in mental health awareness and suicide prevention.

This space is blank.

