

JANUARY 22, 2024

MYKC

2023 ANNUAL REPORT



THE WHY - SOCIAL ENRICHMENT

We believe that one suicide from those that serve our Country and Community is one too many. We are currently in a mental health crisis and want to provide a path of holistic healing to those that have dedicated their lives to serving us. The support from our community is overwhelming at times and allows MYKC the opportunity to truly transform and save lives.

Law enforcement officers and firefighters are more likely to die by suicide than in the line of duty. EMS providers are 1.39 times more likely to die by suicide than the public. Studies have found that between 17% and 24% of public safety telecommunicators have symptoms of post-traumatic stress disorder (PTSD) and 24% have symptoms of depression. While telecommunicators are often the very first responders engaged with those on the scene, research on their suicide risk and mental health has lagged.

Veterans are 57% more likely to commit suicide than those that have not served. This is 1.5 times greater than the general population. There are currently 44 Veterans committing suicide daily.

Corrections officers face a risk of suicide 39% higher than those in all other professions. They also have a 20% higher rate of divorce.

We have the privilege of transforming and saving lives by providing a path of acceptance, hope, and unconditional love in a space they can truly be vulnerable. During 2023 MYKC directly impacted the lives of 61 participants with Warriors' Ascent. We provide a foundation in breath work, mindfulness, meditation, self-care, developing a mission statement, establishing healthy boundaries, and yoga.

TESTIMONIALS

Where do I begin? You have transformed every aspect of my life. You have given me the opportunity to be able to be real, raw and authentic with the ability to be vulnerable. I wouldn't be here without you. You truly are a real life superhero and have guided us to the top of the mountain and haven't left our side. You are amazing and a life long friend. There aren't enough words for what you've done and continue to do for not only myself but everyone you come in contact with. You don't judge, you don't question how or why we got to where we were, you just fill the room full of love and appreciation. For that, I say thank you I love you brother! - Mike

Well where can I start, before you I did not even like me! With your help I learn how to love me, because I'm human full of flaws. So you helped learn how to unconditional Love. Not to be judgmental let a person be them and not care what they bring to the table love them for being them. Too stand up and be responsible for your actions show your battle scars embrace them don't let them be a scar of shame. Be proud of you love love and be the best you can be. Never be distracted from the moment, be all in! Love you brother and thankful for you more than you will ever know. - Glenn

I realize that life is not just about work. That we have to go deep in self care to know the "who I am and that I have to explore the person I am. We only live once and we have to enjoy live life happy and enjoy what we like to do. When I am going through my emotions I have to ask myself why? That we have to let go whatever it is. Learn to take in and exhale it helps me to set my mind to focus on task I am doing at work and daily things in life. - Vanessa

Kerry Steuart is truly transforming lives. He gave me the tools to bring peace, calmness and vision to my life. Kerry is one of the most authentic people I know, who absolutely means what he says and acts on it when it comes to supporting our community. Kerry instills sincere accountability, healthy boundaries and vulnerability; I cannot thank him or recommend him enough. - David

If you had not followed your path, I would be in a coffin. I believe in this program - Mario

Kerry is such a kind and genuine soul! He helped me to breathe meaningfully and to be intentional in life. He is a blessing to me and many others! - Tammy

Kerry's program has truly saved my life. It has shown me how to turn my life around through self care, vulnerability, and being accountable to myself. I went from isolation to having a new band of brothers that I truly know have my back having a daily text message reminders helps set me up for success each day. - Christopher

My week at Warrior's Ascent was absolutely incredible! I have experienced several different types of trauma over my life and things came to a head last Fall. I decided to try and get help through the VA again and this time it really worked and I have been engaged in weekly counseling since this last January. Over the course of my counseling experience I have learned the value of being vulnerable, especially with my feelings. I would have never allowed myself to engage with a group of strangers without having done months of preliminary therapy. When I was afforded the opportunity to attend WA, I was a prime candidate and open to grow deeper in the emotional healing part of my recovery. From the first session, I knew I was going to experience some very positive outcomes, as the topics and content that was discussed revealed some very important "next steps" toward change. The moment I met Kerry Steuart I was impressed by how he was able to present himself and his care and compassion for all of us. This was very unique and I never felt like I had to guard myself, or importantly my past trauma from anyone that week. I made a personal "intention" to be open at all costs. Since that day and that decision my life has been different, transformed and empowered. I discovered another series of critical tools to aid in my recovery and thanks to Kerry I have continued to work on the areas of my life that were revealed during the sessions with Kerry. I have maintained contact with my cohort and established a mutual accountability relationship with one of my brothers for life - Dave

Kerry's humble delivery and genuine nature is a gift that has blessed my life time and time again. I can say he has walked me through my life's "messes" and I've come out the the other side having grown in a positive way directly due to his engagement. Love this guy!!
- Greg

The ongoing and positive impact that Kerry has made in my life has been instrumental in helping me to reach a level of confidence and self awareness. He is always positive, uplifting, makes you think about things from a different perspective, offers a listening ear and support whenever needed! Kerry has demonstrated to be a "safe" friend for many years, sharing friendship and kindness, despite his own busy schedule with community outreach events, and challenges with his own physical health. I am grateful to have such a wonderful and inspiring friend, educator and advisor of many things. - Hattie

VOLUNTEER HOURS

MYKC was able to volunteer over 1360 hours in 2023 to the community with retreats, weekly community calls, webinars, and personal enrichment sessions.

Warriors' Ascent - 300hrs

Community Calls - 520hrs

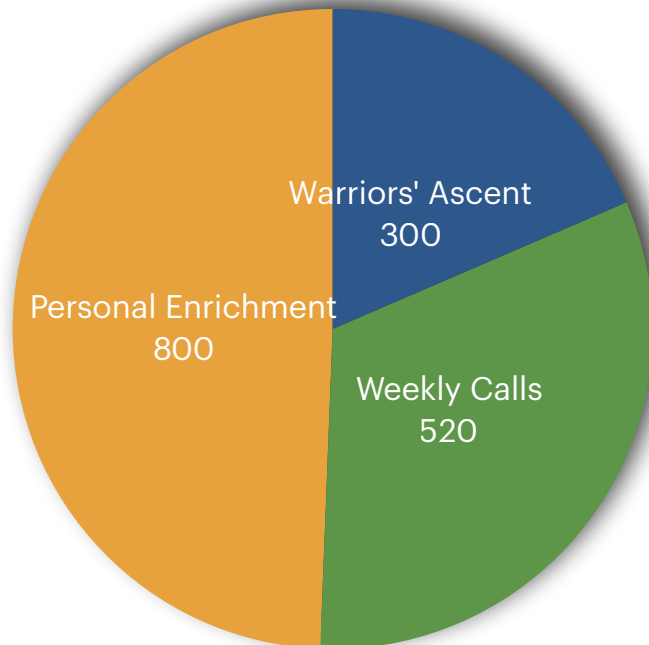
Personal Enrichment - 800hrs

● Warriors' Ascent

● Weekly Calls

● Personal Enrichment

Volunteer Hours



MYKC DIRECT FINANCIAL CONTRIBUTIONS

MYKC was able to financially contribute to 61 participants of Warriors' Ascent by providing each participant with a Warrior Yoga Essential Kit (Mats, Blocks, Straps, blankets and The MYKC Self Care Journal) providing Personal Enrichment Sessions to our community free of charge, API scholarships for 19 participants for 6 months and indoor rock climbing events for 12 Veterans and Essential Personnel.

Personal Enrichment Sessions - \$20,000

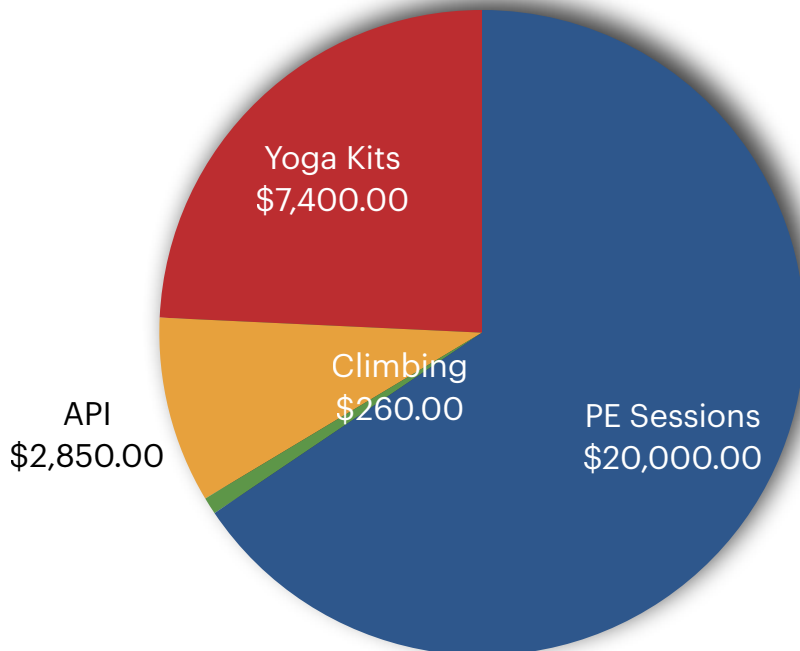
Yoga Kits - \$7400

API Scholarships - \$2850

Indoor Climbing Events \$260

- PE Sessions
- Climbing
- API
- Yoga Kits

Direct Community Contributions



COMMUNITY CONNECTIONS

MYKC sends out a daily inspirational or thought provoking text messages. If you are interested in receiving these messages, please text 'Inspire' to join [\(918\) 262-5195](tel:9182625195)

MYKC conducts weekly virtual sessions for the community. These sessions provide a path for a weekly check-up and an open forum to discuss a variety of topics and have guest speakers share their expertise in health, wellness, and finances

We have also created a Google Classroom for the community to have access to topics regarding PTSD, Codependency, Healthy Boundaries, Turning Conflict Into Intimacy, and Establishing Your Mission Statement. Please feel free to sign-up and share these resources with anyone you feel would benefit from the content: <https://classroom.google.com/c/NTM3ODAyODM2OTU4?cjc=6ddujj5>

Kerry Steuart provides a variety of relevant content on his YouTube channel for the community. He creates videos so others may benefit: <https://www.youtube.com/kerrysteuart>

We are excited to provide personal enrichment classes for the community. Kerry is a certified yoga instructor and health coach leveraging his years of experience and knowledge to provide these services: <https://www.livebliss.org>

Kerry has published three journals and all proceeds go directly to MYKC:

Self Care Journal:

https://www.amazon.com/dp/1006724001/ref=cm_sw_em_r_mt_dp_WJPQCWSPFWBFM4DS02TD

Health Care Journal: <https://www.blurb.com/b/11219232-health-care-journal>

Living Your Blissful Life: <https://www.blurb.com/b/11686889-creating-your-bliss>

MYKC 2024 OPERATING EXPENSE \$41,300

\$18000- For rent and utilities at the Live Bliss Yoga studio located in Grove OK. This space was created for the community to heal, recover find acceptance without social comparisons and unconditional love.

\$6000 - Summer Hill Ranch Warrior Retreats The funds will go towards cost of retreats for Veteran and First Responders, which will include workshop materials, the warrior yoga kits, lodging, and meals. Warrior Yoga Kit - \$120 each / kit includes a Manduka yoga mat, two blocks, strap, blanket, MYKC self-care journal, MYKC Find Your Bliss Journal, yoga blanket, and travel bag. (12 attendees/\$1440)Lodging/meals at Summerhill Ranch - \$130 per person (12 attendees/\$1560)

\$1,200 - Community Text Software Platform - This platform is utilized for daily inspirational text messages, updates on community events, and newsletters and is an opportunity to connect with the community through technology. Please text 'Inspire' to join (918) 262-5195

\$9,600 - Warrior Yoga Essential Kits - Manduka Yoga Mats, Blocks, Straps, Blankets and The MYKC Self Care Journal and Creating Your Bliss for each participant attending Warriors' Ascent during the 2024 calendar year (estimate of 120 attendees)

\$3,500 - 4 Indoor Climbing Events and 4 Outdoor Climbing Events - Climbing can help to reduce the effects of anxiety and depression, along with increasing mental focus. Climbing helps to keep you in the moment and mindful of your movement. While climbing many participants experience active meditation when planning your next moves. Climbing also helps build a level of trust and intimacy with you partner as you rely on each other for safety.

\$3,000 - Six month membership for 20 participants to Asset Performance Institute. Asset Performance Institute, LLC is excited to partner with MYKC to provide a health and wellness program rooted in physical fitness and exercise. Community members who are approved by MYKC through their application process, are awarded a Six (6) month membership. This membership will include our full offerings and custom programming to increase their physical well-being. Our main focus is to increase resiliency, mental health, and physical health. We believe, with the multitude of science backed interventional (clinical trials) research studies, that exercise decreases depression, anxiety, and PTSD. One study, showed that participants who exercised 4 times per week over just an 8-week program period, for a minimum of 30-45 minutes pre sessions “ *and morbid thoughts, even at baseline.*” (Ramirez et al.). This control group had 30% less individuals experiencing morbid thoughts and the same reduction in depression. Exercise works. For more information on our offerings and any questions, decreases severity of depression please contact David Bellis at dbellisasset1@gmail.com. You can also view information about API at www.beanasset.com. We are honored and thankful for the opportunity to help our community and serve those that have served us. We are extremely grateful for MYKC and all they have done for us and our community. We offer professional coaching and App-based programs to our members along with direct communication to our Founder and Lead Strength and Conditioning Coach. We have levels of programming for all individuals. If the community member awarded a membership has Low-level to No-level of fitness knowledge and needs support, we can accommodate and currently offer a specified program for those individuals. If the member is highly active, we absolutely can challenge them, help them grow, and achieve new levels of fitness

MYKC COMMUNITY OUTREACH PROGRAMS \$100K

\$100,000 - Community Retreat Center - Located in North Eastern Oklahoma. The vision is to create a space open to the community for mindfulness, meditation, yoga, and workshops. The goal is fund this space to provide a path of mental, physical, and spiritual well-being. The space will be open weekly offering a space for mindfulness, meditation, a walk in the labyrinth, and time around the fire pit. Once this space is finished, MYKC will host monthly sunrise to sunset retreats over various topics including Guided Meditation, Yoga Nidra, talks over Mindfulness, Meditation, Self Care, Sleep, Exercise, Ayurveda, Healthy Boundaries, Turning Conflict Into Intimacy, and other talks.

- Structure cost and delivery \$50,000
- Foundation \$7,000
- Build Out \$20,000
- Electrical \$13,000
- Plumbing including septic \$10,000