
TRAGEDY ASSISTANCE PROGRAM FOR SURVIVORS



2022 IMPACT REPORT





“CARING FOR THE FAMILIES OF AMERICA’S FALLEN HEROES”

LIFE AS LIVING LEGACIES

The Tragedy Assistance Program for Survivors (TAPS) is America’s leading organization caring for families of military deceased. Whenever and wherever a military member or veteran is lost, TAPS stands ready to provide compassion and critical resources to their grieving survivors.

Our peer-support network, 24/7 National Military Survivor Helpline, casework assistance, specialized programming, and connections to local grief resources are the reasons we are the national nonprofit organization trusted to care for the families of America’s fallen heroes. We guide survivors through our published TAPS Bereavement Model™ to acknowledge and validate their loss, and we walk alongside them as they find meaning and purpose with the love left behind.

We are proud to share, in the pages that follow, the impact of our support. You will read testimonials about our programs and services from military survivors, and you will find that our reach extends beyond the support offered by any other casualty-support program or organization. Within this report, you will hear survivors explain the power of peer-to-peer support; read stories of hope and healing; and you will understand how TAPS supports military and veteran survivors 24/7 through critical services, programs specifically designed for the military bereaved, and the love, comfort, and care that can only come from this unique family of peers.

Each person who stepped forward in defense of our nation and paid the ultimate sacrifice was more than a name embroidered on a uniform, more than a number in a unit, more than a fleeting headline. Each fallen service member had family and friends behind them — a devoted husband, wife, or significant other; loving parents; proud children whose hero they called mom or dad. Every fallen service member served alongside battle buddies, left to carry on without their brother or sister-in-arms. Our nation has a duty to care for each of these living legacies of freedom and sacrifice.

With your steadfast support, TAPS upholds the promise we, as a nation, made to care for the families of America’s fallen heroes. We are committed to embracing military survivors, making sure they know that they always have a home at TAPS and that they will never have to face grief, trauma, and life after loss alone.

Our team bears witness to survivors navigating their everyday lives with broken hearts. We hope, as you read this report, you will understand why our mission to care for all those grieving the death of a military or veteran loved one is an essential piece of military bereavement and an ultimate act of service for our nation’s fallen and their families. Thank you for opening your hearts, serving our mission, and joining TAPS to honor American service and sacrifice.

Very gratefully,

A handwritten signature in black ink that reads "Bonnie Carroll". The signature is written in a cursive, flowing style.

Bonnie Carroll
President and Founder

TAPS YEAR IN • REVIEW - 2022 •



 TAPS IS HERE
24/7
FOR ALL WHO GRIEVE
THE DEATH OF A MILITARY
loved one

124,088
SURVIVOR CONNECTIONS
WITH TAPS

FOR COMFORT, CARE, AND RESOURCES

750+
MILITARY MENTORS
VOLUNTEERED

32,566
HOURS SUPPORTING
THE TAPS MISSION

24% OF ALL NEW TAPS
SURVIVORS ARE GRIEVING
THE DEATH OF THEIR PARENT

11,570+
SURVIVORS GRIEVING
THE DEATH OF THEIR
MILITARY LOVED ONE
ATTENDED A TAPS EVENT


17,867
CALLS TO THE
24/7 HELPLINE


8,849
NEW SURVIVORS
CONNECTED WITH TAPS

\$215+
MILLION
VALUE OF EDUCATIONAL
BENEFITS TAPS SECURED
FOR MILITARY SURVIVORS

\$3.9+
MILLION
IN RETROACTIVE
BENEFITS SECURED FOR
MILITARY SURVIVORS

each day **24** NEWLY
GRIEVING
SURVIVORS
CONNECT
WITH TAPS


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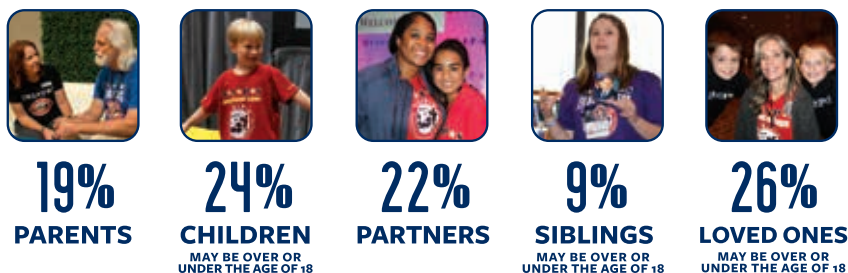
TAPS is committed to evaluating the needs of our bereaved military survivor community; identifying gaps in services for survivors; and understanding how survivors receive and process the services and information we provide. We carefully track the impact of our programs through surveys using the Integration of Stressful Life Experiences Scale (ISLES) sent to those newly connecting with TAPS and engaged with TAPS Survivor Care Team members. We have learned that TAPS survivors often face challenges navigating life after loss and struggle to find meaning and purpose in their “new normal.” Among respondents to our surveys, 65 percent reported they struggle to integrate the reality of their loss into their daily lives. These results tell us that our families desperately need our support to treat trauma and process grief emotions. TAPS is dedicated to continuing our longitudinal analysis of survivors’ ISLES outcomes after long-term engagement and support from TAPS, with the goal of moving our families toward post-traumatic growth and resilience.

WE ARE TAPS

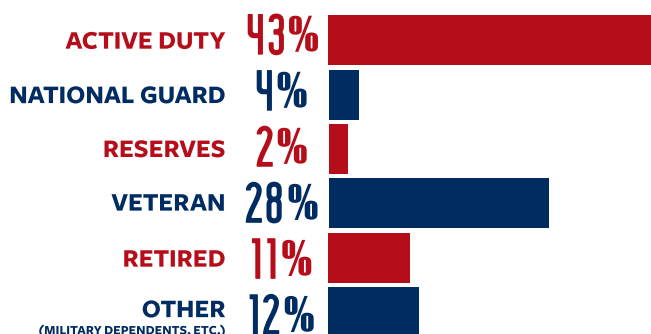


78%
OF ALL NEW SURVIVORS
CONNECTED WITH TAPS
IN 2022 WERE ADULTS

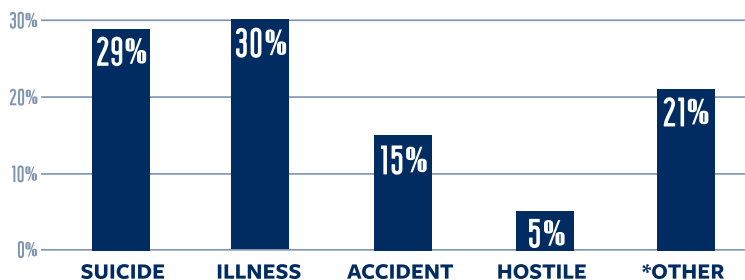
RELATIONSHIP TO MILITARY LOVED ONES AMONG ALL SURVIVORS CONNECTED WITH TAPS IN 2022



LENGTH OF TIME SINCE LOSS AMONG ALL SURVIVORS CONNECTED WITH TAPS IN 2022

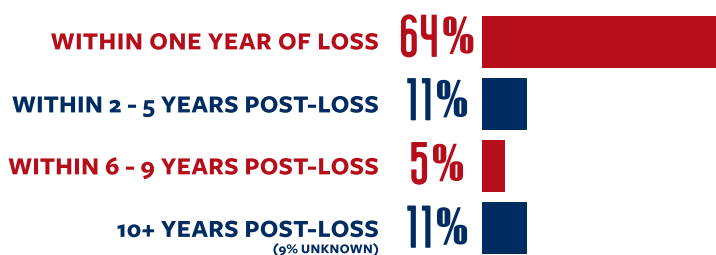


CAUSE OF DEATH AMONG ALL MILITARY SURVIVORS CONNECTED WITH TAPS IN 2022



*Other includes friendly fire, homicide, noncombat-related incidents, non-hostile, undetermined, or unknown at time of intake with TAPS. Numbers will vary upon connection with military survivors to identify cause of death.

LENGTH OF TIME SINCE LOSS AMONG ALL SURVIVORS CONNECTED WITH TAPS IN 2022





TAPS MISSION

TAPS is the national nonprofit organization providing compassionate care and comprehensive resources for all those grieving the death of a military or veteran loved one.

TAPS VISION

We honor our military service members by caring for all those they loved and left behind.

TAPS VALUES

HOW WE HEAL

Twenty-four hours a day, seven days a week, we are a family of military survivors ready to embrace and connect all who grieve the death of a military or veteran loved one with resources, services, and programs. TAPS provides support to survivors regardless of the manner of death, the duty status at the time of death, the survivor's relationship to the deceased, or the survivor's place in their grief journey. TAPS is fortunate to work with leading experts in the fields of grief, bereavement, trauma, and peer support to integrate decades of research on military grief into action to help heal hearts.

AT TAPS WE:

HONOR AND REMEMBER: We cherish the life of our fallen heroes and celebrate military survivors as the living legacies of their loved ones' service and sacrifice.

EMPOWER: We empower survivors with healthy coping tools, resources, and opportunities to connect in the comfort of their home, their community, their region, and the nation to grow with their grief.

CONNECT: We connect all those grieving a military death 24/7 to a nationwide network of peer-based emotional survivor support and critical casework assistance.

EDUCATE: We inform and educate using research-informed best practices in bereavement and trauma care for survivors and advocate on behalf of survivors with policy and legislative priorities.

CREATE COMMUNITY: We build community with survivors to provide comprehensive comfort, care, and resources where they live, when they need it, and in a manner comfortable for them.

CORE SERVICES

PEER-BASED EMOTIONAL SUPPORT

24/7 NATIONAL MILITARY
SURVIVOR HELPLINE

COMMUNITY-BASED CARE

CASEWORK ASSISTANCE



IN 2022

3,206

Customized Resource Kits sent to 5,015 Military Survivors

102,378

Birthday and Angelversary Cards sent to Military Survivors

“ Sending a grateful and huge thank YOU for keeping my son and me emotionally afloat during our rough seas. We are taking one step at a time looking for hope and peace. Thank you, TAPS. ”

— Surviving Mother

9,911

Total survivors receiving active outreach from the Survivor Care Team

197,411

Copies of the Quarterly TAPS Magazine delivered free to Military Survivors and Supporters

SURVIVOR SERVICES

SHARE THE JOURNEY

SURVIVOR CARE TEAM

At the front line of our survivor support is our Survivor Care Team — caring, dedicated professionals who are survivors themselves. Our team provides inclusive and professional peer-based emotional support to embrace, engage, and empower survivors throughout their grief journey. Our care is customized, effective, and proven to enhance the quality of life for all those grieving the death of a loved one whose life included military service. Our team members listen and connect survivors with appropriate resources specific to their individual needs, and lay the foundation for a lifelong connection between each survivor and the TAPS Family.

IN 2022

25,623 TOTAL CALLS, VOICEMAILS, AND RETURNED CALLS FROM SURVIVORS
14,716 TEXTS SENT AND RECEIVED | 20,551 EMAILS SENT AND RECEIVED

2,877

Connections to other TAPS programs, services, and resources

245

Days Supporting Survivors at Events

422

Hours spent facilitating in-person care groups and online groups

1,475
Peer Mentors

PEER MENTORS

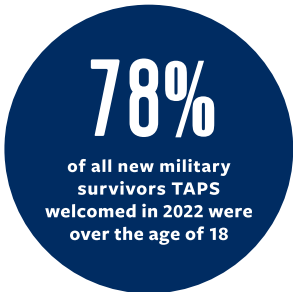
Regardless of where you call home, a military loss is an emotional journey shared among survivors across the country. In addition to our larger seminars and camps, we also connect survivors with each other in their hometowns through specialized resource guides, local TAPS groups, and peer-based support.

We know the most impactful way to care for survivors is to empower each other. We train adult survivors who are at least 18 months beyond their own loss, and at a healthy point in their grief journey, to volunteer and support another newly bereaved survivor.



TAPS IS HERE 24/7

Staffed 24 hours a day, seven days a week, 365 days a year, our National Military Survivor Helpline is the only 24/7 helpline for all who are grieving the loss of their military loved one. All callers are immediately connected with a live-answer, caring TAPS professional. In 2022, TAPS responded to survivors calling for casework assistance, emotional support (to include concerns regarding the withdrawal from Afghanistan), guidance through military grief, and information on TAPS programs.

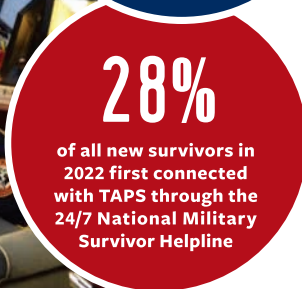


Growing with Grief

The number of new survivors connecting with TAPS each year continues to rise. We are preparing to increase the number of our Survivor Care Team members, with an emphasis on those who are grieving a death by illness; those who were caregivers prior to becoming survivors.



MAJOR TRENDS



TOP THREE REASONS SURVIVORS CONNECT WITH TAPS

1. EMOTIONAL PEER SUPPORT
2. CASEWORK ASSISTANCE
3. CONNECT WITH OTHERS OF A SIMILAR LOSS



“ Thank you once again for your kindness this morning. Just talking to you I felt encouraged and supported going forward in my journey ”

— Survivor on the TAPS 24/7 National Military Survivor Helpline

SURVIVOR SUPPORT

6,397

cases resolved

EMERGENCY FINANCIAL ASSISTANCE

\$371K+

“ I am so appreciative of the TAPS Casework Program. I never imagined the resources available to help me learn how to budget my finances. I am so comforted by everything my Casework Advocate has done for me. When I got off the phone, I cried tears of joy for their help to make my world a little easier. No more constant worry and stress about all the past-due bills that I had no possible way to figure out. Once again, thank you for everything. ”

— Surviving Spouse

RETROACTIVE BENEFITS

\$3.9M

secured for military survivors

BENEFITS & RESOURCES

In a time of immense grief, survivors often face piles of paperwork that must be completed to access resources and benefits. Our Casework and Education Support Services team advocates for survivors to address the complexity of these immediate needs. Survivors turn to us with questions relating to funeral honors, benefits, financial hardships, and legal concerns. They often need help obtaining records, official documents, and reports. Third-party entities — like other national service organizations, government agencies, and funeral homes — also connect new military surviving families directly to our Casework and Education Support Services team. We continue to see an increase in the need for support and the number of survivors we connect with in Casework and Education Support Services.



Survivor Support

Supporting survivors of a military death through the complexities after the loss of their military member

- Official Papers | Employment
- Headstone | Health Care
- Investigations | Line of Duty
- Legal Cases | Medals
- Personal Effects | Survivor Flags



Financial Assistance

Providing emergency financial support in their greatest time of need

- Groceries | Mortgage/Rent
- Lost Income | Funeral Expenses
- Post-Mortem Cleaning
- Travel Costs | Moving Expenses
- Clothing | School Supplies
- Holiday Support | Tutoring



Retroactive Benefits

Retroactive benefits awarded to survivors with the support of TAPS Casework Assistance team

- DFAS (SBP, SSIA, AOP)
- VA (DIC and Survivor Pension)
- OSGLI (SGLI and SGLI-DE)

PATHWAYS TO SUCCESS

For survivors pursuing post-secondary education, we align their educational goals with federal, state, and private benefits and scholarships to minimize out-of-pocket expenses. We are recognized for our expertise in identifying, aligning, and maximizing survivors' educational goals with benefits and resources. Additionally, we continue to provide graduating high school seniors and incoming college freshmen with a customized Education Resource Report that provides on-campus resources, along with a personalized report of federal, state, and private education benefits and scholarships available.

College Prep for Teens and Parents

Navigating college applications can be a challenge for high school students. Military survivors face that challenge in addition to navigating their grief journey.

In 2022, TAPS welcomed college-bound survivors in Arlington, Virginia where they learned about resume building, budgeting, networking, and ways to present themselves professionally. Survivors also learned about education benefits, FAFSA scholarship, and how to select and apply to a college.



\$215M

in education benefits identified for military survivors



117

customized Education Care Packages



1,500+

new survivors projected to connect with TAPS for educational benefits in 2023

“ Please keep hosting these excellent sessions, which are immensely helpful for all professionals who work with the bereaved. Everything about these workshops is first-rate and not available anywhere else! ”

—Mental Health Professional



2022 TAPS INSTITUTE WORLDWIDE ATTENDEES



6,300+

Individuals connected with the TAPS Institute for Hope and Healing® for training in 2022

CONNECTING WITH EXPERTS

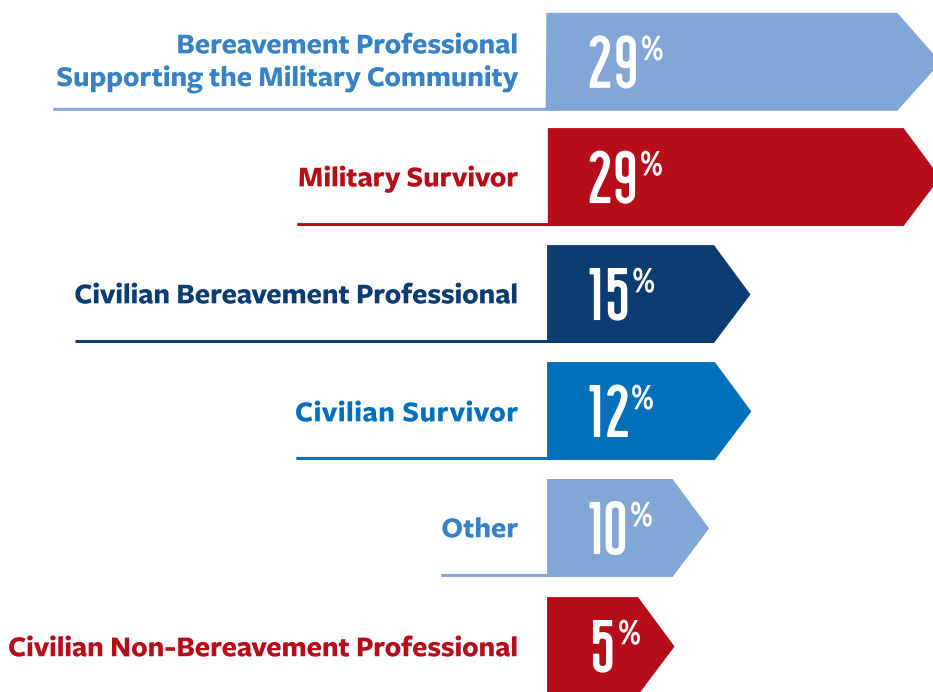
The TAPS Institute for Hope and Healing® empowers the bereaved and enhances the expertise of professionals caring for all those grieving with resilience and wellness education.

2022 Courses Included:

- *Tapping and HeartMath*
- *Helping Grieving Children and Teens Cope with Difficult Emotions*
- *Grief Journaling in the New Year*
- *TAPS Suicide Postvention Model: A Roadmap Toward Post-Traumatic Growth*

A sought-after resource around the world, the Institute features insightful programs and training delivered by experts in their fields. The Institute selects presenters from our highly skilled and credentialed staff, members of our Advisory Board, and nationally and internationally recognized professionals based on their expertise on grief and loss, wellness, resilience, and post-traumatic growth. The Institute provides courses and continuing education to survivors, social workers, nurses, funeral directors, casualty officers, chaplains, grief professionals, trauma counselors, and others.

Who registers for Institute programs?



SUPPORTING SURVIVORS OF SUICIDE LOSS

We have supported more than 21,500 suicide-loss survivors and developed a best-practice Suicide Postvention Model™. Our Suicide Pre- and Postvention team provides comfort, care, and resources specific to suicide-loss survivors; coordinates and hosts the only National Military Suicide Survivor Seminar and Good Grief Camp; hosts training on suicide prevention and postvention; and provides insight and consultations on best practices in suicide pre- and postvention techniques.



Nationally Recognized

The annual National Military Suicide Survivor Seminar and Good Grief Camp has been recognized by the Departments of Defense and Veterans Affairs, the American Association of Suicidology, and the American Foundation for Suicide Prevention for its crucial role in promoting healing for those who have experienced the death of a loved one by suicide.

333

suicide-loss survivors attended the 14th Annual National Military Suicide Survivor Seminar and Good Grief Camp

89%

of newly bereaved suicide-loss survivors reported they had hope for the future after attending the 2022 National Military Suicide Survivor Seminar

2,578

new military suicide-loss survivors connected with TAPS in 2022

29%

of all new 2022 military survivors connecting with TAPS grieve a military loved one who died by suicide

“TAPS provides us with a safe space to remove the negative stigma associated with suicide. While I would give everything for one more minute with my husband, I am grateful for the hope TAPS has inspired in me.”

— Surviving Spouse



WHEN A CAREGIVER BECOMES A SURVIVOR, WE'RE HERE

As the nation's home for survivors across all manners of death, we are ever mindful of the unique needs specific to survivors who were once caregivers. By partnering with government agencies and nonprofit organizations, we are working collaboratively and have implemented a life-altering program to compassionately support those who were a military or veteran caregiver along their grief journey as survivors. Many military-loss survivors provide support to their loved one as a caregiver, and now they grieve their loss from complications due to injuries or illnesses related to their exposure to toxins. Other military-loss survivors were caregivers of a service member with invisible wounds and illnesses, to include Traumatic Brain Injuries (TBI), or Post-Traumatic Stress (PTS), that may have contributed to their sudden death by suicide.

“ We are never prepared for this journey. Losing my father made me so vulnerable. Your support has meant the world to me and I so appreciate how you ‘get’ it. Thank you. ”

— Surviving Adult Child of Illness Loss

30% of all new 2022 military survivors connected with TAPS grieve the death of their loved one by illness

2,640

new military illness-loss survivors connected with TAPS in 2022 alone

19%

of all new 2022 illness-loss survivors are under the age of 18



VOICE OF THE MILITARY SURVIVOR

TAPS advocates for all military survivors — across all manners of death, duty statuses, and relationships to the deceased.

In 2022, the TAPS Government and Legislative Affairs team led efforts to pass the **Sergeant First Class Heath Robinson Honoring Our Promise to Address Comprehensive Toxics (PACT) Act of 2022** and was proud to witness President Joe Biden sign the PACT Act into law on Aug. 10, 2022.

This historic bill ensures **3.5 million veterans** of multiple generations who were exposed to burn pits, toxins, and airborne hazards while deployed are provided immediate, lifelong access to Department of Veterans Affairs (VA) health care, and critical benefits for their families, caregivers, and survivors. The VA estimates there are nearly **382,000 potential survivors** who may now be eligible for benefits under the PACT Act.

In 2022, TAPS also worked with Congress to ensure the passage of other important legislation impacting survivors that will:

- 1 **Grant survivor benefits for COVID-19 deaths that are service-related:** Ensures the VA grants benefits to survivors of veterans who die of COVID-19 with an underlying, service-connected health issue that may have contributed to their death by COVID-19.
- 2 **Allow access to electronic medical records for remarried spouses with dependent children:** Ensures remarried surviving military spouses have access to the TRICARE Beneficiary Self-Service Account that allows them to access and check the status of referrals for their TRICARE-eligible children.
- 3 **Eliminate the expiration date for Chapter 35 education benefits:** Ensures Chapter 35 education benefits for new survivors in parity with the Forever GI Bill.
- 4 **Guarantee GI Bill benefits for “Sole Survivors”:** Ensures GI Bill benefits for service members discharged due to “Sole Survivor” policies who were unable to fulfill their commitments.
- 5 **Remove the expiration date on GI Bill application for Transfer of Entitlement (TOE):** Removes the expiration date on applications for GI Bill benefit Transfer of Entitlement (TOE), and, in cases where the service member transferred part of their benefit — but not all of it, the subsequent months will be split between their beneficiaries.

TAPS 2023

TOP PRIORITIES FOR THE 118TH CONGRESS:

- ★ **Ensure Implementation of the PACT Act for Toxic-Exposed Veterans and Survivors**
- ★ **Expand Mental Health Services and Suicide Pre- and Postvention**
- ★ **Pass a Comprehensive Remarriage Bill for Surviving Spouses**
- ★ **Strengthen Dependency and Indemnity Compensation (DIC) for Survivors**
- ★ **Honor All Gold Star Families**
- ★ **Provide TRICARE and CHAMPVA Young Adult Coverage in Parity with the Affordable Care Act (ACA)**
- ★ **Strengthen and Rename the Death Gratuity for Surviving Families**
- ★ **Create One GI Bill for All Veterans, Caregivers, and Survivors**

In addition to working with Congress, TAPS also advocates for surviving families through the VA Federal Advisory Committee (FAC) on Veterans’ Families, Caregivers, and Survivors; chairs the Survivor Subcommittee; and serves on the Advisory Committee for Cemeteries and Memorials (ACCM). In 2023, TAPS will continue to provide subject matter expertise and represent survivors with the White House, VA, Department of Defense (DoD), Department of Education (DoEd), and all government agencies impacting survivors.



MILITARY MENTORS

IN HONOR OF THEIR SERVICE

Mentorship by adult role models is key for our surviving military children. Military Mentors are active-duty service members or veterans of the armed forces who selflessly volunteer their time to make a one-on-one connection with a grieving child at a TAPS Youth Program.

750+
mentor engagements
with surviving military
families virtually and
in person in 2022

32,500+
hours volunteering

82%
of mentors intend
to serve as a Military
Mentor again

“ We are meant to help grieving children — but their resilience gives me light in my darkest days. To see smiles like this, reminds me that the battles we fight — even internally — are never fought alone. ”

— Tia Graham, TAPS Mentor



“ The boys and I spent the weekend in Denver at the Regional TAPS Seminar. The care that TAPS takes for family members affected by the loss of a military member is truly amazing, heartwarming, and tear inducing. Mentors didn't ‘babysit’ the boys, they took genuine care of my boys and other kids so that the adults could learn, heal, and forge new friendships. I will forever be grateful for this life-altering event. ”

— Surviving Partner and Parent, 2 children under 11

LEGACY MENTORS

Legacy Mentors are very special mentors for our military children survivors. Legacy Mentors are survivors who attended TAPS Good Grief Camps as a surviving military child and have now graduated and returned to mentor younger survivors. The Legacy Mentors represent how the community of TAPS has walked alongside them to remember the love, celebrate the life, and share the journey.

25

Legacy Mentors volunteered their time to support other surviving military children



IN A RECENT INTERVIEW, TAPS LEGACY MENTOR RYAN HILTON SPOKE ABOUT THE IMPORTANCE OF PEER SUPPORT FOR BEREAVED MILITARY CHILDREN.

“ I think being a Legacy Mentor in particular has taught me how important it is to give back. TAPS really facilitated a lot of that [for me]. It helped me see both the benefits of having someone give back to me and also help me see the benefits of giving back to somebody else. ”

Hilton’s words highlight the value of the ongoing TAPS Research team study, which aims to better understand the long-lasting effects of peer support through their mentorship role, particularly for military children coping with grief and traumatic experiences.



SURVIVOR EXPERIENCES

TESTIMONIES FROM SURVIVORS

SURVIVING SPOUSE WITH CHILDREN



SURVIVING PARENTS



SAFETY AND STABILIZATION

RECEIVED A CALL FROM A SURVIVOR CARE TEAM MEMBER

“I wasn’t sure what to expect, but I remember I was so comforted when I found out her husband also died by suicide and she connected me with all these really amazing and meaningful resources.”



“It was such a positive experience to just have someone else understand my tears. It really established trust that TAPS is a place that I can go for help.”

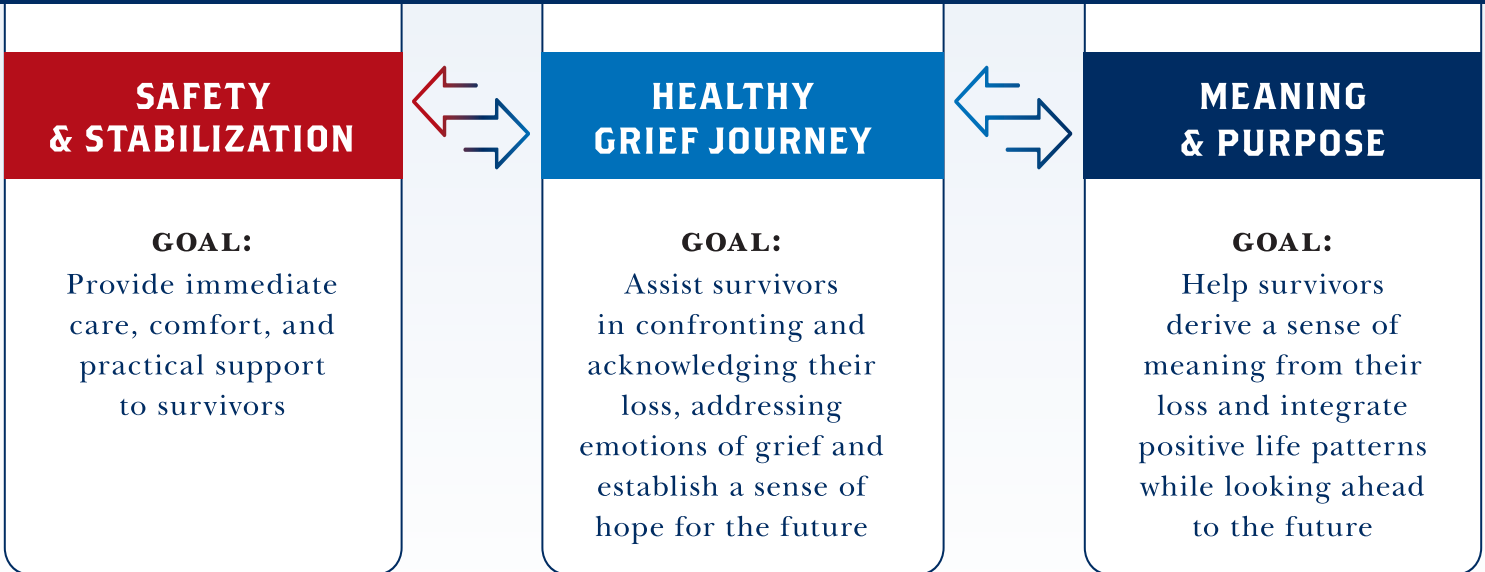
RECEIVED A CALL FROM A TAPS PEER MENTOR

“I tried so hard to get off the phone with her because I wasn’t really ready to talk about my pain — then when she shared what she went through with her kids I thought ‘Oh wow, someone else has been through this and they are OK and her kids are OK too.’”



“I got a phone call from another mother...I shared some of my concerns with her about how the rest of my family was coping with the death of our son, and it was like she was shining this flashlight down this dark road guiding me how to help myself and also how to help my family.”

TAPS BEREAVEMENT MODEL™



HEALTHY GRIEF JOURNEY

TAPS NATIONAL AND REGIONAL SEMINARS AND GOOD GRIEF CAMPS

“ I remember feeling that for the first time since my loss, my boys felt safe to just be kids. I remember feeling that hope was tangible, and if my boys could be OK, and other women with my same experience could be OK, then maybe I would be OK. ”



“ The regional seminar was the first event we went to together and, while my husband was hesitant to go, he came with me. I swear he got more out of it than any other person at that seminar because he met other dads, and I know he shared things that he has never told me — that was very powerful for him. ”

TAPS RETREATS AND GRIEF PROGRAMS

“ The Family Camp is a wonderful program that is not available anywhere else. We formed friendships with other families and really had a breakthrough together with my boys. I truly feel this program is what launched us into the next steps of our grief, connected as a family. ”



“ We attended a Parents Retreat, and it was even more special than the seminar because we met other parents, and we really had a pivotal moment together as a couple grieving our son together rather than individually. ”

MEANING & PURPOSE

PEER MENTORSHIP

“ Becoming a Peer Mentor really helped my confidence in a way that I hadn't felt in a long time. My strength and what we have survived can help someone else. Going through the training really helped me to look back and reflect on my journey and realize the most important part — for everyone to know they are not alone. ”



“ We both went through Peer Mentor Training together. We really felt that we were already connecting so many of our family members and other new people we met with TAPS that...we could really take our grief to the next level and be the light for someone else's darkness. We could make a difference for someone else going through the same awful reality that we survived. ”

DARE TO LEAD PROGRAM

Survivors participated in the Dr. Brené Brown program titled: Dare to Lead where they were able to connect and enhance their personal and professional courage-building skills inclusive of vulnerability, values, trust, and resilience. Since the first offering of the Dr. Brené Brown Dare to Lead program, over 300 military survivors across 10 cohorts have graduated from the 22-week program.

PODCAST CLUB - DARE TO LEAD

TAPS survivors participated in more than 3,537 events using Dr. Brené Brown podcasts for over 181,200 survivor engagements to connect, create dialogue, and listen to conversations with change-catalysts, culture-shifters who are innovating, creating, and daring to lead.

453

Care Groups

2,802

Survivors Attended
Care Groups

191

TAPS Together

1,782

Survivors Attended
TAPS Together

OUR SUPPORT, RIGHT NEXT DOOR

Care Groups

Facilitated by at least one Peer Mentor and often a mental health professional, our local grief support groups, known as TAPS Care Groups, provide military survivors grieving a loved one the opportunity to connect both in person or virtually. Care Group meetings are safe places where survivors can give and receive peer support while building strong relationships throughout their grief journeys and nurture the essence of trust as they share their loved ones' life stories. Together we heal, discover ways to honor our loved ones, and share their legacies.

Community-Based Care Team

Counseling Connections | Community Resource Reports

The Community-Based Care Team's mission is to connect survivors with professionals, in their community, who specialize and understand grief and trauma such as skilled therapists, group therapists, support groups, bereavement groups, parenting support, and community organizations. Our vision is to provide every requested connection in a timely manner and to cultivate relationships with outside therapists and organizations.

TAPS Together

We unite military survivors together around an activity or local social setting to help survivors find connection and strengthen their community support. At TAPS Together, survivors connect and meet other military survivors to share strength and hope. In 2022, survivors connected through golf, community walks with Carry the Load, coffee meet and greets with Starbucks, Transportation Museum tours, visits to memorials and monuments across the nation, H-E-B Cooking School classes, Friendsgiving activities, White House visits, U.S. Capitol tours, military concerts, visits to governors' mansions, a McCune Mansion visit, the Gobles football game, the Wolftrap Children's Museum visit, the HRS Equine event, a Gold Star ladies spa day, attending Dubuque Fighting Saints and Milwaukee Brewers games, attending the Houston Livestock Show, the Urban Air activity, park tours, book clubs, podcast clubs, and leadership programs.

2,000+

unique survivors connected with mental health support within their own community

855

survivors received a
Community Resource Report

1,778

survivors received a
counseling connection

TAPS VIRTUAL AND IN-PERSON SEMINARS

TAPS survivors build community, connect with experts, and experience hope when attending a TAPS Military Survivor Seminar. Each year, TAPS welcomes all military survivors at our regional and national seminars to offer support and connections to surviving loved ones in all phases of their grief journey. TAPS seminars are safe spaces for survivors to share stories of their military loved ones and experience a community of hope and healing. To ensure the safety and well-being of all military survivors, TAPS welcomed survivors in person and virtually.

2,192

Military survivors attended 2 national and 5 regional in-person seminars with a virtual-attendance option in 2022



WHY ARE SURVIVORS ATTENDING SEMINARS?



TAPS seminars help them to connect with other survivors



TAPS seminars teach them new skills, tools, and information to help with their grief

OTHER BENEFITS OF ATTENDING SEMINARS

83%

reported attending TAPS seminars helped them to understand their grief

87%

reported attending TAPS seminars gave them hope for the future

82%

reported TAPS seminars gave them new information to help cope with grief

89%

reported TAPS seminars helped them to feel socially connected

RECOMMENDING TO OTHERS

91%

of respondents would recommend an in-person TAPS seminar to another survivor

**FOLLOWING
ATTENDANCE AT
A TAPS YOUTH
PROGRAM, PARENTS
AND CAREGIVERS
REPORTED:**

74%

noticed positive changes in the
behavior of their children

73%

noticed a positive change in the
overall attitude of their children

67%

noticed a change in their children's
overall outlook on life



92%

reported the experience
was helpful for their children
in coping with their grief

YOUTH PROGRAMS

A LIFETIME OF HEALING

The death of military loved ones leaves behind survivors of all ages. We help our young survivors build a community of support for their grief. At our virtual and in-person youth programs, children and teens process emotions and connect with other young survivors. Children, teens, and families learn how to talk openly about their loss, recognize ways of coping, build positive coping behaviors, and safely share their feelings.

1,829 newly bereaved children connected with TAPS in 2022

27% of all new 2022 military suicide survivors are under the age of 18

2,300+ military survivors under the age of 18 engaged with TAPS in 2022

700+ children attended a TAPS Youth Program in 2022

GOOD GRIEF CAMPS

Held alongside our seminars, Good Grief Camps provide youth ages 5 to 18 with a supportive place to share and learn coping skills through play, talking in small groups, games, crafts, and other activities. Each child is paired with a Military or Legacy Mentor, and children make valuable connections with their peers and gain support and validation for their grief. For children under the age of 5, TAPS Early Childhood Care provides customized love, care, and programming.



FAMILY CAMPS

TAPS Family Camps offer grieving school-age children a chance to heal and grow alongside their parents or caregivers. Our families leave these camps with enhanced connections to deepen the family bond. Together, families grow with grief by focusing on their home life, family values, and learning new ways to understand and support one another.

STEPPING INTO ADULTHOOD

Transitioning into adulthood can be a challenge, especially while grieving the loss of an important person in your life. The TAPS Young Adults program bridges the gap between our youth and adult programming, serving all survivors ages 18–30. For our young adults, we provide opportunities for them to learn to navigate life and build a solid foundation for adulthood. Based on the Five Pillars of Growth, programming is developed and offered to help survivors explore their grief and emotions, make decisions about their educational journey or career path, and build new connections. This one-of-a-kind program connects military survivors with a community of peers, supports through life transitions, and offers mentorship for growth in a safe and age-appropriate environment.

TAPS WELCOMED

638

New Young Adult Survivors in 2022

170

attended a TAPS Young Adult event in 2022



YOUNG ADULTS PROGRAM FIVE PILLARS OF GROWTH

1. PERSONAL DEVELOPMENT

2. FINANCIAL STABILITY

3. COMMUNICATIONS

4. CAREER GUIDANCE

5. SERVICE TO OTHERS



“ TAPS is the type of organization you want to support, but never want to be a part of. However, without them, I don't know where I'd be. I've connected with both mentors, staff, and other survivors on a level that was completely unexpected. They provide the forum for survivors to share — both their own story and to listen to others' stories. I've met incredible people on this journey that have become lifelong friends (like family). Although no one can replace our loved ones, it is serendipitous to meet people along the way who help to fill such a void. ”



SISTERS IN GRIEF

With the goal of moving forward with joy, gratitude, and resilience, our Women's Empowerment program helps bereaved women redefine their identity and reclaim their focus on the needs of their mind, body, and spirit. The program helps survivors clarify their direction in life and create their own paths to growth.

Our program is influenced by the Acceptance and Commitment Therapy (ACT) model, which aims to increase psychological flexibility among survivors. Psychological flexibility refers to a person's ability to fully connect to the present moment and the ability to consciously perceive the current situation. Individuals who embody psychological flexibility recognize they have the power to change or continue their behaviors based on their own internal values.

Drawing on ACT's guiding principles, the Women's Empowerment program produces measurable and replicable improvements in psychological flexibility and emotional self-regulation skills. In 2022, TAPS continued to offer virtual engagements and connections for all surviving women grieving the loss of their children, spouses, fiancée's, partners, significant others, parents, and siblings with tools to promote mindful movement and art therapy.

In 2022, TAPS Women's Empowerment welcomed more first-time attendees than any other program in TAPS.

<p>In 2022, TAPS hosted</p> <p>72</p> <p>surviving women at the Women's Empowerment Summit</p>	<p>71%</p> <p>of attending women experienced a significant increase in their ability to choose self-values over negative thoughts and behaviors</p>	<p>1,098</p> <p>women attended</p> <p>90</p> <p>Women's Empowerment events in 2022</p>
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Attending survivors of Women's Empowerment retreats and experiences reported significantly higher levels of psychological flexibility after the event (M = 19.0, SD = 7.9) compared to before (M = 24.5, SD = 9.3), $t(49) = 4.8, p < 0.001, d = 0.69$.

The AAQ-II is a measure of psychological flexibility, with higher scores indicating lower levels of flexibility. Among survivors who completed both a pre- and a post survey reported significantly higher levels of psychological flexibility after attending a Women's Empowerment event.

HEALING IN THE OUTDOORS

TAPS Outdoor Engagement creates unique opportunities for military survivors to integrate the healing power of nature as part of their grief journey, by fostering connection within their community, in their region, within the United States, and around the world.

TAPS Outdoors has shifted its focus toward accessing outdoor experiences, helping families heal in nature, and further integrating access to nature into all TAPS programming. Through a robust partnership with the National Park Trust continuing through at least 2023, families have had the opportunity to learn fly-fishing in our national parks from coast to coast by volunteer guides from Trout Unlimited and Project Healing Waters. All participating families received fishing equipment that will support this leisure activity for their lifetimes.

Our partnership with NPT has also supported further immersion in our nation's national forests at events like the Sedona Women's Empowerment Retreats in the Coconino National Forest, setting a precedent for future program collaborations across the TAPS network.

From Olympic National Park to Great Smoky Mountains National Park, in our nation's capital at National Mall and Memorial Parks, and along the C&O Canal National Historical Park, with spectacular views of the Potomac River, families connected with their peers, America's pastime, and the land and waters our loved ones served to protect.

THE IMPACT OF HEALING IN THE OUTDOORS

97% of respondents reported one of the reasons they are attending Outdoors Programs is to connect with other survivors who share a similar loss

80% of respondents reported one of the reasons they are attending Outdoors Programs is to learn new tools and information to help with their grief

70% of respondents reported one of the reasons they are attending Outdoors Programs is because their loved one enjoyed the outdoors

Men's Programs

93% of respondents reported the Men's Montana Retreat helped them feel socially connected

MEN'S PROGRAMS

TAPS Men's programs take place over several days in unique locations and are designed to bring together small groups of men to further build a sense of community. Each Men's Program includes physical and emotional movement, time for conversation and reflection, and unique travel experiences. TAPS also offers an exclusive Men's Online Community where all surviving men can bond and share experiences by connecting with bereaved men around the world.

24
virtual men's
events hosting
410
male survivors



450+
men attended
programs

132

Sports & Entertainment engagements honoring

415

military deceased

1,734

attendees connected with Sports & Entertainment for meaningful engagements honoring the life and service of their military loved one

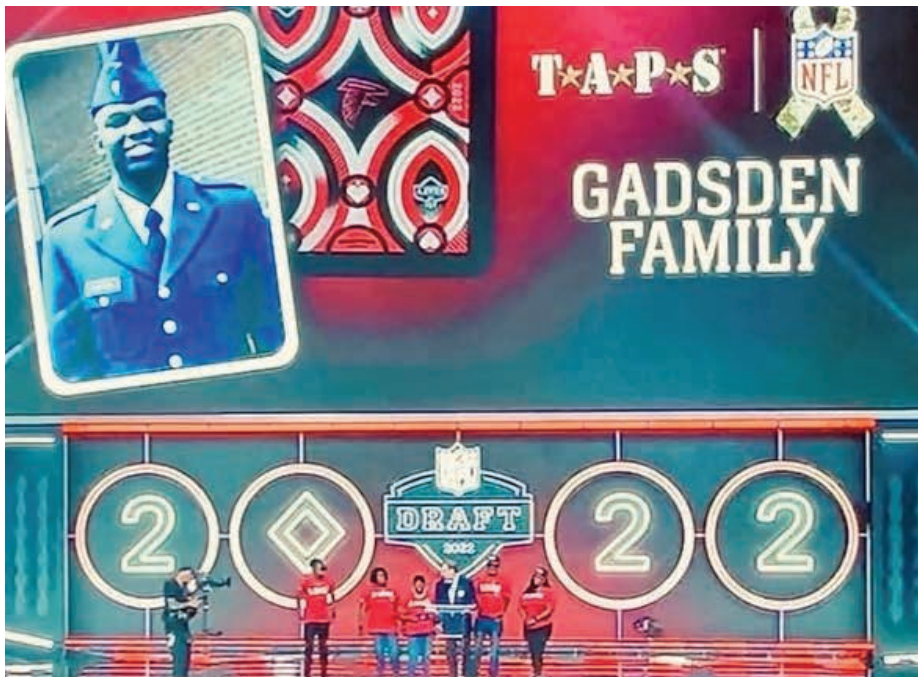
SPORTS & ENTERTAINMENT

CREATING NEW MEMORIES

Watching a game or attending a concert with fellow survivors is more than the event, it's about making new memories. Our Sports & Entertainment programs create meaningful opportunities for survivors to build connections, share memories, and celebrate the life and service of our fallen.

The TAPS sports program, teams4taps, creates meaningful engagements for survivors to share stories of their loved one with the sports teams and athletes that their loved one cheered for. Doing something their hero would have loved and doing it in their honor has been powerful for survivors to experience and a special part of the grief journey.

With events like concerts and theater performances, Stars4TAPS creates opportunities for survivors to make new memories with musicians, Broadway productions, and TV and film actors who once brought joy to their loved one.



BEYOND BORDERS

The mission of TAPS International is to share best practices in peer based emotional support programs for families of military and conflict deceased; bring the surviving families of coalition partners who served together and died together into an international network of support; strengthen an understanding between cultures of coalition partners that grief is universal; and give surviving families a voice in creating stable societies, thereby continuing the mission their loved one died for.



AFGHANISTAN – DESPITE TALIBAN RULE, TAPS CONTINUES TO SUPPORT CRITICAL PROGRAMS IN AFGHANISTAN. TAPS MET WITH FORMER PRESIDENT HAMID KARZAI TO SHARE EFFORTS ON BEHALF OF AFGHAN WIDOWS AND ORPHANS.



NEPAL – TAPS ATTENDED THE SOUTH ASIA CONFERENCE OF ORGANIZATIONS CARING FOR WOMEN IMPACTED BY VIOLENCE AND CONFLICT. MET WITH THE PRESIDENT OF NEPAL. TOURED CENTER IN KATHMANDU FOR SURVIVING FAMILIES.



UGANDA – TAPS FORMED A PARTNERSHIP WITH THE FOUNDATION FOR WOMEN AFFECTED BY CONFLICT IN UGANDA TO MENTOR PROGRAMS AND ECONOMICALLY EMPOWER SURVIVING VICTIMS.



BURKINA FASO – A DELEGATION FROM BURKINA FASO ATTENDED THE 2022 NATIONAL MILITARY SURVIVOR SEMINAR TO LEARN ABOUT TAPS PROGRAMS AND MIRROR THEM FOR THE FAMILY MEMBERS OF THEIR MILITARY DECEASED.



TAPS UKRAINE

UKRAINE – SINCE 2015, TAPS HAS MENTORED THE ORGANIZATION IN UKRAINE CARING FOR GRIEVING FAMILIES. FOLLOWING THE INVASION IN FEBRUARY 2022, TAPS UKRAINE EXPANDED TO PROVIDE CRITICAL PSYCHOSOCIAL SUPPORT; COORDINATE HUMANITARIAN ASSISTANCE; AND DEVELOP A NATIONAL NETWORK OF VOLUNTEER ENGAGEMENT.

72
grief support psychologists
trained and deployed

12
daily sessions on average
per psychologist

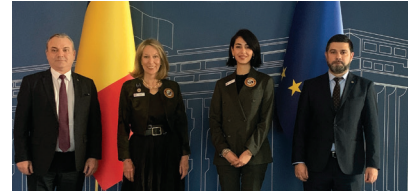
4,000+
family members of victims
received support from counselors

238
presentations to the families of the
fallen, including medals and flags

3,000+
internally displaced persons
received support

1,478
volunteers completed TAPS Ukraine
course on burnout and stress resistance

750+
soldiers received trauma counseling
and are able to readjust to life
after battlefield service



ROMANIA – THE MINISTRY OF DEFENSE OF ROMANIA HAS PARTNERED WITH TAPS ON THE CREATION OF A ROMANIAN ORGANIZATION TO CARE FOR FAMILIES OF THEIR MILITARY DECEASED AND INCREASE SUPPORT TO NEIGHBORING TAPS UKRAINE.



POLAND – TAPS LONGTIME PARTNER FUNDACJA DORASTAJ Z NAMI BASED IN WARSAW HAS NOW ADAPTED AND TRANSLATED THE TAPS BOOK, HEALING YOUR GRIEVING MILITARY HEART, FOR DISTRIBUTION TO POLISH SURVIVING FAMILIES.



ISRAEL – AMERICAN AND ISRAELI SURVIVING FAMILIES CAME TOGETHER IN TEL AVIV AND JERUSALEM FOR REMEMBRANCE DAY, AND MET WITH THE PRESIDENT AND PRIME MINISTER TO HONOR FALLEN HEROES. AN ISRAELI DELEGATION OF CHILDREN ALSO TRAVELED TO THE US TO TAKE PART IN THE TAPS GOOD GRIEF CAMP.



LIBYA – TAPS SIGNED AN MOU WITH OUR LIBYAN PARTNER NATIONAL COUNCIL FOR GENERAL LIBERTIES AND HUMAN RIGHTS AT THE NATIONAL HQ TRIPOLI/ LIBYA. WE HAVE ALSO MET WITH THE LIBYAN MINISTRY OF EDUCATION, MINISTRY OF DEFENSE, AND MINISTRY OF FOREIGN AFFAIRS OF LIBYA.

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BOARD OF DIRECTORS



A MESSAGE FROM THE CHAIRMAN OF THE BOARD

Here at the home of the families of America's fallen, we have an unwavering commitment to provide 24/7 compassionate care, comfort, and resources to all those grieving the death of a military or veteran loved one. Since 1994, the Tragedy Assistance Program for Survivors has upheld its promise to the men and women who selflessly served this nation, the promise to care for all those they loved and left behind. Year after year, we stand strong and steadfast, embracing military survivors of all ages and across all phases of their grief journey with open arms to help them grow with grief.

You help make our success possible. In this Annual Impact Report, you have seen a special, in-depth look at our work in 2022. You have seen the power of bringing military survivors together from around the world to connect, grow, and heal.

THIS YEAR, TAPS:

WELCOMED more than **10,200 adults** and over **1,200 children** at a TAPS camp, seminar, or retreat.

CONNECTED with **4,600+ mental health professionals** to support survivors with grief and trauma.

SHARED personal notes of honor and remembrance with **102,300+ survivors** on the anniversaries of their loved one's deaths and birthdays reminding them that they are not alone in their grief journeys.

Together, with your help, support, and time, we will continue to advance our goals of connecting everyone grieving the death of a military or veteran loved one with 24/7 comfort, care, and resources. Your dedication to the TAPS mission is a service to our nation and an honor to all those who serve, past and present.

John B. Wood,
CEO and Chairman of the Board, Telos
Chairman, TAPS Board of Directors

JOIN US

“ I really enjoyed the opportunity to help such lovely people! Thank you for the work you do. In the wake of sadness, there is an opportunity to spread love and compassion TAPS does just that. I will be volunteering every year! ”

—TAPS Volunteer

2,500+

volunteers donated their time and talent in 2022 to provide

41,451

hours worth of support

TAPS is a 501(c)(3) nonprofit organization and is funded by the generosity of donors who care deeply about our nation’s legacy of service and sacrifice.



Volunteer

TAPS is committed to leverage the time and talent of our volunteers to meet our organizational mission to provide comfort, care, and resources to all those grieving the death of a military loved one, all at no cost to surviving families and loved ones. TAPS volunteers make a significant impact on the mission to help heal the hearts of all military survivors.



DONATE

- Donate now at TAPS.org/Donate
- Combined Federal Campaign No. 11309
- Donate your vehicle for TAPS
- Employer matched giving
- Planned or Estate Giving

FUNDRAISE

- Host a Facebook fundraiser
- Host or support a fundraiser
- Race with Team TAPS
- Donate to a Racer with Team TAPS

SHOP TO SUPPORT TAPS

- Purchase items from our TAPS Store
- Tribute Tiles at our National Headquarters

SPONSORSHIP

- Honor Guard Gala
- TAPS Programs and Services

For more on these ways to support TAPS, visit TAPS.org/Support or email us at Development@TAPS.org

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Learn more at TAPS.org/Sponsorship

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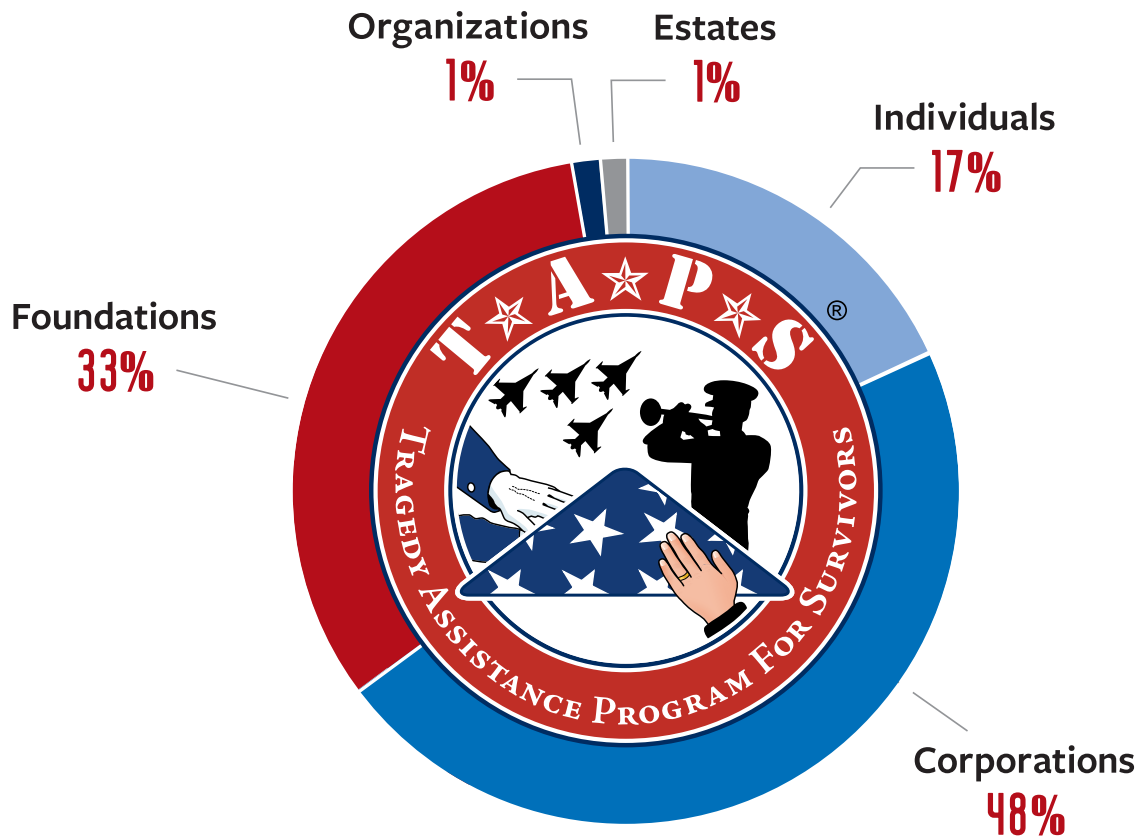
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THANK YOU FOR YOUR SUPPORT

We were able to provide programs and services in 2022 thanks to the **\$13.8 million** we received in generous support from individuals, corporations, estates, and foundations.

2022 Funding Represented by our Donors



\$0.86 OF EVERY DOLLAR PROVIDES DIRECT AND IMMEDIATE SUPPORT TO TAPS SURVIVORS

86.2% GRIEF AND TRAUMA SUPPORT FOR MILITARY SURVIVORS

27% SURVIVOR SERVICES
47% SURVIVOR PROGRAMS
26% SURVIVOR EVENTS

8.3% FUNDRAISING
to provide survivors with 24/7 care and support

5.4% ADMINISTRATION
keeping the lights on for the families of America's Fallen Heroes...TAPS is always here

* The financial results included in this report may contain unaudited figures. TAPS complete audited financial statements can be found at TAPS.org/Financials.



In Honor of Those Who Have Served and Died



Your generous donation of funds, time,
and talent supports the TAPS mission.

EIN 92-0152268

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