



PROGRAMMATIC UPDATES

RESILIENCE

Addressing Tragedy & Aiding Recovery

The Navy SEAL Foundation (NSF) is here to support the NSW community in times of grief. That includes helping the families and teammates left behind. In the last eighteen months, Naval Special Warfare Development Group commands have experienced multiple losses. As a result, NSF recently supported a day of resilience counseling and training for the members of these units to help them through this difficult period.

"NSF immediately jumped on board and understood that the service members, married or not, needed more resiliency tools to help with grief and communication – whether between a couple, friends, children, or co-workers – as well as mindfulness. NSF assisted in providing two speakers, and the event was highly well-received. It provided a great opportunity for attendees to learn how to have more deliberate conversations, especially regarding work-related grief that can translate to home-related issues. Over the years and especially in the last few months, the NSW community has experienced so much loss that we must have these hard but necessary conversations."

— NSW Warrior and Family Support Coordinator



ATTENDEE FEEDBACK

"We are so fortunate that there is an organization that understands this and will do what they can to help us – thank you, NSF."

"We need to bring this into the Team Room."

"I now realize how important it is to talk to my wife about my grief and the value that will add to our relationship."

NAVYSEALFOUNDATION.ORG



HEALTH

Enhancing Physical & Mental Wellness

THOUGHT LEADERS SYMPOSIUM

In March, NSF facilitated two days of essential conversations around pain, trauma, addiction, suicide, culture, and family with world-class professionals, NSW senior leadership, and numerous active duty and veteran SEALs and SWCCs in Washington, DC, at our Thought Leaders Symposium. Our overall intent was to identify and break the barriers perpetuating the community's problems. Through well-structured group conversations and breakout sessions, the participants developed solid recommendations to pass to NSW.

"Thank you for a wonderful event. It was a fantastic opportunity to get together and have a thoughtful, engaging, and informative discussion on the important issues facing Naval Special Warfare. As the Force Psychologist, it was reassuring to see the level of support our warriors receive and witness the care and dedication so many expressed. I made many personal connections and am following up on many lines of effort that will undoubtedly lead to improved care and support for our NSW family. Thanks again to you and the NSF Team for making this event successful."

"I enjoyed the collection of individuals in the room. I appreciated the well-planned and well-executed agenda. NSF did an excellent job moderating a challenging array of topics - it was a masterclass in facilitation. I am honored to have had a seat at the table, and I look forward to contributing more as we move forward together. Thank you for including me."

"I am in awe of the diplomatic grace, knowledge, and professionalism that masked the hard work put in to orchestrate the event. TLS was brilliantly organized and presented. Thank you!"





EDUCATION

Providing Scholarships & Development Opportunities

March kicked off NSF's annual program partnership with the [Gratitude Initiative \(GI\)](#). NSF was thrilled to host GI's co-founder, Lee Sechrist, onsite to brief East Coast NSW families on their comprehensive college and career prep program, [GI College Success Academy](#). In the theme of gratitude, Lee recognized NSF's generous, continued investment in the lives of NSW teens by presenting NSF with a partnership award.

Over the last six years, 99% of GI seniors got into one or both of their top two college choices, and 95% of college freshmen who attended College Success Academy graduated. NSF is honored to partner with GI, whose programs and six-year success rate result in an impactful return on this educational venture, witnessed by nearly twenty SEAL and SWCC family referrals on the first day.



“ON TIME, ON TARGET, NEVER QUIT.”

COMMUNITY

Empowering Connections & Preserving Legacy

Naval Special Warfare Group FOUR, in conjunction with Special Boat Teams TWENTY and TWENTY-TWO, celebrated the 32nd anniversary of Special Warfare Combatant Craft Crewmen (SWCCs), established on March 1, 1991. Service members gathered at their respective commands to recognize this meaningful milestone where guest speakers shared history, heritage, and personal stories. Special guests included Mr. Cecil Lee, a graduate of the first SWCC class. In addition, NSF was honored to support the ceremony with an on-site BBQ for service members to enjoy and connect.





SATURDAY, AUGUST 19, 2023

**JOIN US FOR THE
2023 NAVY SEAL FOUNDATION
NEW YORK CITY SEAL SWIM!**

The NSF NYC SEAL Swim is a multi-sport, open-water swimming event held in New York City on August 19, 2023. Roughly 200 former SEALs, veterans, police officers, firefighters, and first responders from across the country, are expected to participate. Funds raised will benefit NSF and the Uncommon Grit Foundation.

For more information or to register, please visit:

NAVYSEALFOUNDATION.ORG/SEALSWIM



PARTNERS



ARKEN OPTICS

Since becoming an NSF Partner last year, Arken Optics (founded by Navy SEAL Mike Reilly) has helped provide support to the warriors, veterans, and families of Naval Special Warfare through direct donations on a routine and ongoing basis. Help Arken support NSF by using code NSF\$170 on any order that includes an **Optic and Combo Pack** and get \$170 off your order.

Check them out at <https://www.arkenopticsusa.com>.



JACK KELLER
LIEUTENANT (SEAL)
February 22, 2023



MICHAEL T. ERNST
CHIEF SPECIAL WARFARE
OPERATOR (SEAL)
February 19, 2023



JOEL PENGRA
NAVY DIVER FIRST CLASS
February 14, 2023

NSF is honored to support the families, teammates, and commands of fallen NSW warriors. Under our Resilience Pillar, programs include travel assistance, immediate casualty assistance funds, and help with remembrance items and memorial services. Surviving families are also added to NSF's Gold Star and Surviving Family program to meet future needs as they arise.