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Resilient Retreat Announces Grant From The Community Foundation of Tampa Bay

Tampa, FL (February, 26 2021) – Resilient Retreat is pleased to announce a grant from the [Community Foundation of Tampa Bay](#), an organization focused on making a positive impact on the Tampa Bay region.

Since the onset on COVID-19, 74% of helping professionals (e.g. first responders) in Florida have reported that their job is harder and 49% are currently suffering from Post-Traumatic Stress Disorder (PTSD). The generous support of the Community Foundation of Tampa Bay will allow Resilient Retreat to respond to this reality by providing over 100 sessions of equine therapy to helping professionals in our community. Research supports equine therapy as an effective treatment for those struggling with anxiety, PTSD, depression, and substance abuse (Earles, Vernon, & Yetz, 2015), all issues for which our community's first responders are at high risk due to the unique pressures of their work.

When asked about the impact of this grant support, Resilient Retreat Founder and Board Chair Dr. Sidney Turner stated, "Equine therapy gives our participants a unique and powerful way to connect, process their struggles, establish trust, and build confidence. This program is incredibly timely and relevant as we are seeing the impact of prolonged stress of the pandemic in our community. We are so grateful to the Community Foundation of Tampa Bay for the support that is allowing us to provide this life changing program."

Equine therapy is one of many innovative, research-based therapies provided by Resilient Retreat to assist the healing of those impacted by trauma. By providing this evidence-based treatment to those in need, we will be able to positively impact the mental health and build the resiliency of those who have dedicated their professional lives to helping their community.

The Community Foundation of Tampa Bay has been growing philanthropy in Hillsborough, Pinellas, Pasco, Hernando and Citrus counties since 1990. The Foundation's donors have made possible more than \$210 million in grants to nonprofit organizations.

About Resilient Retreat: Resilient Retreat was founded in 2018 to empower survivors of abuse and those that experience trauma in the workplace, like first responders and helping professionals, to thrive through self-care and community. In October 2020, Resilient Retreat began construction on a new 84-acre retreat center at 13010 Fruitville Road, Sarasota, FL 34240. Upon completion in 2022 Resilient Retreat will be able to further expand its capabilities and capacity to offer healing services to the community, including modalities like neurofeedback, yoga, meditation, massage, time in nature, gardening and support groups as well as enhancing self-care skills through workshops on healthy cooking, journaling, and other beneficial activities. In addition to the free and confidential day programs currently being offered, once retreat construction is complete, peaceful multi-day retreats focused on healing the entire person will be added to provide participants with the necessary tools to not only survive after trauma, but to thrive. For more information about the services of Resilient Retreat, please visit www.ResilientRetreat.org or call 941. 343.0039.

About Community Foundation of Tampa Bay: Founded in 1990, the Community Foundation of Tampa Bay is a nonprofit organization that connects people and resources to inspire charitable giving and create a meaningful, lasting impact on our region. The Foundation serves Hillsborough, Pinellas, Pasco, Hernando and Citrus counties. The Community Foundation of Tampa Bay connects donors, nonprofits, community and business leaders, professional advisors, volunteers and residents to make the maximum positive impact in the Tampa Bay region. For more than 28 years, the Community Foundation of Tampa Bay has been dedicated to making giving easy and meaningful for donors as a way to strengthen nonprofit organizations and build a better, more vibrant community. Since its inception, its donors have enabled the Community Foundation of Tampa Bay to award more than \$210 million in grants to nonprofit organizations across the country.

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