



RESILIENTRETREAT

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For Immediate Release

Resilient Retreat Receives Funding for Furnishings for Residential Retreat Center for Trauma Survivors, First Responders and Helping Professionals.

Sarasota, FL (January 2022) – Resilient Retreat recently received funding from William G. and Marie Selby Foundation to provide furnishings for their under-construction retreat center for survivors of trauma, first responders and helping professionals. The grant will provide kitchen appliances, dining and bedroom furnishings for their residential retreat center slated to open in November 2022.

Resilient Retreat provides free evidence-based programs to survivors of abuse, first responders and helping professionals. Advancements in neuroscience research reveal that witnesses to trauma may experience vicarious trauma, which can lead to PTSD and other visible symptoms. Abuse survivors and first responders often share similar underlying conditions. Covid-19 has exacerbated and already troubling situation with abuse rates on the rise and first responders and helping professionals pushed to work longer hours under heightened health risks. "We're excited to be contributing to such a vital project for survivors of trauma and first responders and helping professionals to have a safe place to heal from the impacts of trauma," said Carol Butera, Executive Director of the William G. and Marie Selby Foundation.

In the fall of 2020, Resilient Retreat embarked on the Road to Resilience Capital Campaign and started construction on an 18,000 square foot Retreat Center and a 5,000 square foot community center complete with overnight accommodations, therapy spaces and communal social spaces. In addition to day programming, the Retreat Center will have the capacity to welcome up to 30 individuals to attend multi-day retreats to heal the mind, body and spirit on 84 acres of conservation land. In prior data collection, Resilient Retreat found that participants on average reported a 91% decrease in missed days of work and a 41% decrease in suicidal thoughts after completing programs.

"The kitchen is the heart of any space and this grant from the William G. and Marie Selby Foundation will provide all of the essential kitchen items needed to provide nutritious well-balanced meals for our participants during 3–5 day retreats. This equipment will also give us the opportunity to utilize our kitchen to offer a wide variety of nutrition and cooking classes to participants as nutrition plays an important role in dealing with psychological trauma." says Lisa Intagliata, Executive Director of Resilient Retreat.

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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.