



Program Participant's Testimonials and Results

"The program is certainly the best thing I have done on my journey to wellness. I am determined to fight on and will recommend this program to my friends and acquaintances. It's also my intention to give back to the Foundation behind 4 Aussie Heroes in whatever capacity I can in the future."

"I left Camp Courage with a new sense of optimism moving forward and a belief that I do not have to continue to live with and bear my PTSD as before. The program is certainly the best thing I have done on my journey to wellness."

"I am a Veteran and Paramedic with 30 years of combined service. The 4 Aussie Heroes program has been a breakthrough in my treatment, it has changed my life and that of my family."

"This program has changed my life. I didn't just learn "how", but "what" and "why" become much clearer. I have future goals and so many tools to use for a continued recovery".

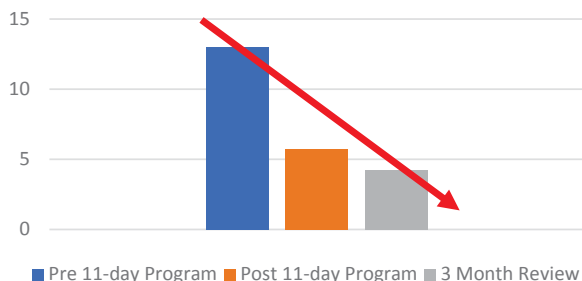
"I wasn't enjoying my life journey, I struggled to be in a room with people and had a distorted view of my self worth. After attending the live-in program, I was able to identify my triggers and start the journey towards post traumatic growth."



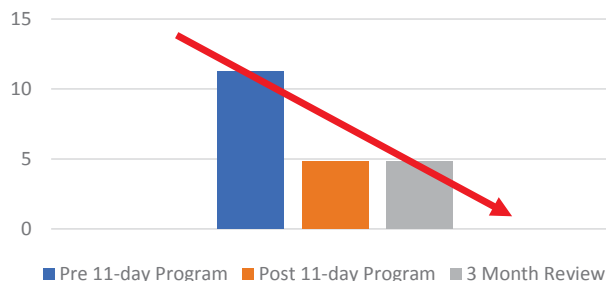
"TRIUMPH OVER TRAUMA" & "REFRESH" PROGRAMS

2022 Year - Group Average Results against National Scales

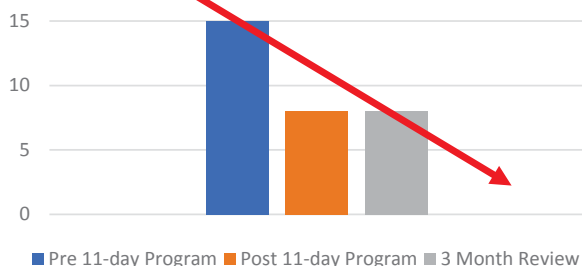
DASS-21 DEPRESSION
Average



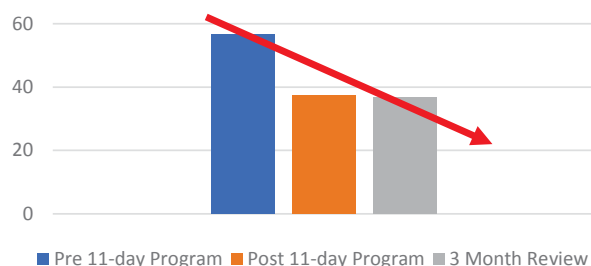
DASS-21 ANXIETY
Average



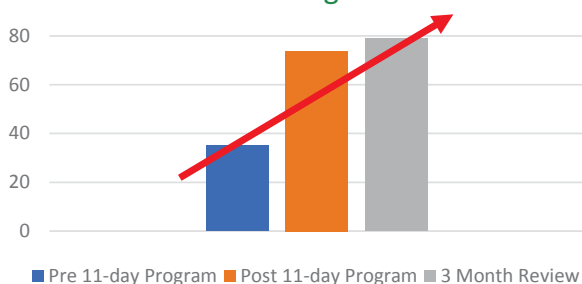
DASS-21 STRESS
Average



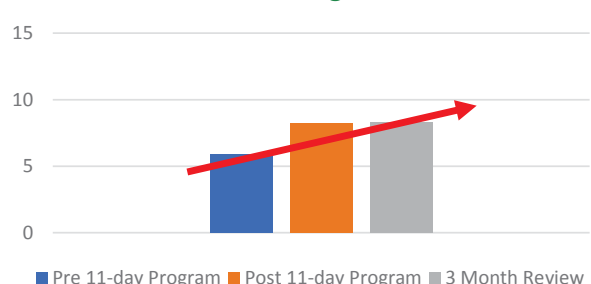
PCL-5 PTSD SYMPTOMS
Average



POST TRAUMATIC GROWTH (PTGI)
Average



PERSONAL WELLBEING INDEX (PWI-A)
Average



2022 Participants Feedback

Some individual feedback on the overall Program with Ratings included.

- Excellent program. Extremely well -run. Relevant & useful. Supportive environment safe to discuss different topics. 9-10
- Such a privileged experience to be able to attend a program, that give you skills to go forward and unhook from previous patterns. 9-10
- Was well worth doing, and I'm glad my colleagues and partner pushed me into it. I did want to leave a couple of times but with support was able to get through. 10-10
- This will improve my quality of life. It has challenged the idea that I will suffer with PTSD for the rest of my life. 10-10
- The program is great and has given me many baseline skills and knowledge to research and develop further. Thanks so much for all your support. 8-10
- The experience was without question the best I have had. The whole atmosphere was like being part of a bigger family. 9-10

The following are the collective results for a number of questions posed to all Participants at the conclusion of the program.

- "How would you rate your overall experience of this program?" 9.43 out of 10
- "How would you rate the facilitators of this Program?" 9.14 out of 10

"How did the members of the Participant group influence your overall experience?"

- 100% Positive experience some of the most incredible people I have ever met in my life.
- It felt good being accepted into a group.
- It was good to hear other people's trauma & realise there are people in the room who know what it's like, but also super anxiety provoking.

"Would you recommend the Program to others?"

- Certainly, one of a kind program, I've never been on one like this, full immersion & education really made a difference.
- Yes, it was a great experience and away to let your pain follow a new path.
- The Program is intense, almost like exposure therapy, but I would highly recommend it, as it will give me a "much" better life.
- Yes, The amount of material covered was excellent and gave Participants lots of material and exercise to assist them with their recovery and daily lives.
- I would fully support this Program and would recommend this Program to any person who has mental health & PTSD issues.

"What is your opinion regarding whether there is a strong need for this "Triumph over Trauma" Program for military and first responders

- I know from my own experience that this course is needed, and I highly recommend it.
- The Program is essential and should be included in the transition of all Military and First Responders when exiting the service as there is a very strong need for this program. To understand our responses are normal and "ok", and most of all how to manage them.
- This course is priceless. Saving lives impacting families. Allowing people to gain some insights understanding. The generosity of the foundation is an absolute gift.



"Triumph Over Trauma" Program

"I am eternally grateful to the 4 Aussie Heroes Foundation, as a participant in their Triumph over Trauma Program. The greatest outcome from this program for me is hope. My PTSD journey to date has lacked hope, due to a bleak medical prognosis and so many re-enforcing negative experiences. PTSD for me, has been a condition in which the basic elements of life have been taken from me. My health, employment, financial security, relationships, self-confidence and esteem, the freedom to leave home in peace and ability to enjoy life. I take hope from the program for the first time since my diagnosis.

My focus now is post traumatic growth and taking the micro steps required to become a better version of my former self. Through the program I have discovered a new hope for a positive future and greater reasons to live.

In over 30 years in the health care industry, I have not witness greater generosity, passion and care in mental health. I cannot thank the founders Gerry and Renita enough, for their vision to save and improve the lives of members of the armed services and first responders. This passion and care are expertly delivered by Katrina and the 4 Aussie Heroes team and comes with an ongoing commitment to care and support in the hope of nurturing post traumatic growth and resilience. I take inspiration from the kintsukuroi art of repairing pottery, as described in the program.

I intend to make the ongoing improvements to my life, as taught in the program, to improve the quality of my life and those around me, especially my family. With a particular focus on self-soothing, self-compassion with gratitude, and the power of positive affirmations, I will improve my physical and mental health. Nelson Mandela said "may your choices reflect your hopes, not your fear." This program should help me make the choices to overcome fear with hope."

Nov 2022 Program Participant

"Dear Gerry and Staff of 4 Aussie Heroes

I write to personally express my sincere appreciation to you Gerry, Katrina, and all of your mental health presenters on 'Triumph over Trauma' for the quality of care and attention that you provided for me when attending your Program.

I am not ashamed to say that things were really tough for me leading up to my attendance at 'Triumph over Trauma' so much so that I found myself in serious contemplation about taking my own life.

You Gerry and Katrina without doubt, through your Program, saved my life!

Having spent many hours attending mental health practitioners in the past in an effort to deal with and treat my PTSD, the holistic support, care and guidance from Katrina, Monica, Jodi, Joanne, Courtney and Stephen were amongst the best treatment I have received. Their therapy and insight with such a sensitive approach and appropriate modalities gave me hope beyond 'Triumph over Trauma' so that I can continue on my healing road and therefore in the hope of improving my quality of life.

Thank you again, not only from myself, but from my family also for your caring, and providing me with tools moving forward that I can use on a daily basis to improve my quality of life while I continue to wrestle with my PTSD and associated depression.

Sincerely"

June 2021

"I stayed at the Triumph over Trauma Program from the 13 to 25th of November 2022. What an amazing program. I was greeted with such kindness, and this continued throughout my stay. The room was fantastic. Clean, modern, and had a fantastic view over a beautiful landscape full of kangaroos. The participants met over dinner the first night and we were grateful that all were of the same age group. Later conversations revealed we all had experienced many of the same traumatic events. Due to the members group activities the participants began to open up with each other and trust was formed within a couple of days.

Katrina Cox presented the program in a simple and easy format which all could follow and willingly participated in activities. It was not by any means a "death by power point" learning experience. It was an amazingly well set out and timed schedule which has helped 7 of us participants believe in ourselves again and restore trust in others.

Renita and Gerry are also the most generous, kind and humble people I have ever had the privilege to meet in my entire life. Nothing was any trouble and they made us feel more like family rather than participates in a program. Since the commencement of the program, I can only imagine how many lives they have saved. I can only thank everyone involved in this program for giving my wife back her lost husband, giving my children back their dad and for giving me my self-esteem, confidence and my love for life. I truly cannot thank you enough for allowing me the privilege of attending your incredible program."

Nov 2022 Program Participant