



2022

IMPACT REPORT

THE GAVIN
FARRELL
FOUNDATION

A HIDDEN EPIDEMIC

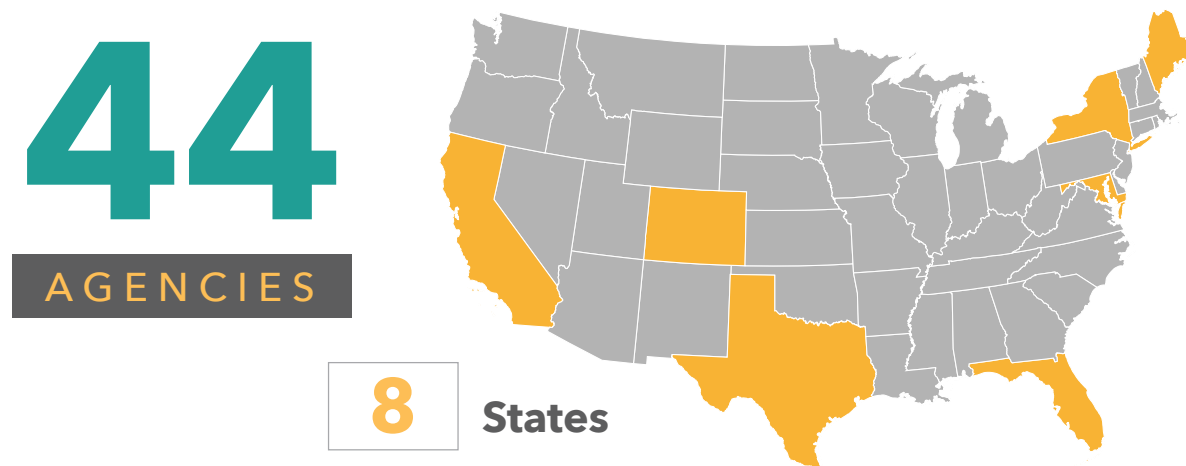
No one with PTSD should suffer in silence.

We can help.

The Gavin Farrell Foundation's mission is to improve the lives of the vast number of individuals with posttraumatic stress disorder (PTSD) by increasing access to highly effective forms of treatment.

By sponsoring training in evidence-based therapy to licensed clinicians and mental health agencies, we help hundreds of therapists provide better support to clients, to deliver the care they need for an enhanced quality of life.

GFF has trained 231 Clinicians

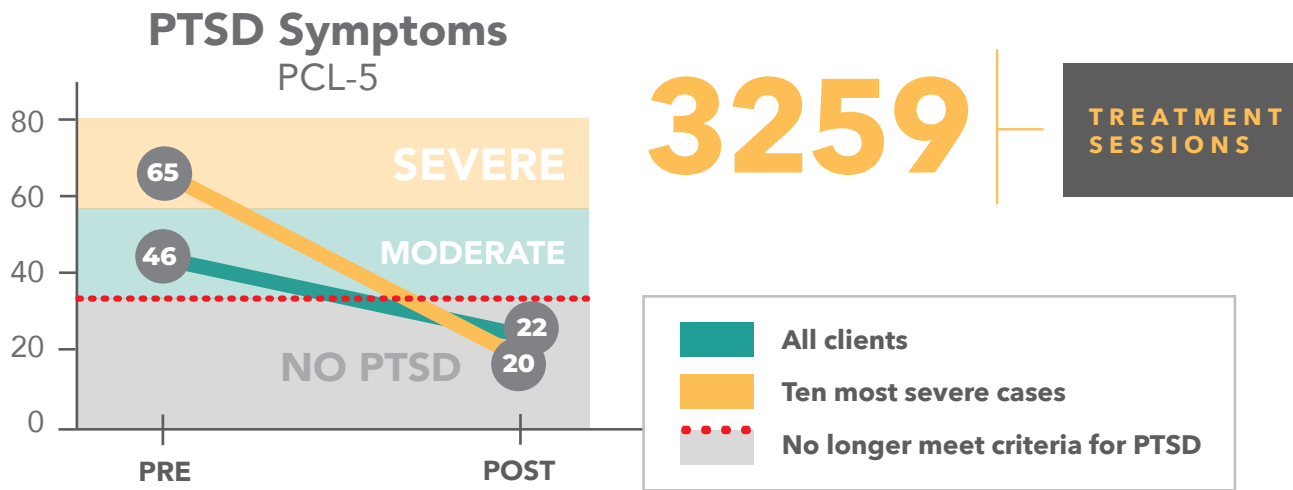


GFF's President Awarded for Impact on PTSD Evidence-Based-Treatment Access

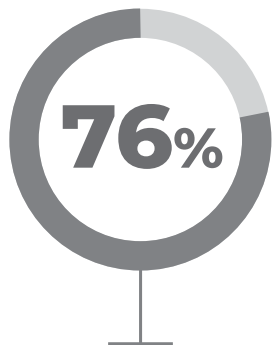
We are honored to share that Leah Peskin, Founder and President, has received the 2022 Champions of Evidence-Based Psychological Interventions Award from the Association of Behavioral Cognitive Therapies. This award recognizes outstanding individuals who have shown exceptional dedication, influence, and social impact through the promotion of evidence-based psychological interventions. Leah was recognized for her tireless work to improve access to evidence-based treatment for PTSD through the Gavin Farrell Foundation.



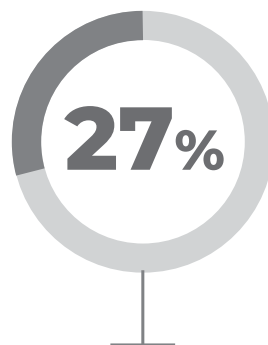
514 Clients treated by GFF Trained Clinicians



Clients of color



Female clients



Unemployed clients



Clients with substance use disorder

"JOSE'S" STORY



After the traumatic loss of his girlfriend, "Jose" found himself using alcohol to avoid his pain and grief. He met with a therapist who recognized that Jose was experiencing symptoms of PTSD in addition to loss and grief. After 11 sessions of Cognitive Processing Therapy (CPT), Jose was able to re-engage in life, feel joy, and start to share positive memories about "Ana". He has moved forward and is now able to parent to his daughter again and support her grieving the loss of her mother.

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"MARIA'S" STORY



Learn about "Maria", a domestic abuse survivor who suffered from PTSD, and sought treatment with CPT, aimed at re-establishing her self-worth and life purpose. Through the Gavin Farrell Foundation sponsorship of specific PTSD therapy, Maria was able to challenge her initial negative beliefs and recognize the true responsible culprit for her stress and depression.

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"JOCELYN'S" STORY



"Jocelyn" survived extended verbal, emotional, and physical abuse from her husband and an employer's sexual assault. She was agitated, anxious and lacked self-esteem; and was diagnosed with severe PTSD. Following CPT Therapy, Jocelyn has been able to love herself again, pursue goals, and not let her past define or control her.

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"CAITLYN'S" STORY



"Caitlyn," a 15-year-old high schooler was isolated and depressed. For months, she endured physical, sexual, and emotional abuse from a close friend and classmate, leading her to develop PTSD feelings of guilt, and self-doubt. Previously happy-go-lucky and involved, Caitlyn became withdrawn and uncomfortable in social settings. Through treatment for PTSD, she was able to return to typical teenage challenges.

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THE POSITIVE IMPACT OF COGNITIVE PROCESSING THEORY TRAINING

As clinicians, we understand trauma and PTSD are a part of many of our clients' experiences. **Sonia Wagner, LCSW-R, Executive Vice President, MHA Rockland** shares why she took part in CPT training, sponsored by the Gavin Farrell Foundation and why the instruction is so effective for therapists. Her first-hand account shows how this treatment produces better client outcomes, while equipping therapists with tools and resources to effectively implement this treatment strategy.


[CLICK TO PLAY](#)


SONIA WAGNER, LCSW-R
EXECUTIVE VICE PRESIDENT MHA ROCKLAND

The image features a sunset background with a gradient from purple at the top to yellow at the bottom. In the foreground, two hands are silhouetted against the light, reaching towards each other. One hand is on the left, reaching from the top left, and the other is on the right, reaching from the bottom right. The hands are positioned as if they are about to meet. The text 'THANK YOU' is overlaid on the right side of the image in a large, white, sans-serif font.

THANK
YOU

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