

ANNUAL REPORT 2024



MENHEALING
Inspiring Hope, Changing Lives

WHY ^{WE} DO WHAT WE DO



Nearly **1 in 4** men in the U.S. experienced some form of contact sexual violence in their lifetime.

About **1 in 3** men experienced contact sexual violence, physical violence, and/or stalking by an intimate partner during their lifetime.



(Source: Center for Disease Control, 2020)



The prevailing length of time before males disclose being sexually victimized is...

20 YEARS

(Source: Easton, 2013)



is one of a small number of organizations that provide resources for men who have experienced sexual harm. Our services are unique and innovative, designed to create an empowered community of male survivors, their loved ones, and their allies.

SEE WHAT DRIVES US.

Learn more about our [Mission Statement](#).



THE IMPACT

of our work from the voices of those who have received hope and healing from MenHealing:

[MenHealing] gave me the choice to live my life how I had always dreamed. It takes courage to take that first step to finally face the demon of sexual abuse... I don't have to be silent any more, and I can use my new found voice. I found the freedom with MenHealing!!

I found
a light I thought burned out of me years ago.
I am a survivor
still finding my way, but anchored by a lighthouse called MenHealing.

Unbelievable.
[MenHealing] saved my life. I am a better husband, a better father, a better employee and a better neighbor to others in my life.

You changed me **permanently.**
I am deeply grateful in ways I could never express.

Being able to witness and participate with other men about these issues and the deep emotional impact they have, while feeling safe through the trusting environment created by the [MenHealing] staff enabled me to overcome many, if not all, the obstacles keeping me from having a fruitful and loving life!

The Weekend of Recovery was **the single most** important event in my healing. I felt understood for maybe the first time in my life.

WHO
WE
ARE



A close-up portrait of Jim Struve, the Executive Director of MenHealing. He is a man with long, straight, grey hair that reaches his shoulders. He is smiling and looking towards the camera. He is wearing a dark blue t-shirt and a silver hoop earring in his left ear. The background is a solid purple color.

A MESSAGE FROM OUR EXECUTIVE DIRECTOR

Welcome to MenHealing's 2024 Annual Report, where we reflect on a year of resilience, growth, and unwavering commitment to supporting male survivors of sexual harm and their loved ones. We take great pride in the strides we have made, ensuring vital resources remain accessible to those who need them most.

December 2024 marked the 6th anniversary of MenHealing as an independent 501(c)3 nonprofit, a milestone that underscores our deep-rooted dedication to this work. Our history is rich with impact, and we invite you to learn more by exploring our [Origin Story video](#) or the [historical overview on our website](#).

Like many organizations, we navigated unexpected challenges brought on by the lasting effects of the COVID-19 pandemic. Yet, our ability to adapt in the face of adversity speaks to the fundamental importance of our mission, the loyalty of our supporters, and the steadfast passion of our staff and volunteers.

While our programs flourished in 2024, we faced moments of financial uncertainty mid-year, mirroring broader societal anxieties about economic instability.

Initially concerned, we leaned into one of our **Core Values** – **TRANSPARENCY** – choosing to share our concerns openly. In response, our dedicated community of donors stepped forward ensuring our financial stability as we moved into 2025.

I am honored to share this
2024 Annual Report.

A stylized, colorful signature of Jim Struve. The signature is written in a cursive, flowing style. The colors transition from blue at the top, through green, to yellow and orange at the bottom.

Jim Struve
Executive Director,
MenHealing

WEEK ENDS

Weekends of Recovery (WOR) offer a three-day healing experience for adult men who are survivors of sexual harm experienced during childhood and/or as an adult. In-person WOR is constructed with the purposes of Skills-Building, Psychoeducation, and Community-Building.

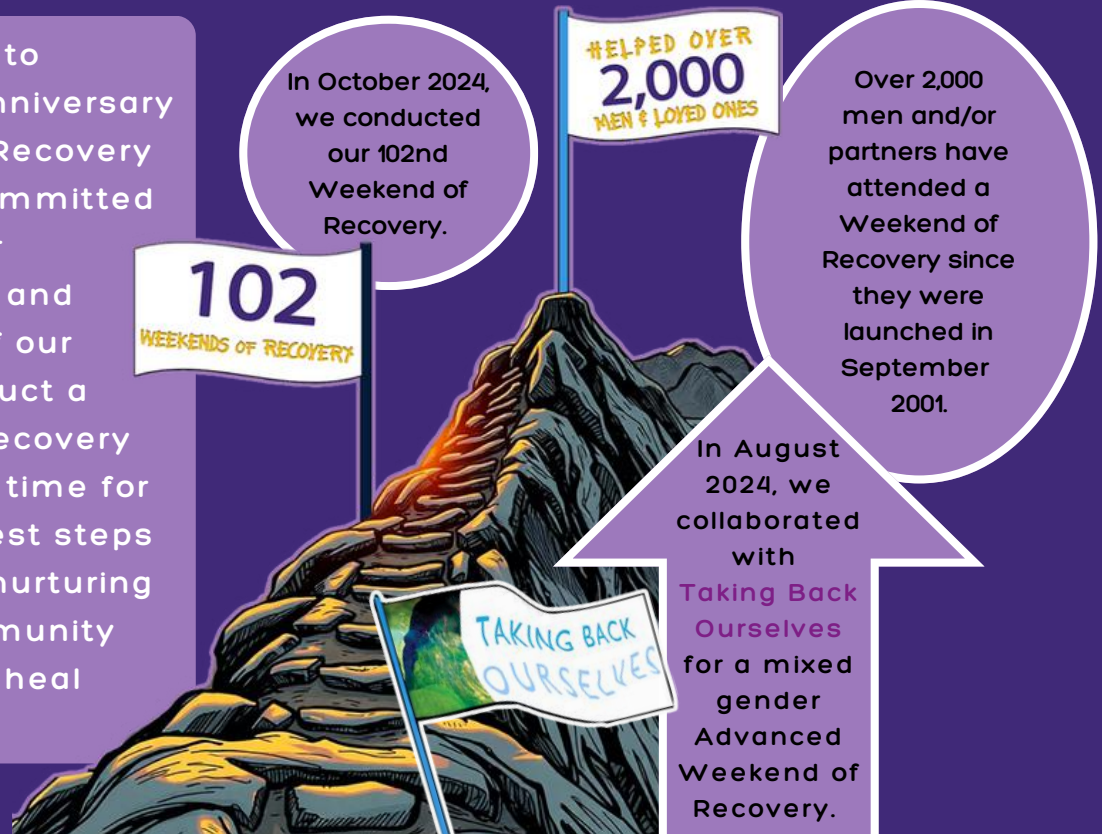
THE WOR PROGRAM IS A JEWEL IN MENHEALING'S DIVERSE MENU OF SERVICES.

OF

RECO

VERY

As we move forward to celebrate the 25th anniversary of the Weekends of Recovery program, we have committed for 2025 as a time for intentional reflection and review of this area of our service. We will conduct a single Weekend of Recovery during 2025, allowing time for us to evaluate the best steps forward to continue nurturing connection and community for men who seek to heal from sexual harm.



The true measure of a Weekend of Recovery event success lies in the voices of those we serve. In 2024, ninety-nine WOR Alumni participated in a survey to assess the impact of their experience. Their feedback speaks volumes:

Impact of WOR in Promoting Personal Growth:

91.8%

These powerful insights reaffirm the profound effect of our work and the lasting transformation experienced by Weekends of Recovery participants.

Overall Satisfaction with WOR Experience:

93%

Financial Assistance was provided by MenHealing to 38% of Weekend Of Recovery attendees during 2023 & 2024

LISTENING TO THE VOICES OF THE MEN WHO HAVE ATTENDED A WEEKEND OF RECOVERY

The camaraderie and community made me feel less isolated and more connected resulting in more self-confidence and higher self-esteem.

The WORs were pivotal moments in my healing journey

The [WORs] are very well structured to allow for trust-building amongst participants. It's very healing when you've been carrying a secret for so long to see a whole room full of men who are dealing with the same burden and secret.

The connection and skills we built over the recovery weekend have been vital to my trauma work... It was one of the first times I ever felt seen and protected, and safe to even ask for help.

[The WOR] transformed me in a few days what had been a lifetime of sadness.

PEER SUPPORT GROUPS

Our Online Peer-Led Support Groups offer ongoing support through interactive, small-group sessions. In a safe and compassionate environment, male survivors and their partners can connect, share experiences, and reduce isolation—fostering healing and community through meaningful conversations.

We introduced Online Support Groups for WOR Alumni in 2021, fostering ongoing connection and healing. Our model empowers male survivors by training them as Peer Leaders and providing continuous supervision as they co-facilitate groups.

Over time, our network of trained Peer Leaders has grown to 37, now including Partners who have also been trained to co-facilitate Online Partner Support Groups—ensuring that both survivors and their loved ones have access to the support they need.



The addition of three part-time staff during 2024 has allowed the development of two new curriculum-based Support Group resources:

PARTNER GROUPS

to reach a critically important but generally ignored population



COMMUNITY GROUPS

to engage men who have not yet attended a WOR

In spring 2024, we welcomed our first student intern— a WOR alumnus, former Peer Leader, and aspiring social worker whose healing journey inspired his career path.

Financial Assistance was provided by MenHealing to

27%

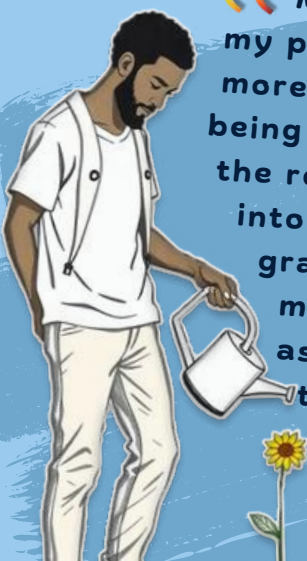
of Support Group attendees during 2024

70%

reported feeling less isolated in life after participating in the Peer Support Group.

85%

said that participating in the Peer Support Group has made a difference in their healing journey.



“My relationship with my partner has become more open. I've felt more comfortable being vulnerable and taking some of the recommendations from the group into my relationship.... I am very grateful for the connections I've made through this peer group as I've been able to continue the connections outside of the group meetings as well.”

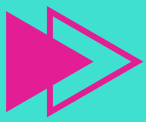
“Our survivor group has become an essential part of my support network, and in that way has changed my life. ...It's so powerful to know that I'm not alone, and to be able to help other people know that *they* aren't alone, either.”

“Imagine finally hearing that you are loved and believing it for the first time ... learning that I have value and am allowed to exist.”

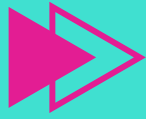
TRAINING, ADVOCACY,

In-person and online presentations allow staff and volunteers to share our expertise with providers and general public. This area of our service also allows opportunities for survivors and partners to share their personal journeys of healing.

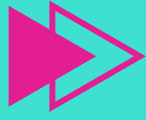
AND EDUCATION



MenHealing is committed to equipping providers and advocates with the skills to effectively support men and their loved ones.



In 2024, MenHealing staff and volunteers expanded our training efforts, delivering **27 presentations** to over **3,540 attendees**.



While many of our trainings remain free, contracted services **generated an additional \$13,000 in general income**, strengthening this vital area of our work.



This training was so powerful and eye opening. I learned so many new ways of looking at trauma and working with men.

[A] Home Run.
Thanks for the excellent information.



One of the best trainings I have attended. thanks so much!!!

I look forward to attending more trainings/workshops hosted by your organization. I really enjoyed the way reflection questions were used.



H.O.M.E.
PROJECT

JUST
HEALING
PODCAST

HEALING OPPORTUNITIES FOR MEN EVERYWHERE

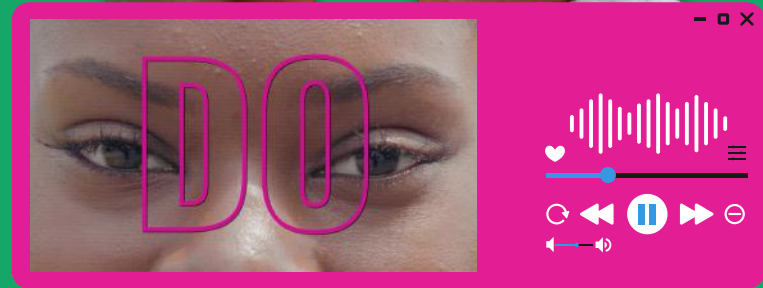
[H.O.M.E.]

...has developed resources for male survivors who are behind bars in Correctional Facilities. These resources are now being made available to providers, advocates, and general public.

WELCOME
H.O.M.E.



An Invitation to Come HOME
to Yourself After Trauma



THE *JUST HEALING* PODCAST

...saw remarkable growth in 2024, surpassing 4,000 streams across our Season 2 episodes! A significant portion of these streams came from organic searches on Google and YouTube, with listeners actively seeking out the meaningful topics we explore. This reinforces that Just Healing is sparking conversations people are hungry for—bringing new audiences to MenHealing's mission and expanding our reach like never before.

We're also proud to maintain a stellar 5-star rating on both Apple Podcasts and Spotify, a testament to the impact and value of the work we're doing.

MORE
HIGHLIGHTS

FROM
2024

EDUCATIONAL CLASSES

We hosted two virtual-access classes,
Somatic Healing 101
and

Insight & Ink,
both of which sold out. Encouraged by this success, we plan to expand our offerings, with the goal of establishing a regular lineup of educational programs.



Financial assistance was provided by MenHealing to 44% of class attendees during 2024

MENHEALING YOUTUBE CHANNEL

Our **YouTube channel** now features over

160 videos

offering wealth of content produced by or featuring MenHealing representatives.

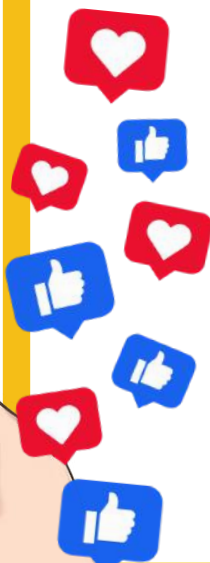


SOCIAL MEDIA GROWTH

In mid-2024, we welcomed a part-time Social Media Specialist, leading to a

75%

increase in followers and expanding our online reach.



PROGRAM EVALUATION PROJECT (PEP)

The Program Evaluation Project (PEP) continues to assess all MenHealing events, ensuring quality and impact. It remains hosted through an affiliate contract with Northern Illinois University.



BEST FRIENDS SERVICE PROJECT



Since 2021, MenHealing has organized annual volunteer service at **Best Friends Animal Sanctuary**, fostering healing through service to animals who have experienced abuse or neglect. Our 5th Annual Best Friends Service Project, scheduled for April 2025, sold out six months in advance, highlighting the growing enthusiasm for this meaningful experience.



FINANCIAL HEALTH

WHAT OUR
LOYAL DONORS
HAVE TO SAY...

I give to MenHealing [because] I went to three retreats, and I honestly believe it saved my life. I also believe in paying it forward so that other men have access to MenHealing retreats.

I am motivated to be a monthly recurring donor _ as the MenHealing Weekends of Recovery program was a fantastic help to me, and I therefore know from firsthand experience how enormously helpful this program can be for others in similar circumstances



FINANCIAL GROWTH DURING THE LAST 3 YEARS

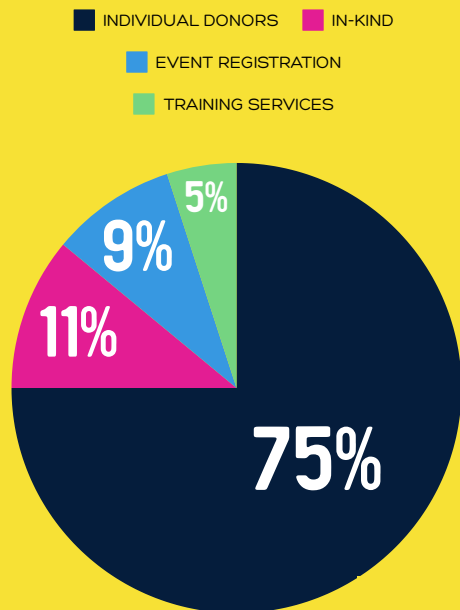


DEC. 2024 DEC. 2023 DEC. 2022

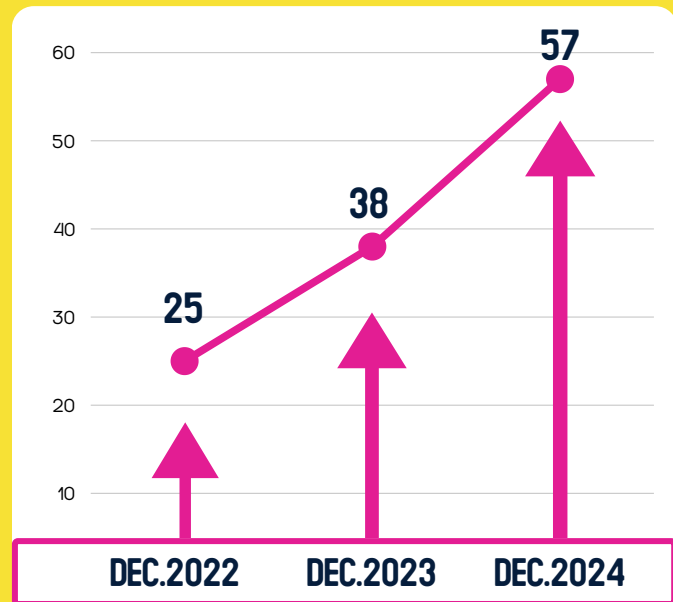
CATEGORIES OF EXPENDITURES



SOURCES OF INCOME



GROWTH OF MONTHLY RECURRING DONORS



Individual Donations to our General Fund has provided the resources for us to grant Financial Assistance for 37% of attendees at MenHealing events



THANK
YOU!

WE COULDN'T HAVE
DONE THE THINGS WE'VE
SHARED IN THIS ANNUAL
REPORT WITHOUT YOUR
GENEROUS support.

THANK YOU!

TO ALL OUR DONORS AND VOLUNTEERS



WWW.MENHEALING.ORG

