

22Kill/Vitanya Study

	Outcome (Dependent) Variables					
	Baseline	Week 6	Week 12	Week 18	Week 24	% Change
Resilience	65.20	68.40	68.20	63.60	72.20	(+) 10.74%
Depression	10.40	7.40	10.00	8.80	7.00	(-) 32.69%
Anxiety	11.00	8.40	6.40	8.60	3.60	(-) 67.27%
Relationship Satisfaction	27.00	25.89	28.40	29.20	30.40	(+) 12.59%
Suicidality	7.00	7.00	5.80	5.80	5.80	(-) 17.14%

Note: Resilience (Response to Stressful Events Scale); Depression (PHQ-9); Anxiety (GAD-7); Relationship Satisfaction (RAS); Suicidality (SBQ-R)

	Posttraumatic Stress Disorder (PTSD)					
	Baseline	Week 6	Week 12	Week 18	Week 24	% Change
Cluster B	11.40	5.20	5.60	5.20	3.40	(-) 70.18%
Cluster C	5.40	1.60	3.00	2.00	2.20	(-) 59.26%
Cluster D	16.20	6.60	8.60	7.40	5.80	(-) 64.20%
Cluster E	16.00	6.80	7.60	9.00	6.40	(-) 60.00%
Aggregate	49.00	20.20	24.80	23.60	17.80	(-) 63.67%

Note: PTSD Checklist-5

The sample was drawn from an outpatient mental health organization, Stay The Course, which was started in 2016 in an effort to provide culturally competent evidence based therapies in the greater Dallas-Fort Worth metroplex. Stay The Course is the clinical program of the organization, broadly called 22Kill.

The 22Kill name is taken from the 2012 VA study which showed that 22 veterans die by suicide each day. Their mission state is to *create a community that raises awareness and combats suicide by empowering veterans, first responders, and their families through traditional and non-traditional therapies*. 22Kill also has non-traditional therapies that promote general wellness and connectedness for veterans, first responders (i.e., police officers, fire, and EMS), and their families.

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