



# MIGHTY OAKS



At Mighty Oaks, we believe that healing isn't just about overcoming the past—it's about restoration. Your support empowers warriors to find hope, healing, and purpose through the Gospel presented at our Legacy Programs. Thank you for making this transformation possible!

While the third quarter brought us countless stories of life-changing impact, like the one shared by Zach below, we are also seeing a growing demand for our programs. We know that what we are doing works, and now we must rise to meet this increasing need!

Our goal for 2024 is to serve **1,000** warriors. Because of your generosity, we have already supported **611** new participants so far this year!



61.1% of our goal has been met as of 09.30.2024

### Mighty Oaks Impact (2012-Present)

	Programs	Graduates	Commitments & Baptisms	Resiliency Reach	International Reach
<b>Q3</b>	13	325	160	10,675	0
<b>YTD</b>	35	611	451	40,650	300
<b>LTD</b>	327	5,960	4,689	519,309	500

## Clinical Study on the Effectiveness of Mighty Oaks Legacy Programs

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A 2020 study conducted by Dr. Curtis Solomon has revealed compelling insights into the effectiveness of the Mighty Oaks Legacy Program in treating Post-Traumatic Stress (PTSD). The results demonstrate that faith-based approaches significantly enhance the healing process for those suffering from trauma.

Before attending Mighty Oaks, many of our warriors feel helpless and hopeless, often battling suicidal thoughts due to their PTSD symptoms. However, after completing our program, graduates report life-changing outcomes:

- **71%** respond positively to PTSD treatment
- **51%** show statistically significant improvement
- **38%** experience remission-level progress

This research highlights the vital role of faith in trauma recovery, showing that healing through Christ offers hope for those struggling with PTSD.

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### A Warrior's Restoration Story

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“I came [to a Legacy Program] searching for help, but what I found was so much more. The program revealed the truth about what it means to be the male leader of a Christian household, and it made me confront how far I had drifted from a genuine walk with Jesus. Throughout the week, I wrestled with my faith, feeling as though I was trying to break free of something that had held me back for so long.

Then came Friday morning—when I began to understand what a real relationship with Jesus looks like, and what it means to be a father and husband oriented around Him.

The lessons on spiritual leadership and having a true relationship with Christ hit me the hardest, particularly the powerful teaching symbolized in the triangle diagram.

My overall experience? Phenomenal. While the program wasn't what I expected, it turned out to be exactly what I needed."

*-Zach, Men's Legacy Program, Wood Ranch, August 2024*



*"To restore the brokenhearted through Christ, to build leaders of  
leaders to rise up from the ashes; they will be called  
Mighty Oaks of Righteousness."  
— Isaiah 61*

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