

Warriors and Heroes Outdoors Survey Analysis

November 2022

BACKGROUND

REPORT OVERVIEW

This report reviews surveys from the Warriors and Heroes Outdoors events, August through December 2021, from five different hunts. The analysis is based upon the following:

- Six open ended questions from 31 respondents.
- Responses that touched on multiple themes were separated out and coded for affect (where applicable), category and sub-category (where applicable).

The following pages include a summary analysis for each question with frequencies by category/sub-category for the top themes. The accompanying tables show the number of responses and percentage totals for each theme.

RESULTS HIGHLIGHTS

Overall, the comments are overwhelmingly positive and indicative of the great work the WHO Foundation has done with Veterans and First Responders. There are some comments regarding areas for improvement; however, the overall results tell the story of a foundation that is truly making a positive difference for Veterans and First Responders.

Q1-Comments Summary Analysis

"During the Warriors and Heroes experience what was beneficial to you?"

AFFECT SUMMARY		
Affect	**Total**	**Percent**
Positive	89	97.8%
Neutral	2	2.2%
Negative	0	0%
Grand Total	91	100%

CATEGORY
Mentally
32 Comments
35.2%

Rank	Sub-Category: "MENTALLY"	Total	Percent
1	Stress free/relaxing/peace	17	53.1%
2	Mental/emotional recharge	6	18.8%
3	Mentally beneficial	5	15.6%
4	Break from media/county's problems	4	12.5%
	Grand Total	**32**	**100%**

CATEGORY
Physically
27 Comments
29.7%

Rank	Sub-Category: "PHYSICALLY"	Total	Percent
1	Exercise/workout	16	59.3%
2	Atmosphere/environment	6	22.2%
3	Resources & equipment	2	7.4%
4	No physical benefits	2	7.4%
5	Physically beneficial	1	3.7%
	Grand Total	**27**	**100%**

CATEGORY
Emotionally
27 Comments
29.7%

Rank	Sub-Category: "EMOTIONALLY"	Total	Percent
1	People/caring/friendly/ camaraderie	20	74.1%
2	Emotionally beneficial	5	18.5%
3	Family	2	7.4%
	Grand Total	**27**	**100%**

CATEGORY
Misc.
5 Comments
5.5%

Rank	Sub-Category: "MISCELLANEOUS"	Total	Percent
1	WHO Staff	2	40.0%
2	Training/learning/growth opportunities	2	40.0%
3	Grateful	1	20.0%
	Grand Total	**5**	**100%**

Q1-Category/Sub-Category Themes

"During the Warriors and Heroes experience what was beneficial to you?"

MENTALLY

- *Stress free/relaxing/peace* statements include:
  - Being surrounded by great people gave me a peace of mind.
  - Relaxation and joking around with the guys is a major stress reducer.
- *Mental/emotional recharge* statements include:
  - This trip allowed me to re-charge my mental energy.
  - Fresh air, wildlife, good companions, what every person needs for an emotional reset.
- *Mentally beneficial* statement:
  - This hunting adventure will raise the spirits of anyone who participates.
- *Break from news/country's problems* statement:
  - It's such a relief being able to forget (or take a break from) all the problems that our country is currently facing.

PHYSICALLY

- *Physical-Exercise/workout* statements include:
  - Fresh air, exercise, and good experiences.
  - Good exercise with all the walking.
- *Atmosphere/environment* statements include:
  - Walking the property/ranch allowed me to appreciate the ranch's natural beauty.
  - It was great getting to walk around on beautiful property.

Q1-Category/Sub-Category Themes

"During the Warriors and Heroes experience what was beneficial to you?"

EMOTIONALLY

- *People/caring/friendly/camaraderie* statements include:
  - Getting to talk to other vets and have camaraderie is therapeutic beyond anything. Camaraderie is what I miss most about my military service.
  - Getting outdoors with folks of similar backgrounds and experiences made for great camaraderie.
  - New experiences, new friends, good times. Lots of fun, good to be able to be around other veterans, lots of support and kindness towards career and life.
- *Beneficial-Emotionally* statements include:
  - I felt normal again to have all my emotion be one positive experience.

MISCELLANEOUS

- *WHO Staff* statements include:
  - The guides were great.
  - Work well with WHO staff to coordinate own hunting party; however, can easily incorporate augmented hunter.
- *Training/learning/growth opportunities* statements include:
  - Learned how to rabbit and squirrel hunt.
  - A great learning experience.

Q2-Comments Summary Analysis

"What, specifically, was a waste of your time, or otherwise not beneficial and you think should be changed for future Warriors and Heroes events?"

CATEGORY SUMMARY		
Category	**Total**	**Percent**
Beneficial	29	60.4%
Suggested changes	19	39.6%
Grand Total	**49**	**100%**

Sub-Category: "BENEFICIAL"			
Rank	**Sub-Category**	**Total**	**Percent**
1	Nothing was a waste of time	23	79.3%
2	WHO Staff	4	13.8%
3	Flexibility/scheduling	1	3.4%
4	People/camaraderie	1	3.4%
	Grand Total	**29**	**100%**

Sub-Category: "SUGGESTED CHANGES"			
Rank	**Sub-Category**	**Total**	**Percent**
1	Organization/resources	10	52.6%
2	Communication	4	21.1%
3	Flexibility/scheduling	3	15.8%
4	WHO Staff	2	10.5%
	Grand Total	**19**	**100%**

Q2-Category/Sub-Category Themes

"What, specifically, was a waste of your time, or otherwise not beneficial and you think should be changed for future Warriors and Heroes events?"

BENEFICIAL

- *Nothing was a waste of time* statements include:
  - At no point did I find there to be a waste of my time. It was a very great experience.
  - I wouldn't change anything on this hunt - It's perfect!
- *WHO Staff* statements include:
  - The hunts and guides were great and knew the area.
  - Was pretty well informed once I arrived and hunting began. Guides were well informed on the area and habits of animals we were hunting.

SUGGESTED CHANGES

- *Organization/resources* statements include:
  - If possible, sectoring of areas of hunting areas would alleviate traffic while hunters are engaged.
  - Provide map of entire hunting property, with sectors and try to have someone in charge of each sector to include an idea of how many hunters can be in there.
- *Communication* statements include:
  - Need to have more between mentors and hunters, and between mentors and mentors.
  - Only change would be information leading up to event. But that might be an individual case in my situation.

Q3-Comments Summary Analysis

"Prior to participating in your Warriors and Heroes event what personal emotional and mental issues gave you concern?"

CATEGORY SUMMARY		
Category	**Total**	**Percent**
Nothing	11	32.4%
Difficulty connecting with others	5	14.7%
PTSD	4	11.8%
People/friendly/camaraderie	3	8.8%
Family concern/loss	2	5.9%
Anger management	2	5.9%
Anxious/nervous	1	2.9%
Stress	1	2.9%
Deployment	1	2.9%
Overworked	1	2.9%
Want to be a positive influence	1	2.9%
Health/injuries	1	2.9%
Prefer not to share	1	2.9%
Grand Total	**34**	**100%**

Q3-Category Themes

"Prior to participating in your Warriors and Heroes event what personal emotional and mental issues gave you concern?"

Nothing statements include:

- I did not have any concerns.
- All is well.

Difficulty connecting with others statements include:

- A loss of community and connection.
- Difficulty connecting with neighbors/community.

PTSD statements include:

- I struggle almost daily with PTSD issues. Having a chance to hang with fellow vets with similar issues and working through issues together was awesome.
- The fear of waking up screaming from bad dreams and waking up others because of this. No bad dreams during my time hunting. I think this is because I was with friends and family - my brothers and sisters in arms.

Q4-Comments Summary Analysis

"This hunt helped me with the following…"

CATEGORY SUMMARY		
Category	**Total**	**Percent**
Build relationships/I'm not alone	18	31.6%
Hunting skills/love/opportunity	9	15.8%
Relaxing/Relieve Stress	5	8.8%
Recharge/decompress	5	8.8%
Learning/Growth opportunities	4	7.0%
Family	3	5.3%
Exploration/Seeing New Places	3	5.3%
Teamwork	2	3.5%
People/Caring/friendly people/camaraderie	2	3.5%
Exercise/Workout	2	3.5%
Break from the media/county's problems	1	1.8%
Grateful	1	1.8%
Health/injuries	1	1.8%
Other/miscellaneous	1	1.8%
Grand Total	**57**	**100%**

Q4-Category Themes

"This hunt helped me with the following:"

Build relationships/I'm not alone statements include:

- Helped me realized that I'm not the only one who feels the way I do.
- This hunt was more about fellowship and then the hunt. I really enjoyed that aspect and it helped me open up to strangers who became friends.

Hunting skills/love/opportunity statements include:

- I enjoy hunting and helping. It gives me different opportunities to help other vets I unique ways.
- It gave me a rare chance to get out and hunt. Something that with my medical limitations I do not get to do as often as I would like to do anymore.

Relaxing/Relieve Stress statements include:

- It offered me relaxation
- Reducing stress.

Recharge/decompress statements include:

- Recharge from daily life challenges.
- This hunt helped me with a great release and a recharge to get back to me. There are stresses in daily life and from service.

Q5-Comments Summary Analysis

"From this Warriors and Heroes event I learned the following:"

CATEGORY SUMMARY		
Category	**Total**	**Percent**
Hunting Skills	12	26.7%
Other/miscellaneous	9	20.0%
Build relationships/I'm not alone	7	15.6%
Teamwork/camaraderie	5	11.1%
Grateful/generosity of others	4	8.9%
Help is out there/programs available	3	6.7%
Recharge/relaxation/decompress	3	6.7%
Preparedness	2	4.4%
Grand Total	**45**	**100%**

Q5-Category Themes

"From this Warriors and Heroes event I learned the following:

Hunting skills statements include:

- My guide taught me many valuable lessons about hunting, live, what matters most, and giving back to people, land, and the animals.
- That given the right adaptive equipment I can still hunt and have fun doing so.

Other/miscellaneous statements include:

- That injuries are not as limiting in the sport as I feared.
- This I already know, but I was reminded to never judge a book by its cover.

Build relationships/I'm not alone statements include:

- I have learned to take a chance and meet new people. I didn't know really what to expect and this opportunity helped me reach out and talk to new people.
- People who faced a lot worse in life (i.e. Vietnam) have made it through life and still have fun without looking back and obsessing with negativity.

Teamwork/camaraderie statements include:

- Always remember that everyone has their own battles; be there for them.
- Camaraderie goes a long way to settling a fella's mind.

Q6-Comments Summary Analysis

"What would you say to other Vets/First Responders who are thinking of participating in a Warriors and Heroes Outdoors event?"

CATEGORY SUMMARY		
Category	**Total**	**Percent**
Do it! You won't regret it!	11	23.9%
Great program with great people	8	17.4%
Other/miscellaneous	6	13.0%
Allows you to decompress/let go	5	10.9%
Prepare for the trip/hunting gear	5	10.9%
Builds relationships	4	8.7%
Participate and be open	2	4.3%
Hunting good time	2	4.3%
Lots of fun!	2	4.3%
Positive and beneficial experience	1	2.2%
Grand Total	**46**	**100%**

Q6-Category Themes

"What would you say to other Vets/First Responders who are thinking of participating in a Warriors and Heroes Outdoors event?"

Do it! You won't regret it! statements include:

- Definitely go do it and you will not regret it. The memories are great!
- Do it! Participate and let your guard down.

Great program with great people statements include:

- Be prepared to have a great experience with an outstanding group of people.
- I would tell them if they are hesitant about new things and people that these guys are great. Not too pushy and asking things I didn't want to talk about, but just genuine people who care and want to give back.

Other/miscellaneous statement:

- I would ask them to do some research on what they would like to accomplish.

Allows you to decompress/let go statement:

- It has been one of the best experiences I have had in a long time. It has helped to revitalize me in ways that I did not plan on nor have any reason to hope for.

Prepare for the trip/hunting gear statement:

- Have the correct gear for the time and location of your hunt.