

HERO RECHARGE



The Dunkin' Joy in Childhood Foundation and First Descents launched **Hero Recharge**—a free program offering healthcare workers the opportunity to recharge and reconnect through adventure in beautiful, wild places.



During the COVID-19 Pandemic

50%

OF HEALTHCARE WORKERS EXPERIENCE SYMPTOMS OF DEPRESSION

ALMOST

50%

OF HEALTHCARE WORKERS EXPERIENCE SYMPTOMS OF ANXIETY

ABOUT

33%

OF HEALTHCARE WORKS EXPERIENCE SYMPTOMS OF INSOMNIA

It's Time to Help the People That Help Us

ADVENTURE MAKES PEOPLE FEEL STRONGER AND EMPOWERED



TIME SPENT OUTDOORS CAN REDUCE ANXIETY AND DEPRESSION



SOCIAL SUPPORT CAN REDUCE ALIENATION AND ENHANCE RESILIENCE TO STRESS



LEARN MORE



SUPPORT HERO RECHARGE TODAY AT
FIRSTDESCENTS.ORG/HEALTHCARE-WORKER-PROGRAMS/
CONTACT RAY SHEDD, DIRECTOR OF ADVANCEMENT
RAY.SHEDD@FIRSTDESCENTS.ORG

PROGRAM IMPACT



2020 OVERVIEW

13 PROGRAMS

178 PARTICIPANTS

6 OF THE HARDEST-HIT
LOCATIONS

[WATCH CNN'S LATEST VIDEO](#) FEATURING HERO RECHARGE!

71%

OF PARTICIPANTS REPORTED THAT THEIR STRESS AND ANXIETY HAS DECREASED AS A RESULT OF THE PROGRAM.

92%

REPORTED FEELING MORE CONNECTED TO THE HEALTHCARE COMMUNITY.

99%

INDICATED THEY WOULD RECOMMEND FIRST DESCENTS TO A FELLOW HEALTHCARE PROFESSIONAL.

“Thank you so much for the opportunity to heal after such a challenging year. Oftentimes those who care for others do so at our own peril. After spending the weekend with other caregivers and sharing our collective experiences of this year, I feel lighter.” - Hero Recharge Participant



“For the first time in a long time, I feel happy, alive, and that I’ve been given a fresh start. I am rejuvenated and motivated to keep fighting to save lives.”
- Hero Recharge Participant

2021 NEEDS & SUPPORT



FOR 20 YEARS, HEALTHCARE PROFESSIONALS HAVE INTRODUCED FD TO THEIR YOUNG ADULT PATIENTS TO PLAY A MEANINGFUL ROLE IN THEIR SURVIVORSHIP AND RECOVERY.

GOING FORWARD, FIRST DESCENTS WILL INVEST IN THE HEALTHCARE COMMUNITY, ENSURING ITS COMMITMENT TO CARE FOR THOSE WHO CARE FOR ALL OTHERS.

2021 PLANNING

35 PROGRAMS

675+ PARTICIPANTS

8+ OF THE HARDEST-HIT LOCATIONS

*FIRST DESCENTS WILL SCALE BEYOND THESE PLANNED PROGRAMS AS MORE FUNDING IS SECURED

First Descents has received nearly 10,000 inquiries from healthcare workers and first responders across all 50 states. As such, we seek to raise \$3M over the next three years to scale programming and serve a critical mass of healthcare workers. Specific to 2021, First Descents will invest \$4M to serve our oncology, multiple sclerosis, and healthcare communities.

