



THANK YOU
— L I F E —

2024

Impact Report



A Letter

from our leadership



Dear Thank You Life community,

We're proud to present our 2024 Impact Report, full of highlights from the year including how many people we helped, special Group KAP initiatives across the country, our ever-growing KAP Provider Network, and more.

We essentially tripled our impact from 2023 to 2024, which feels like a healthy growth rate in our still-early stages. Countless new supporters came into our world, from new donors to volunteers, newsletter subscribers and social media followers. It's been an absolute joy to connect with you all, and to feel your passion about helping psychedelic therapy reach those who need it most.

2024 was a year of expansion into a legitimate grassroots movement, as we now have dedicated members of our community mobilizing in their local regions and looking for ways to spread the mission of TYL to more people.

We ask for your renewed support and action-oriented service to our mission as we move into 2025. It's the perfect time for us to build bridges with one another around the shared goal of helping our fellow humans heal—particularly those who have been prevented from accessing these incredible healing modalities.

With sincere appreciation,



Kevin Cannella, LPC
Co-Founder & Executive Director



Dr. Dan Engle
Co-Founder & President



Highlights



from our second full year

\$240,597

in financial assistance
GIVEN



111

people in need
HELPED



HEALTHY GROWTH

For perspective, in 2023 we gave away **\$100,000**
in financial assistance and helped **37** people.

Thank you for helping our mission grow **nearly 3X!**



Our Programming

how we serve our mission



Our mission at Thank You Life is to eliminate the financial barriers to psychedelic therapy. We do this by providing financial assistance to those who cannot afford it.

Due to the current illegality of most psychedelic medicines, we are working with ketamine-assisted psychotherapy (KAP). Through our partnering KAP providers and clinics, we provide financial assistance to their clients who would greatly benefit from ketamine-assisted psychotherapy, but are not able to afford it on their own.



INDIVIDUAL KAP

This is a 1:1 process, where a person works with a licensed facilitator for a series of ketamine-assisted psychotherapy sessions, as well as a thorough integration process to maximize benefits.

GROUP KAP

A group of 3-12 people go through a process together, guided by a team of facilitators. Each person still has their own individual experience, but with the added benefits of community and togetherness.

The Results in 2024



de-identified, aggregated data

In order to contribute to the ongoing body of clinical research around psychedelic therapy, we ask each Thank You Life beneficiary to fill out symptom assessments with their KAP provider before and after their treatment series. This helps ensure that our beneficiaries are receiving excellent care, continues to validate psychedelic therapy as a groundbreaking therapeutic approach, and helps us tell a larger story about the effectiveness of psychedelic therapy for populations that are prone to high levels of trauma.

So far, with the de-identified data that we've collected, we have found some pretty staggering numbers. After aggregating all of the scores, and taking the averages across the board, this is what we saw in 2024:

ANXIETY	DEPRESSION	PTSD
58% IMPROVEMENT	54% IMPROVEMENT	56% IMPROVEMENT
GAD-7 (scored 0-21)	PHQ-9 (scored 0-27)	PCL-5 (scored 0-80) > 31 indicates PTSD diagnosis
Average Pre-KAP Score: 12.7 (Moderate)	Average Pre-KAP Score: 11.5 (Moderate)	Average Pre-KAP Score: 38.6 (PTSD diagnosis)
Average Post-KAP Score: 5.9 (Mild)	Average Post-KAP Score: 4.9 (Mild)	Average Post-KAP Score: 16.9 (no PTSD diagnosis)
Average Change: -6.8 (58% Reduction)	Average Change: -6.6 (54% Reduction)	Average Change: -21.7 (56% Reduction)

2024 Group KAP

Healing in Community



Healing does not happen in isolation. While 1-on-1 individual KAP and therapy can be life-changing for many, we also see great value in facilitating group medicine experiences, particularly for certain communities who tend to feel isolated from others. The group itself provides much needed medicine for participants, allowing them the chance to be seen and witnessed by others, and the opportunity to connect with others on their own healing journeys.

Additionally, the group model is more cost-effective, helping us spread our funds as far as possible and impact more people in need. We are so grateful to share a bit about the Group KAP projects we funded in 2024.

- ✧ **Rainfall Medicine:** Veteran Group
- ✧ **Integrate:** Queer KAP Facilitator Group
- ✧ **Joy In Health:** LGBTQ+ Group
- ✧ **Soul Strides:** Women Warrior Retreat
- ✧ **Healing Our Heroes:** Veteran Retreat
- ✧ **Cathexis:** First Responders Group
- ✧ **Sana Healing Collective:** LGBTQ+ Group
- ✧ **ShaMynds:** General Low Income Group

Rainfall Medicine



Veteran Cohort

8 Army Veterans came together to undergo a Group KAP series with Dr. Steve Rosonke and Rainfall Medicine in Portland, OR. This project provided a profound opportunity to heal in community for a key population that is particularly prone to isolation. We interviewed one of the group's participants on our podcast, which you can listen to by clicking the buttons below.



Rainfall Medicine seeks to change the stigma around mental illness, trauma, and addiction. They help people struggling with PTSD, depression, chronic pain, anxiety, and addiction to understand the roots of their suffering, find support for the journey they are on, and navigate the changes they want to make.

Interview with participant, Erasmo:



Participants: 8

Community Served: Veterans

Location: Portland, OR



Integrate

Queer Psychedelic Facilitator Group

With this grant, Wilhelmina de Castro of Integrate facilitated Group KAP treatments for three cohorts of practitioners and those interested in becoming psychedelic facilitators from the LGBTQ+ community in San Diego. This initiative helped 24 new KAP facilitators from the LGBTQ+ community receive training and invaluable experientials so that they can begin working with clients.



Participants: 24

Community Served: Queer KAP Therapists

Location: San Diego, CA

Joy In Health



LGBTQ+ Cohort

Joy In Health, led by Dr. Marni Chanoff, is one of our superstar clinics in Boston, MA, whose team incorporates a wide array of complementary modalities into their treatment plans. They exemplify what it means to truly be an integrative mental health clinic, and they expertly weave KAP into treatment plans when it is appropriate for the patient. This KAP Group was the first of many to come in collaboration with Joy In Health.



"Harvard psychiatrist Dr. Marni Chanoff leads our team of trusted and skilled therapists. We care deeply and want to help you heal. We take the time to understand you, your mental health and medical challenges so you can live your fullest and most meaningful life."



Participants: 4

Community Served: LGBTQ+

Location: Boston, MA



Soul Strides

Warrior Women Retreat

Soul Strides was founded by Dr. Sara Herman and Alison Hunter, LMFT to integrate equine therapy into their clients' healing journeys. In October we had the honor of supporting an incredible group of 9 mothers of adult children with substance use disorder (SUD). These mothers were able to participate in a groundbreaking combination of KAP and equine therapy.



Soul Strides Journey is a 501(c)(3) nonprofit organization dedicated to guiding and supporting individuals on their healing journey. They offer group ketamine-assisted psychotherapy integrated with the powerful and intuitive presence of equine therapy and tailored group coaching sessions.



Participants: 9

Community Served: Mothers of adult children with substance use disorder

Location: Menlo Park, CA

Healing Our Heroes



KAP Retreats for Veterans

In 2024, we began a fruitful partnership with Healing Our Heroes Foundation, whose mission is to support Veterans and First Responders heal through KAP Retreats. They have chapters in four states, and in 2024 we collaborated on a KAP Retreat for Veterans in Westcliffe, CO. We are excited to continue our work together in 2025 and beyond.



Healing Our Heroes is a 501 (c)(3) dedicated to serving those who have served us. Healing Our Heroes aims to provide a sense of community, resilience, and a space for healing through respite retreats.

"I had the pleasure of participating in one of the most memorable and impactful experiences of my life. Surrounded by a group of veterans, caregivers, nurses, doctors, therapists and more, I felt a connection that brought me comfort, respect, and trust with people I had just met." - Divina (participant)



Participants: 17

Community Served: Veterans

Location: Westcliffe, CO

Cathexis



First Responders Cohort

Cathexis Psychedelics is one of our amazing clinics in Arizona whose team is dedicated to helping improve accessibility to KAP. In 2024, they ran a Group KAP series for a cohort of First Responders in the Tucson area. We at Thank You Life applaud the Cathexis team for their initiative and expert care in this project, and we are immensely grateful to have been involved in helping it come to life.



Cathexis Psychedelics is a KAP clinic in Tucson, AZ. They believe in the transformative potential of psychedelic-assisted therapies. Their passion lies in helping individuals find relief from mental health challenges through safe, effective, and compassionate care.

A clinician's reflections on this cohort:

"I have led groups for years and have been a clinician for decades, and this has been some of the most powerful work I have seen in such a short time frame of service."

- Tim Mills, LPC
Clinical Director & Therapist
Cathexis Psychedelics



Participants: 4

Community Served: First Responders

Location: Tucson, AZ

Sana Healing Collective



LGBTQ+ Cohort

Sana Healing Collective is an integrative psychiatry and psychedelic-assisted psychotherapy practice in Chicago with a fierce commitment to equity and access. In 2024, Sana put together a Group KAT cohort of 4 individuals who identify as part of the LGBTQ+ community. We were happy to support this group of individuals into a KAT process with our client assistance fund.



Sana Healing Collective is a Chicago-based non-profit organization committed to individualized, client-led approaches promoting the well-being of the whole person and community. Sana consists of a group of eight providers, including psychologists, psychiatrists, art therapists, and harm reductionists.



Participants: 4

Community Served: LGBTQ+

Location: Chicago, IL

ShaMynds



Sacramento Cohort

We have been absolutely blown away by the ShaMynds team since bringing them into our provider network in 2023. Their commitment to providing excellent care and honoring the longstanding lineages of psychedelic medicines and shamanic healing is clear by speaking with their team and their patients. We were thrilled to collaborate on this Group KAP Cohort in 2024.



"For centuries, indigenous healers have used the power of these medicinals to manifest healing of the body with inner intelligence and to expand states of consciousness.

At ShaMynds, our mission is to combine the traditional healing arts with science to exalt the possibilities that exist within you and your consciousness."



ShaMynds clinical team



Participants: 5

Community Served: Sacramento Residents

Location: Sacramento, CA

Collaboration

for maximum impact



Thank You Life has teamed up with Los Angeles based nonprofit, New Earth, to help BIPOC young adults in L.A. experience the potentially life-changing benefits of ketamine-assisted psychotherapy.

New Earth provides wrap-around services for young people in the Los Angeles area who have been in the incarceration system, helping resource these young people with what they need to finish high school, receive job training, explore the arts, and re-enter their communities to create lifelong success.

Upon completion of the New Earth program, these young people have become adults, equipped with what they need to build a life for themselves. However, there is still one major obstacle that must be addressed: their mental health.



Given that these young people largely come from communities characterized by high concentrations of poverty, violence, and gang activity, they are still suffering from a lifetime of traumatic experiences.

Thank You Life provides the financial assistance to enable these New Earth graduates to undergo a full KAP treatment series. We are highly motivated to make this partnership reach even more people in need in 2025. If you are a donor who feels particularly energized to contribute to this project, please reach out to us via email at meredith@thankyoulife.org.

photos from newearthlife.org



Testimonials



from a few of our beneficiaries



Kelly M.

"It is so hard to put into words how much the ketamine-assisted psychotherapy has helped me. It was such a transformative experience that has changed my life forever. I suffer from c-PTSD and anxiety from trauma that started as a very young child.

The ketamine allowed my nervous system to relax and release so much pain and suffering. I feel smarter, less brain fog and the ability to handle stressful situations with a more calm and clear reaction. I have done EMDR and IFS for almost 4 years and the 2 sessions I had on the retreat took me deeper than I have ever been able to go. This is life changing medicine. My anxiety went from 100 all the time to little to none. I wish I had more words to describe this, but the best way to is again call it transformative!

I would not have been able to afford this treatment if it wasn't for Thank you Life. I am forever grateful to go on this retreat and not have to worry about the financial burden.

I am a single mother of 2 and recovering mentally and physically from a double mastectomy and reconstruction in 2023. Along with trying to heal from childhood and adulthood trauma.

Thank you from the bottom of my heart for the scholarship that changed my life forever. What a gift to get your life back. Thank you so very much. My wish is for anyone suffering to get this opportunity to live and feel again."

- Kelly M.

Testimonials



from a few of our beneficiaries



Erasmo F.

"Ketamine-assisted psychotherapy has helped me to realize and know more about life and our connection to everyone and everything in existence. Before the KAP, there were concepts, ideas, and intellectual understandings regarding truths and knowledge about life and existence.

Going through the KAP, I was able (through the medicine) to actually experience and know the aforementioned esoteric information through practice. Most of the time us humans are operating from a base level of fear. Mostly all of humans' actions and ways of interacting are through a veil of fear.

The KAP has dramatically improved the symptoms associated with PTSD in my life by helping me to be less fearful of everyday life situations. It has helped me to regain the desire for communal interactions. The KAP has also connected me with like-minded individuals of whom are wanting to heal and live better lives, just as I am. Through this group format the healing is amplified and we are able to assist each other in observing emotional pain that needs attention and integration.

The financial assistance from Thank You Life was imperatively necessary for the facilitation of this KAP experience. Without the financial assistance from Thank You Life, I absolutely would not have been able to participate in this beautiful, life changing experience. Thank you, Thank You Life!!"

- Erasmo F.

Testimonials



from a few of our beneficiaries

"I've experienced a lot of loss in my life, with the deaths of my mother, father, and grandmother in the span of a few years.

With KAP, I immediately felt relief from anxiety and depression. I had tried therapy and done a lot of work, but hadn't felt any relief until I did the ketamine treatments.

I'm so blessed that you gave me the opportunity to do this. Without your help, I would've never been able to afford this.

Thank you for giving me my life back. It's been really hard, and without the ketamine I would be in a much darker place. It's helped me be a better mom and case manager, and has helped me feel better overall.

You've given me so much. It really changed my life. Thank you."

- Veronica O.



Veronica O.



Kelly R.

"I'm so grateful to Thank You Life for helping us veterans receive treatment and get to a place where we can eventually pay it forward to others.

Thank you for all the behind-the-scenes things that you do that I'll never know about in order to make this happen for myself and other veterans like me. It makes me smile and weep all at the same time.

- Kelly R.

Testimonials



from a few of our beneficiaries

"10 days completely changed my entire life. I was stuck in my mind. Wanted to be a better person for my family, friends, and community as a whole. I have been working with therapist and taking medications. Was not really helping. Couldn't connect how to take the next step. How to let go of things be able to be present.

Through 2 KAP retreats I learned how to be comfortable where I am, experience all emotions, and took the first step learning how to be vulnerable. I was able to break barriers be part of a special group, listen, openly share information, and work on steps to improve myself.

Now I am much more relaxed, happy, internally centered, and more engaged in all present moments. I feel as though I'm a more attentive person, compassionate husband, and can connect with my kids at a whole new level."

- J.E.

"Ketamine therapy is something that I would not have otherwise been able to afford, without the financial assistance.

I'm a disabled Veteran, and income is very limited. I'm very grateful that I had the opportunity to go through the KAP group.

It helped me break down a lot of barriers that were preventing me from moving forward in healing trauma that I experienced in the military and after.

I'm forever grateful for the opportunity."

- Edie C.

"Thank you so much for your support through Thank You Life!

The KAP sessions were magnificent and healing, and they marked a huge milestone in my treatment. They offered deep insights that are simply not available in mainstream therapy rooms.

I'm very saddened that the journey has come to an end, as it was a transformative process. The KAP sessions helped me breathe beyond just survival, which I'm deeply grateful for."

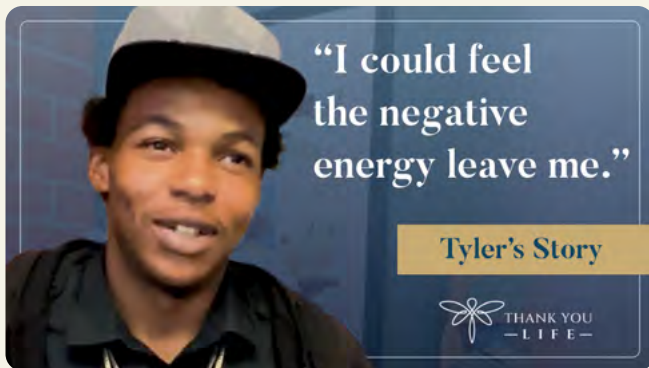
- Hana

"The KAP was a very transforming experience, and I am so thankful for your help in paying for it! It helped me get down to the root of some major anxiety issues I've been working on for years. It also helped to reset my nervous system after a major traumatic experience and gain control over my PTSD."

- Courtney

Stories of Healing ””

full length videos on YouTube

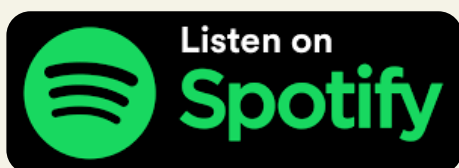


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Stories of Healing ””

The Thank You Life Podcast

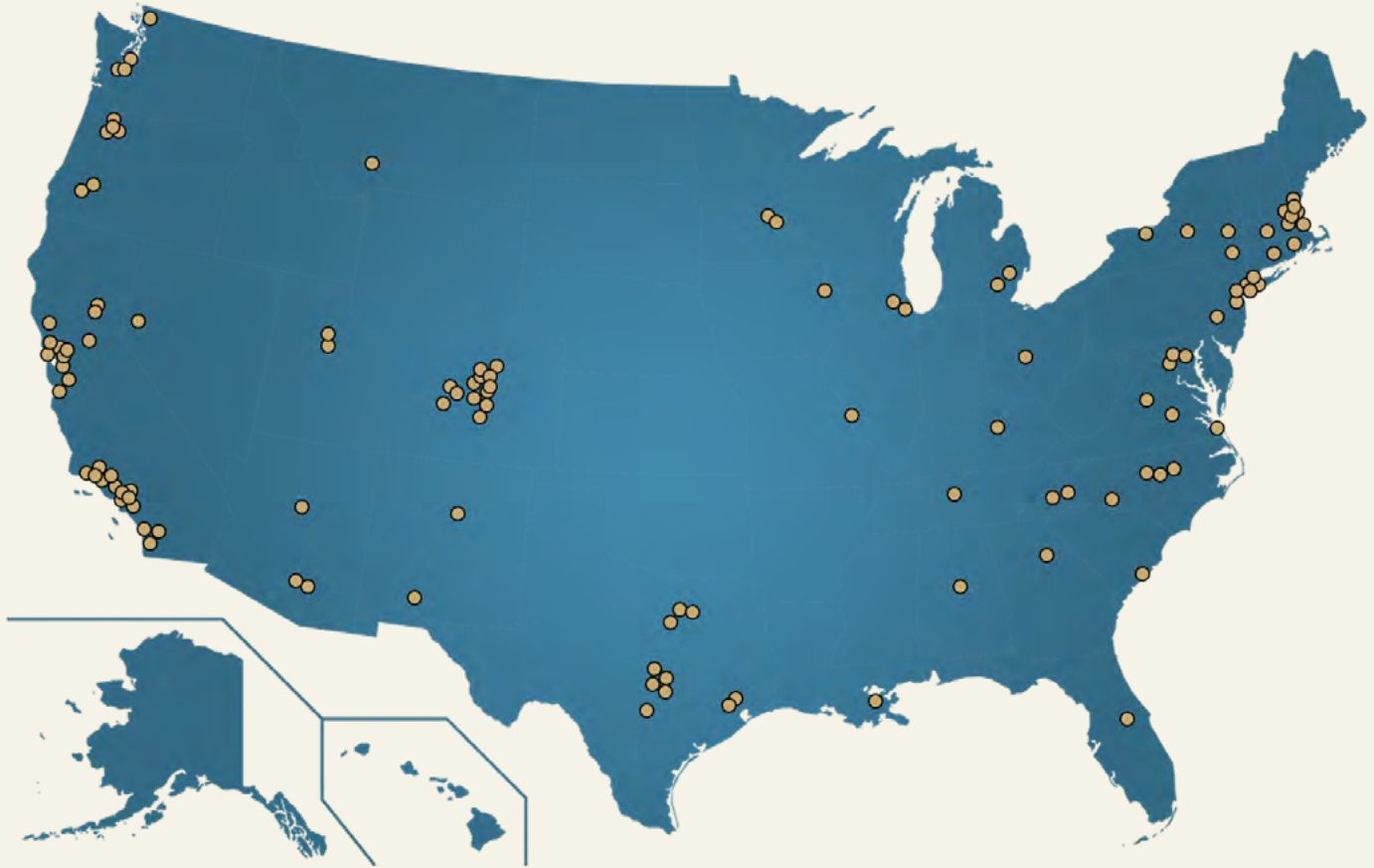


Kevin Cannella, Co-Founder and Executive Director of Thank You Life, interviews those who have been impacted by Thank You Life's KAP financial assistance program. They share their stories of healing and how Thank You Life's community of donors changed their lives through helping them experience KAP.

In addition to Thank You Life beneficiaries, Kevin also interviews KAP therapists, doctors, and clinic owners in our network, so they can share about their experiences in this field of work. Lastly, Kevin shares conversations with other thought leaders in the psychedelic therapy arena.

Provider Network

the best of the best in KAP



In 2024, we nearly doubled the size of our KAP Provider Network.

We went through a vetting process with each new provider, to ensure we're working with the best of the best. This process connected us with some truly amazing individuals who are doing this work for all the right reasons, and many sweet moments of mutual recognition were shared on these calls. We are excited to help build these providers up as our budding relationship grows and deepens, consciously collaborating to make a positive impact on as many people as possible.

We are proud to share that we now have over 110 KAP providers in our network!

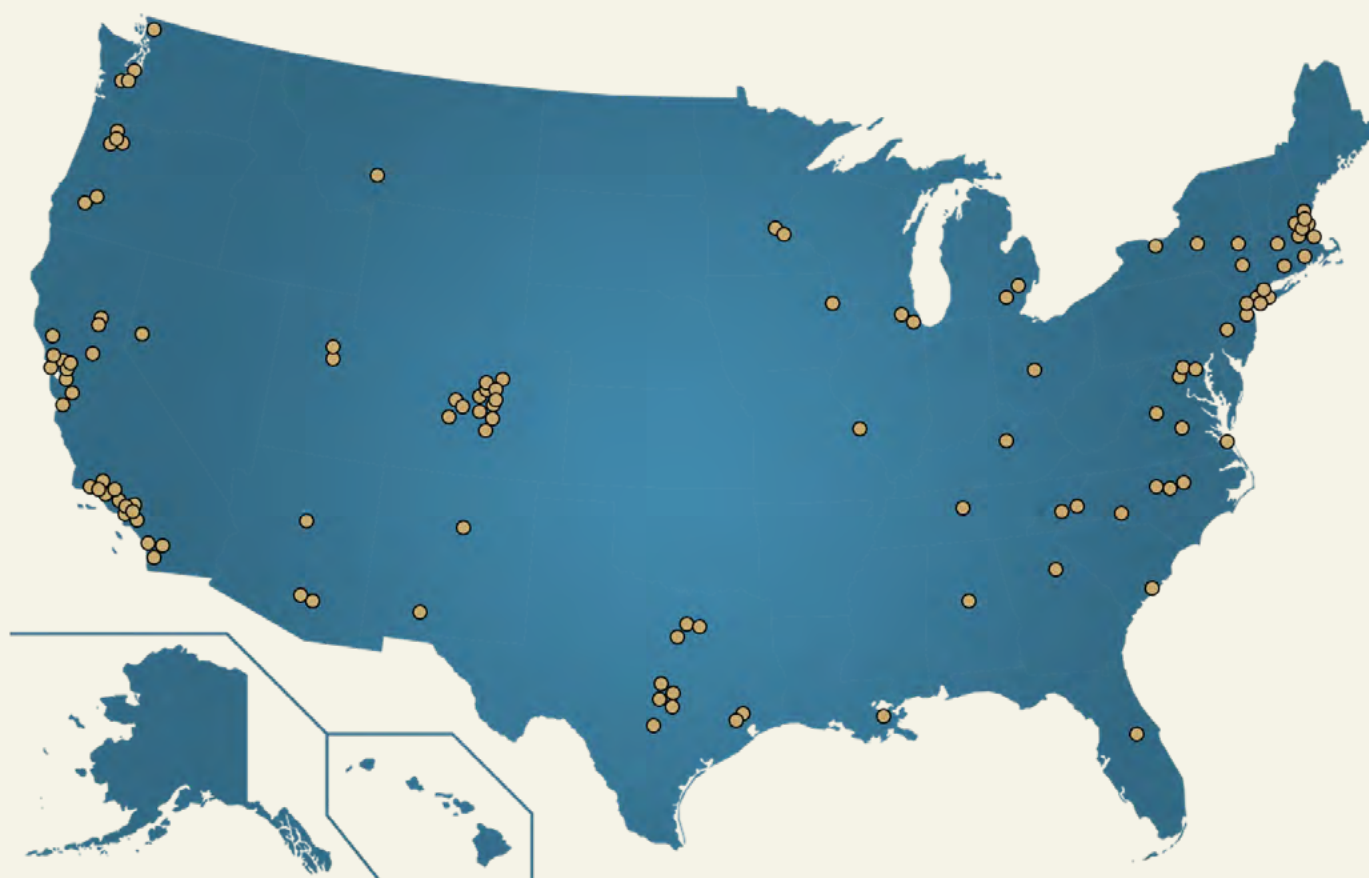
Provider Network

AL	Vestavia Hills	Kenton Bartlett Counseling
AZ	Flagstaff	Kate Hawke
AZ	Tucson	Cathexis Psychedelics
AZ	Tucson	Tucson Counseling Associates
CA	Berkeley	Alma y Corazon Therapy
CA	Berkeley	Sage Integrative Health
CA	Camarillo	Ventura Center for Advanced Therapeutics
CA	Concord	VividLife Ketamine Clinic
CA	Folsom	KAP Wellness
CA	Los Angeles	California Center for Psychedelic Therapy
CA	Los Angeles	NEST Harm Reduction
CA	Los Angeles	Shakti Therapy
CA	Los Angeles	Therapy with Ana
CA	Los Angeles	Transcend Psychiatric
CA	Menlo Park	Soft Reboot Wellness
CA	Nevada City	Aaron Galloway Counseling
CA	Nevada City	Meg Lear
CA	Oakland	Alchemy Community Therapy
CA	Oakland	Wholistic Therapy with Erika Gimbel
CA	Sacramento	ShaMynds
CA	San Diego	Brooke Kettering
CA	San Diego	Daydream MD
CA	San Diego	Integrate
CA	San Diego	Kind Heart Therapy
CA	San Diego	One Spirit Wellness
CA	San Diego	Transcendelic Retreats
CA	Sebastopol	Liminal Medicine
CA	San Francisco	Holistic Therapy SF
CA	San Francisco	Polaris Insight Center
CA	Santa Barbara	Jacqueline Sarah Robertson
CA	Santa Barbara	Lucid Therapeutics
CA	Santa Cruz	Silvi Integrative Health
CA	Santa Monica	Feya Health
CA	Santa Monica	home-LA
CA	Tustin	Kindred Chrysalis Therapy
CA	Ventura	Horizon Healing
CO	Arvada	Heart Wild Therapy

CO	Basalt	Roaring Fork Neurology
CO	Boulder	Boulder Wellness Ketamine Collective
CO	Boulder	Ela Healing
CO	Boulder	Rooted Therapeutics and Wellness
CO	Denver	Denver Emotional Health
CO	Edwards	Ignite Counseling
CO	Fort Collins	Wholeness Center
CO	Frisco	Catie Tobin
CO	Highlands Ranch	Divergence Mental Health Group
CO	Littleton	True Haven Counseling
CO	Niwot	Integrative Psychiatry Centers
CO	Wheat Ridge	Shift Healing
CT	Manchester	Center for Behavioral Wellness
FL	Orlando	Couples Counseling of Central Florida
GA	Athens	Athens Psychedelic Therapy
IA	Peosta	The Health Spa by Vive IV Therapy
IL	Chicago	Sana Healing Collective
IL	Schaumburg	Brain Health Restoration
KY	Lexington	Expedition Mental Health
LA	New Orleans	The Center for Functional-Psychedelic Medicine
MA	Beverly	Cambridge Biotherapies
MA	Cambridge	Amethyst Integration
MA	Cambridge	Cambridge Biotherapies
MA	Boston	Joy In Health
MA	Boston	Liminal Bodies
MA	Newburyport	Arise Wellness
MA	Newburyport	Stillwater Counseling
MD	Baltimore	Melinda Maule
MD	Frederick	Connelly Stewart Counseling
MD	Takoma Park	Focused Therapy - Don Zuckerman
MI	Ann Arbor	Michigan Progressive Health
MI	Royal Oak	Michigan Progressive Health
MN	Eden Prairie	Institute for Integrative Therapies
MN	Saint Paul	Art of Counseling
MO	St. Louis	Midwest Institute for Hearts and Minds
MT	Bozeman	SubRosa Therapy
NC	Asheville	Asheville Integrative Psychiatry
NC	Chapel Hill	Hedgehog Psychotherapy & Counseling
NC	Chapel Hill	Transformance Health
NC	Charlotte	Life Force Therapy
NC	Durham	Project Yes
NC	Waynesville	Pearl Psychedelic Institute

NH	Portsmouth	Peg Correia
NH	Rollinsford	Farmhouse KAP - Keri Fernald
NJ	Bloomfield	Mind Body Spirit Psychotherapy
NJ	Matawan	Integrative Journey Modern Psychotherapy
NM	Las Cruces	Medicina Del Sol
NM	Santa Fe	Insight Ketamine
NV	Reno	Brain Health Restoration
NY	Albany	Synergy Counseling Associates
NY	Brooklyn	Your Mindful Manifestations
NY	Erieville	Breathing Space Psychotherapy
NY	New York City	Feya Health
NY	New York City	Quai Nystrom
NY	New York City	Toni D. Kim
NY	Rochester	Believe and Breathe
NY	Woodstock	Woodstock Therapy Center
OH	Columbus	LuminaThera
OR	Portland	Cascade Psychedelic Medicine
OR	Portland	Rainfall Medicine
OR	Portland	Sequoia Center
OR	Portland	Synaptic Institute
OR	Tigard	Empathy Grove
PA	Philadelphia	Pa'Lante Psychotherapy
RI	Providence	PVD Ketamine & Wellness
SC	Charleston	Innerbloom Healing
TN	Nashville	Elument
TX	Austin	Illumma
TX	Austin	Roots Behavioral Health
TX	Austin	Transcend Health Solutions
TX	Flower Mound	NeuroGlow
TX	Fort Worth	NeuroGlow
TX	Houston	Houston Center for Counseling
TX	Houston	Houston Healing Collective
TX	McKinney	NeuroGlow
TX	San Antonio	Transcend Health Solutions
UT	Orem	Healing Ketamine
UT	Salt Lake City	Soma Psychotherapy
VA	Richmond	Toni D. Kim
VA	Ruckersville	Life Works Professional Counseling
VA	Virginia Beach	Lake View Psychotherapy
WA	Bellingham	Delve
WA	Olympia	Anne Gustafson

WA	Olympia	Compassionate Care Counseling and Consulting
WA	Olympia	Sheri Mila Gerson
WA	Seattle	Entheos Emotional Wellness
WA DC	Washington DC	Big Tree Counseling



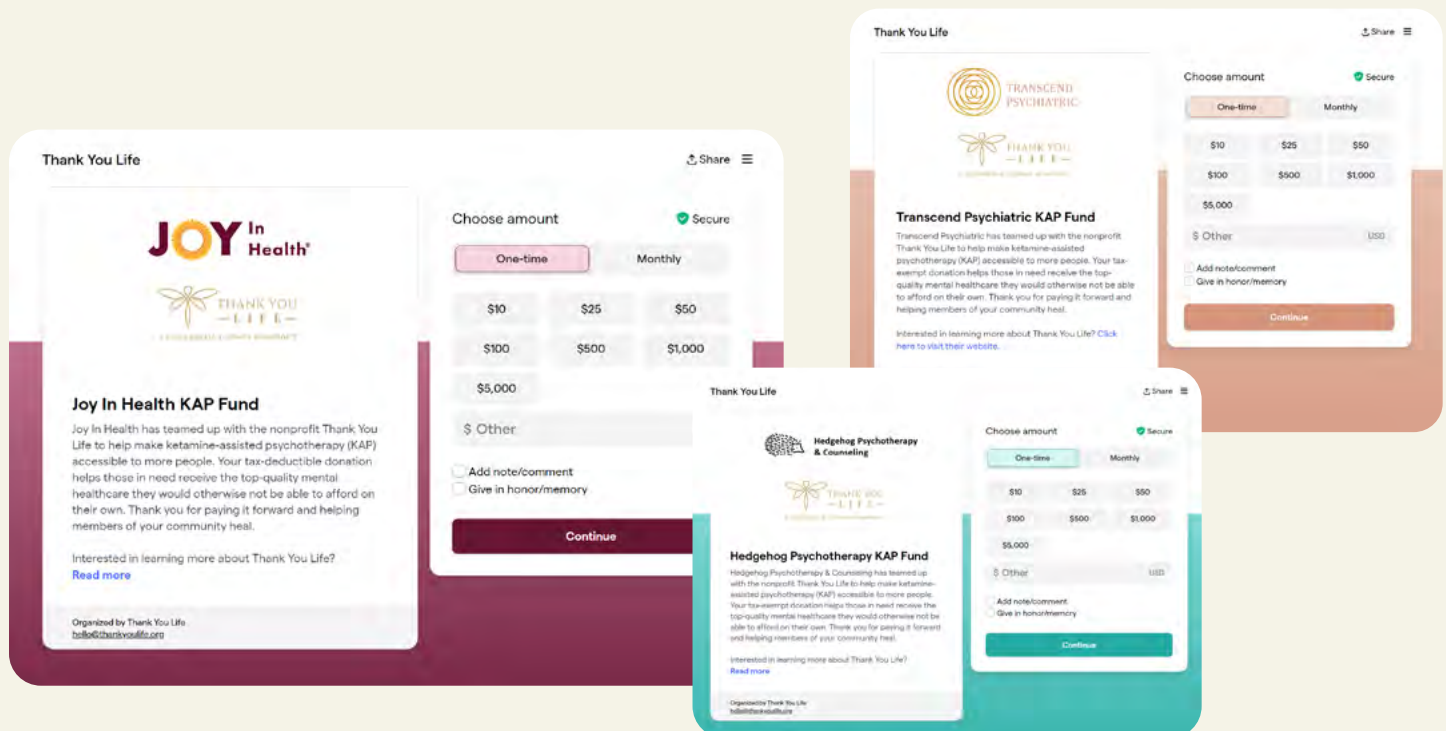
If you are a KAP Provider who would like to be considered for joining our network, please apply on our website: thankyoulife.org/providers.

Local Fundraising

community impact

In 2024, our providers and clinics fundraised in their local communities to expand access to KAP and spread Thank You Life's mission to more people. This decentralization of fundraising efforts has been a significant way that our mission has spread across the U.S., and we are inspired by our providers' motivation and passion to get grassroots support in their communities. Improving accessibility involves all of us.

100+
participating
providers/clinics



A Special Thank You

to all of our donors in 2024



\$100,000+

John and Anne Kaplan Foundation

\$50,000 - \$100,000

The BMI-Rupp Foundation
Scheerer Family Foundation

\$25,000 - \$50,000

Healing Hearts Changing Minds
Sean Wheeler



\$10,000 - \$25,000



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Scott Thompson

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Meet the Team

behind the mission



Dr. Dan Engle
Co-Founder & President



Kevin Cannella, LPC
Co-Founder & Executive Director



Meredith Thomas
Director of Philanthropy



Denise Malkoon
Client Coordinator



Ronny Bilodeau
Creative Director



Ryder Nicholas
Director of Partnerships

Board of Directors



Laura Lochrane
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Yana Grammer
Board Treasurer



Dr. Vincent Franze
Board Secretary



Aziz Friedrich



Kelsey Kitsch

Staff

Please consider becoming a **monthly supporter** to help us reach more people in 2025.



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Choose amount

Secure

One-time

Monthly

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Life Giver

\$33
Catalyst

\$22
Gold Membership (events + more)

\$11
Dragonfly

\$ 22

USD

☐ Add note/comment

☐ Give in honor/memory

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