



TRUETH FOUNDATION · PRINT PAMPHLET PACK · AUGUST 2026

No child is broken.

Four documents, four audiences, one organization.

TRUETH Foundation is a 501(c)(3) nonprofit in Woodinville, Washington. TRUETH Jin Sun Do is a movement based regulation program for children ages 5 to 17, with a diagnosis or without one, combining structured breathwork, martial arts movement sequences, emotional literacy and earned mastery, in mixed cohorts, on a sliding scale with full scholarships.



Original TRUETH movement illustration, digitally generated. Not a photograph and not a likeness of any person.

TRUETH complements professional care. It does not diagnose, treat, or replace medical, psychological or educational services.

trueth.group · hani@jointrueth.com · 425.931.2582

TRUETH Foundation · Woodinville, Washington 98072 · 501(c)(3) · EIN 39-2576788

What is in this pack

1	TRUETH for families A parent or caregiver asking what TRUETH does	pages 3-4
2	TRUETH for clinical and school partners A behavioural health lead, an EQHC clinical director, a principal, a district student services director, a referring therapist	pages 5-6
3	TRUETH for donors and supporters Anyone deciding whether to fund a scholarship seat, sponsor a cohort or donate space	pages 7-8
4	TRUETH for volunteers and in-kind partners Anyone offering time, a room, a skill or an introduction	pages 9-10

Which one, when

- If they ask about a child, give them Families.**
Even a clinician asking about their own patient wants the family document first, because that is what they will hand on.
- If they ask what it costs the institution, give them Clinical and Schools.**
It is the only document with the pilot structure and the reimbursement boundary.
- If they ask how they can help, ask one question back: time or money.**
Money gets Donors. Time, space or skill gets Volunteers.
- Never hand all four to one person.**
A stack reads as an organization that has not decided who it is talking to.

What is true across all four

ORGANIZATION	TRUETH Foundation, a 501(c)(3) tax-exempt nonprofit
EIN	39-2576788
STATUS GRANTED	September 2025
LOCATION	Woodinville, Washington 98072
SERVING	Greater Seattle and Kirkland
PROGRAM	TRUETH Jin Sun Do, ages 5 to 17
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What appears on none of them

- RECORDED SO A FUTURE EDITION DOES NOT REINTRODUCE IT**

 - No testimonial, quotation or parent story. No signed release exists for any.
 - No outcome statistic of any kind about TRUETH participants.
 - No named hospital, university, district, clinic or research centre.
 - No named advisory board member, current or prospective.
 - No named donor, current or prospective.
 - No CPT code, billing code, or statement that a service is reimbursable.
 - No child's face, name, diagnosis or school.
 - No street address. City, state and ZIP only.
 - No political figure, party, candidate or campaign reference.

COULD THIS FIT?

Every child, with a diagnosis or without one.

AGES 5-17

NO DIAGNOSIS
NEEDED

MIXED COHORTS

What families bring

Families arrive with all kinds of starting points: ADHD, autism, anxiety, trauma, depression, giftedness, sensory needs, hard transitions, trouble focusing, low confidence, or simply not belonging anywhere yet.

REGULATION

FOCUS

BELONGING

What TRUETH plans for

Before your child starts, we plan the things that usually go wrong: sensory load, how instructions are given, mobility, pacing, what happens on a hard day, and how your child prefers to enter a room. That conversation is private and it happens before anyone asks your child to do anything.

SENSORY

COMMUNICATION

PACING

What safety means here

Contact is controlled and taught progressively. Sparring is not the point. Instruction happens in an observable room with clear rules about physical contact. There is a named way to raise a concern and no retaliation for raising one. A child who leaves the mat has not failed.

OBSERVE

TOUCH RULES

CONCERN ROUTE

Cost is the last conversation, not the first.

Sliding scale and full scholarships. No child is turned away because of cost.

START HERE

The first step is a conversation.

Tell us your child's age and one sentence about what is hard right now. That is enough to begin. You do not need a diagnosis, a referral, an IEP or any paperwork at all.

WHAT HAPPENS NEXT

- 1 Share your context**
Your child's age, and one thing that is hard.

- 2 Talk with the team**
Fit, accommodations, scheduling and your questions.

- 3 Choose a next step**
Visit and watch, or plan a start date. Both are normal.

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Visit before committing. Your child may watch from the side, and parents are welcome to observe.



SCAN TO START
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IF YOU NEED HELP RIGHT NOW

- If a child is in immediate danger call 911.
- For mental health crisis support in the United States, call or text 988.
- TRUETH is not a crisis service.

Tuition today runs from \$0 to \$195 and up per month. Cost is the last conversation, not the first.



TRUETH FOR FAMILIES

No child is broken.

Every child carries something extraordinary.

TRUETH Jin Sun Do uses breath, patterned movement, emotional literacy and earned mastery to help children practice regulation in a room built for belonging.



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AGES 5 TO 17 · NO DIAGNOSIS NEEDED

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THE METHOD

Every session, three elements.

1. Structured breathwork

Repeatable breathing patterns practised before, during and after effort, so the child feels a state change in their own body rather than being told about one. Practice: settle, pace, recover.

BEFORE

DURING

AFTER

2. Movement sequences

Progressive patterns that build focus, coordination, discipline, persistence and control. The sequences are hard on purpose, because the point is mastering something real. Practice: try, adjust, repeat.

FOCUS

COORDINATE

CONTROL

3. Emotional literacy

Naming and communicating what is happening inside, inside a group where every child belongs and no one is the designated problem. Practice: notice, name, ask, repair.

NOTICE

NAME

COMMUNICATE

EVERY SESSION RUNS THE SAME WAY

ARRIVE

BREATHE

MOVE

NAME

EARN

Earned mastery

Children progress through belts, and each cohort ends with a Warrior Ceremony where the child receives their belt in front of their family and community. Belts are earned in person. Online learning does not award rank.

PROGRAMS + TUITION

The same method, sized to the child and the family.

Little Tigers

AGES 5-7

Shorter sessions, more repetition, turn taking, breath introduced through play.

Kids and teens

AGES 8-17

Longer sequences, regulation under effort, leadership, belt progression.

Inclusive cohorts

MIXED

Neurodivergent and neurotypical children train together, so no one is in the group because of a label.

Family program

PARENT + CHILD

A shared language for regulation, and the experience of doing something hard together.

Parent courses

CAREGIVERS

Regulation at home, predictable transitions, stepping in earlier, and protecting your own capacity.

MIXED COHORTS

ACCESS PLANNING

IN-PERSON BELTS

MONTHLY TUITION

\$0

Scholarship

No application or income proof required to begin.

\$45-95
Supported

Your family contributes what it can. Supporters cover the gap.

\$145
Standard

Roughly what one seat costs to deliver.

\$195+
Sustaining

Covers your seat and helps create one for another child.

Included in every band: uniform, belt testing and Warrior Ceremony participation. Bands are private, never visible on the mat, and never discussed in front of students. If your circumstances change, the band changes with them, in either direction.

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YOUR FIRST VISIT

Predictable, pressure free, and clear.

1 Reach out

Share your child's age and one challenge. That is the whole first message.

2 Talk

A 15 to 20 minute conversation about what helps and what does not. You already know things no assessment will tell us.

3 Visit

Watch a session before committing. Your child can observe from the side. Some children do better knowing you are watching. Some do better knowing you are not. Both are normal.

4 Plan

Agree the accommodations, how we will communicate, and a private tuition band.

The first few weeks will be uneven.

A strong session followed by a hard one is not a sign this is not working. What we watch for is your child reaching for the breathing on their own, outside this room.

WHAT TRUETH WILL NOT DO

- Ask a family to stop therapy, medication or a treatment plan.
- Promise a clinical outcome.
- Shame a child for dysregulating.
- Turn a child away because the family cannot pay.

Same child. Same class. Same uniform. Same opportunity to earn.

SYSTEM PRESSURE

Demand is outpacing specialist capacity.

1 in 5

U.S. adolescents ages 12 to 17 with a current diagnosed mental or behavioural condition in 2023.

HRSA / MCHB adolescent mental and behavioural health brief, 2023

About 2x

The rise in the share of pediatric and young adult emergency department visits that were mental health related, 2011 to 2020.

Bommersbach et al., JAMA, 2023

72%

Of U.S. counties have no practising child and adolescent psychiatrist.

AACAP child and adolescent psychiatrist workforce map

48 days

National behavioural health wait benchmark.

National Council for Mental Wellbeing

Need

rising

Wait

longer

Capacity

scarce

Practice

group based

These figures describe system pressure. They do not prove TRUETH effectiveness. That question belongs to transparent pilot measurement, appropriate oversight, replication, and honest reporting.

START HERE

The first step is a conversation.

Request the clinical integration brief, the school deployment plan, or a discovery conversation about your population and setting. Nothing is proposed before we understand the capacity problem you actually have.

WHAT HAPPENS NEXT

- 1 Share your context**
Population, setting, capacity constraint, and what you need to be able to show.
- 2 Talk with the team**
Fit, scope, supervision, safeguarding and your questions.
- 3 Choose a next step**
A discovery brief, a site visit, or a decision not to proceed.

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WEB trueth.group

Current published pilot design target
10 to 17 participants, 4 to 8 weeks, 2 to 3 sessions per week, 45 to 60 minutes. Final parameters are co-designed with your team. These are planning figures, not a fixed offer.



REQUEST A PILOT CONVERSATION

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CLINICAL AND SCHOOL PARTNERS

Where the body learns what the mind cannot.

A structured group protocol using patterned movement, controlled activation and recovery, breath, and emotional literacy. Designed to integrate alongside existing care and instruction, under your governance.



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REQUEST A PILOT OR DEPLOYMENT CONVERSATION

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Structured somatic regulation, delivered the same way every session.

1. Patterned movement

Repeated physical sequences engage body awareness, coordination, attention, timing, breath and practised control.

TIMING

DISTANCE

CONTROL

2. Activation and recovery

Calibrated effort followed by intentional breathing and cool down, so participants rehearse the shift between states rather than being told about it.

EFFORT

BREATH

RECOVERY

3. Reflect and transfer

Naming, emotional literacy and a shared vocabulary connect the physical experience to home, classroom and care.

NAME

CONNECT

TRANSFER

EVERY SESSION RUNS THE SAME WAY

ARRIVE

ACTIVATE

RECOVER

REFLECT

TRANSFER

Care boundary

TRUETH sits alongside therapy, medication management, classroom instruction and other services. It does not diagnose or replace them. Clinical responsibility, supervision and data governance stay with your institution and are written into the agreement before the first session.

Designed for integration, not disruption.

Hospitals and clinics

A defined group protocol under documented partner governance and licensed supervision where applicable.

Schools and districts

Scheduled cohorts using space you already have, with staff coordination, family consent, safeguarding and agreed measures.

Co-branded delivery

Implementation under your identity, with roles, communication, data access and escalation agreed first.

Family extension

Caregiver briefings and a shared regulation language, so the practice carries past the session.

Small cohort focus

The current clinical-site design target is 10 to 17 participants, finalised around your setting and your safety requirements.

Facilitator capacity

The facilitator curriculum is an active build workstream. It is not yet a broadly available certification, and we will not describe it as one.

On reimbursement

We will not tell you a code is billable in your setting. That determination belongs to your institution, your supervising clinician, your documentation and your payers. We support it with implementation records rather than claims.

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Defined scope. Honest closeout.

DESIGN TARGET

10-17

participants

4-8

weeks

2-3x

sessions per week

45-60

minutes

MEASURE AT THREE MOMENTS

Before

scope, consent, baseline

During

attendance, fidelity, safety

After

experience, change, limits

1

Discovery

Population, setting, capacity problem, inclusion and safety. Output: a written problem and scope.

2

Design

Cohort, consent, schedule, supervision, data roles, escalation. Output: an approved protocol.

3

Delivery

Consistent protocol, attendance, fidelity notes, incident reporting. Output: an implementation record.

4

Review

Pre and post analysis, participant experience, feasibility, limitations, next decision. Output: go, revise, or stop.

Where TRUETH actually is

TRUETH has a defined methodology, three decades of applied practice with children, and informally gathered family observation. It does not have published trial results. Those are different things and we will not blur them. No pilot has been completed. You would be first, and we will say so in writing.

Publish results honestly, including findings that are flat or negative.

WAYS TO HELP

Give money, space, reach, or expertise.

Scholarship access

Fund the gap, or a full seat, so a family's finances never decide who gets on the mat.

Partner cohorts

Help deliver a defined cohort inside a school, clinic or community site.

Space

Donate weekday evening or weekend hours in a safe matted room. In kind space can be worth more to us than cash, because it is the constraint we cannot buy our way past quickly.

Evidence and safety

Support measurement, safeguarding, accessibility, data security and facilitator development. This is the part nobody funds and everybody expects.

Introductions

Connect TRUETH with clinicians, schools, employers, cities, foundations and service clubs.

GIVE

HOST

INTRODUCE

ADVISE

Eligible gifts receive written acknowledgment. Recognition is published only with your permission, and we do not sell, trade or share donor information.

START HERE

The first step is a conversation.

Tell us what kind of impact you want to make. TRUETH will connect the gift to a specific use and provide written acknowledgment.

1 Share your context

The impact you want, and the form it can take: money, space, reach, expertise.

2 Talk with the team

What it funds, what it does not, and what you will hear back.

3 Choose a giving path

A seat, a cohort, a space, or an introduction.

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How to give right now

Online giving is being set up under board review. Until it is live, email or call and a gift can be arranged the same week, with written acknowledgment. Employees of large companies can also find TRUETH on Benevity for matched giving and logged volunteer hours.



SCAN TO GIVE

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TRUETH FOR SUPPORTERS

Fund the seat. Build the system.

Your support turns one promise into practice: no child is ever turned away for financial reasons. It also funds the unglamorous half, safe delivery, honest measurement, and wider access.



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THE MISSION

Movement based regulation, and belonging.

No child is broken.
Every child carries something extraordinary.

TRUETH Foundation is a Woodinville, Washington 501(c)(3) serving children ages 5 to 17, with a diagnosis or without one. Mixed cohorts combine breathwork, movement, emotional literacy, accommodations, earned mastery and community, so that no child is in the room because of a label.

- Breathe
settle
- Move
practice
- Name
communicate
- Earn
mastery

The access promise
Tuition today runs from full scholarship to sustaining. Uniform, belt testing and Warrior Ceremony participation are included at every band. Bands are private and never visible on the mat.

The trust promise
Applied practice and parent observation are not published clinical proof, and we do not present them as such. Measurement will be shared honestly, including its limitations and any flat findings. If you ever see TRUETH material stating a clinical outcome as proven, tell us. That is a mistake, not a message.

Current programs complement care. They do not replace it.

CONCRETE GIVING

Four ways a gift becomes access.

- \$45
One supported seat month. Covers the gap for a family already contributing what it can.
- \$145
One scholarship month. One child trains for one month at no cost to the family.
- \$1,740
One scholarship year. A full year including uniform, testing and the Warrior Ceremony.
- Partner gift
A cohort at a partner site. Helps underwrite delivery inside a clinic, school or community space.

GIFTS CAN ALSO FUND

- Space
safe rooms
- Safety
safeguarding
- Proof
measurement

Tuition is a program fee, not a tax-deductible gift. Donations are tax deductible to the extent allowed by law.

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WHAT SUPPORT BUILDS

Access now. Capability next. Vision later.

- Public now
Scholarship seats, current program delivery, safeguarding, family access, and community trust.
SEATS SAFETY DELIVERY
- Active build
Partner pilot design, outcome measurement, facilitator curriculum, parent education, and the heritage archive documenting the method.
PILOTS TRAINING HERITAGE
- Future and R&D
Mobile academies, digital learning, youth-safe progression systems, regional reach. These are concepts, not commitments, and no gift is solicited against them.
MOBILE DIGITAL R AND D

Transparency standard
Publish what funds support. Obtain permission before using a partner's name or a child's story. Protect donor information. Keep current delivery clearly separate from future concepts.

The goal is not vague awareness. It is funded seats, safe delivery, and evidence people can trust.

Four things, in the order we need them.

1. A room with space to move

Weekday evenings or weekend hours. Matted is ideal, safe and clear is enough. This is the constraint that decides how many children we can serve, and it is the one money solves slowest.

2. Hands at sessions

Setup, family welcome, the front desk, and events. No martial arts experience required. Reliability matters more than expertise.

3. Professional eyes

Clinicians who will advise on measurement design. Educators who know how a district actually says yes. These are hours, not commitments.

4. Craft

Photographers and writers who can tell this story honestly, and grant writers who can turn what is true into what is fundable.

HOST

HELP

ADVISE

TELL

We would rather tell you honestly that something is not needed yet than take your time and waste it.

Tell us what you have, not what you think we want.

1 Tell us what you have

Time, a room, a skill, or a person you could introduce us to.

2 Talk with the team

What is genuinely useful right now, and what is not yet. We will tell you if the answer is not yet.

3 Start small

One session, one room, one introduction. Nobody commits to a year on day one.

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Everyone who works with children completes safeguarding first

Without exception, and before a first session, not after. If that is a barrier, there is plenty of useful work that does not involve contact with children.



SCAN TO VOLUNTEER

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TRUETH FOR VOLUNTEERS AND IN-KIND PARTNERS

Some of what we need cannot be bought.

A safe matted room on a Tuesday evening. Someone who greets families at the door. A clinician who will read a measurement plan. An hour of a grant writer's attention. TRUETH is small on purpose and grows through people who show up.



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SCAN TO VOLUNTEER · TRUETH.GROUP/GET-INVOLVED

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GIVE TIME

Show up, reliably, in a small way.

At sessions

Setup and reset, welcoming families at the door, helping a child who arrived overwhelmed find the quiet corner, and the hundred small things that make a room feel safe. Volunteers working with children complete our safeguarding requirements first, without exception.

At events

Warrior Ceremonies, community days, and open sessions. These are the days families remember, and they need more hands than a small team has.

Behind the scenes

Data entry, print runs, packing scholarship uniforms, following up with a family who went quiet. None of this requires being near a child, and all of it is real work that is currently not getting done.

Through your employer

If your company uses Benevity, TRUETH is searchable there. You can log volunteer hours and, at many employers, have them matched.

What we ask

Consistency over intensity. A volunteer who comes once a month for a year is worth more to a child than one who comes every day for three weeks.

GIVE A ROOM

In kind space can be worth more than cash.

WHAT MAKES A ROOM WORK

- Enough clear floor for ten to seventeen children to move without collision.
- A surface that is safe to fall on, or space to lay mats.
- Predictable access on a fixed weekly schedule. Predictability is not a convenience here, it is part of the method.
- Somewhere a parent can sit and watch.
- A quiet corner or adjacent space for a child who needs to step out.

Who usually has one

Community centres, faith and cultural spaces, gyms and dance studios with dark evening hours, school gymnasiums and multipurpose rooms, employers with a fitness room nobody uses after six.

What TRUETH brings

Trained delivery, our own mats where needed, safeguarding, insurance documentation, our own setup and reset, and a written agreement covering schedule, access, damage and exit.

You are not committing to forever.

A term is eight weeks. Try one, then decide.

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GIVE A SKILL

The specific things we are short of.

A clinician

Read the measurement plan before a pilot starts and tell us where it is weak. Advise on which validated instruments fit a group setting.

An educator

Explain how a school actually approves an outside program, and who has to say yes before anyone else can.

A photographer

Document sessions within our consent rules. Every image needs per-asset consent, and no child's face ships without it.

A writer

Help write up the applied practice into something citable. This is currently the single biggest hole in what TRUETH can show.

A grant writer

Turn what is true into what is fundable, for federal, state and foundation applications.

A connector

One introduction to a clinic, a district, a service club or a foundation officer who takes your call.

The honest part

TRUETH has a defined method, three decades of applied practice, and family observation that was gathered informally. It does not have published results. Several of the skills above exist to change that, which is why they are asked for by name rather than as a general call for help.

Start with one session, one room, or one introduction.