

President's Special Project 2021-2022 PTSD Foundation of America

Happy Convention!

This year, madam president has chosen to dedicate her special project to the PTSD Foundation of America.

What is Post Traumatic Stress Disorder (PTSD)?

PTSD can be defined as a psychiatric disorder that can occur following the experience or witnessing of a life-threatening event such as military combat, natural disasters, terrorist incidents, serious accidents, or physical or sexual assault in adult or childhood.

People who suffer from PTSD often relive the experience through nightmares and flashbacks, have difficulty sleeping, and feel detached or estranged, and these symptoms can be severe enough and last enough to significantly impair the person's daily life.

PTSD is marked by clear biological changes as well as psychological symptoms. PTSD is complicated by the fact that people with PTSD often may develop additional disorders such as depression, substance abuse, problems of memory and cognition, and other problems of physical and mental health. The disorder is also associated with impairment of the person's ability to function in social or family life, including occupational instability marital problems and divorces, family discord, and difficulties in parenting.

Symptoms of PTSD

- Becoming upset when confronted with a reminder of the trauma
- Avoidance of people or places that remind you of the trauma
- Isolating or feeling detached from other people
- Feeling emotionally numb
- Hypervigilance, on guard, irritable, startling easily

PTSD Foundation of America

The PTSD Foundation of America focuses specifically on combat trauma because they believe Veterans dealing with combat specific trauma deserve a safe environment to share their experienced trauma with other combat Veterans.

They're programs and services are free to Veterans and their family so that the focus remains on their journey to healing. They do this by providing evidence-based peer-to-peer mentoring, both on an individual basis and in group settings. They offer both face-to-face and virtual groups. On their website, you are able to find all of the upcoming dates and times of these groups.

At the moment, there is only one chapter in Arizona, and that is located in Phoenix. Other chapters can be found in the country include multiple parts of Texas, California, Colorado, North Carolina, South Carolina, and Georgia.

This organization provides its services at no cost to the Veterans and their families. They are able to do this because of the passionate supporters and donors across the nation. Ways this organization requests help from the public is through volunteers and donations. By dedicating this year's special project to the PTSD Foundation of America we are contributing to the organization's ability to help Veteran's get the help they need. And we can only hope that part of the proceeds will go towards being able to open up new facilities to reach more parts of the country, even more parts of Arizona.

There are many resources available for help with PTSD. This is just one of many. It is the mission of the PTSD foundation of America to stop Veterans from taking their own lives. They are serious about making sure their staff is trained in suicide prevention. They have implemented a training program through LIVINGWORKS for their staff and volunteers. At least 75% of foundation employees are SafeTALK trained and 15% have Applied Suicide Intervention Skills Training or (ASIST). They also offer courses through their various chapter locations, which they do post available classes on their site.

There are many ways the PTSD Foundation of America allow the community to help their mission to make an impact on Veterans and their families. These include allowing the community:

- Sponsoring a veteran
- Volunteering at a fundraiser or event
- Volunteering on the campus of Camp Hope
- Volunteering with our local chapter
- And they are always looking for skills-based volunteers for special projects

Wellbeing YOU hosted by American Red Cross – Military and Caregiver Network

What is Military and Caregiver Network? The mission of the MVCN is to provide our nation's military and veteran caregivers of all eras with peer support to reduce isolation and increase connection, engagement, knowledge, skills and hope. The MVCN helps caregivers of all eras and at all stages of caregiving by providing access to three peer support programs:

Online Peer Support Community
Peer Mentor Support Program
Peer Support Groups (Online & Community-Based)

About is Wellbeing YOU? Join the MCVN every Wednesday at 10:00 AM Central for 15 minutes of focused wellbeing practice to enhance your whole health. This free event is open to military and veteran caregivers of all eras. This free event is open to military and veteran caregivers of all eras. Wellbeing YOU is hosted using Zoom video so caregivers are able to interact face to face using a computer or mobile device. The groups are flexible and informal so feel free to join when you are able, even if you can only attend part of the session.

- Upcoming Wellbeing YOU events from MCVN
 1. Wed, November 10, 2021 @ 9:00 AM MST
 2. Wed, November 17, 2021 @ 9:00 AM MST
 3. Wed, December 01, 2021 @ 9:00 AM MST

Additional Resources for Veterans with PTSD

1. **VA Veterans Crisis Line:** 1-800-273-8255 Press 1
2. **National Center for Post-Traumatic Stress Disorder**
 - (800)273-8255 Combat Call Center (877)WAR-VETS The National Center for PTSD (NCPTSD) aims to advance the clinical care and social welfare of U.S. Veterans through research, education and training on PTSD and stress-related disorders. The PTSD information Center has Fact Sheets and Videos to answer your questions on trauma, PTSD and related issues.
3. **VA Vet Center Program Vet Centers:** Offer a wide range of services to veterans and their families at 300 community-based Vet Center Locations
4. **Home Base Program – Clinical Intensive Care Program** (National/Regional) 617-724-5202
 - Home Base has the country's first two-week Intensive Clinical Program (ICP) to treat Veterans and Families who are struggling with the invisible wounds of war, including post-traumatic stress, traumatic brain injury (TBI), military sexual trauma, depression, anxiety and co-occurring substance use disorders. Based in Boston, the organization serves Veterans and Families from across the country. The Intensive Clinical Program offers a holistic and innovative approach to clinical care. As of July 2017, Home Base began opening up treatment to Vietnam era Veterans.
5. **Lone Survivor Foundation:** (832)581-3592 The vision of Lone Survivor Foundation is to provide exceptional therapeutic, outdoor, and unique opportunities that optimize recovery and healing of affected U.S. Military wounded service members and their families.
6. **Operation Mend-Intensive Treatment Program:** The intensive Treatment Program serves active-duty service members, veterans and their families impacted by

- service-related mild traumatic brain injury (mTBI) and post-traumatic stress disorder (PTSD).
7. **USA Cares: Combat Injured Program:** (800) 773-0387 - Provides financial support for Veterans undergoing extended treatment for PTSD
 8. **Military One Source:** Is a 24/7 connection to information, answers, and support to help Veterans reach their goals, overcome challenges, and thrive. While Military OneSource does not provide health care services, it helps connect service members and their families with appropriate resources for those diagnosed with post-traumatic stress disorder or traumatic brain injury (TBI).
 9. **Psychological Health Centers of Excellence:** The mission of Psychological Health Centers of Excellence is to improve the lives of our nation's service members, Veterans, and their families by advancing excellence in psychological health care, readiness, and prevention of psychological health disorders.
 10. **The Real Warriors Campaign:** Promotes a culture of support for psychological health by encouraging the military community to reach out for help whether coping with daily stressors of military life, or concerns like depression, anxiety, and posttraumatic stress disorder.
 11. **Boulder Crest Foundation's Warrior PATHH:** (Progressive and Alternative Training for Healing Heroes) is delivered once a month at Boulder Crest's locations in Arizona (Boulder Crest Arizona), Virginia (Boulder Crest Virginia), and the Boulder Crest Mobile Training Team, and monthly by Boulder Crest's partners in Florida, Georgia, Main, South Carolina, and Arkansas.

Links used to put this packet together:

- <https://ptsdusa.org>
- <https://www.nami.org/About-Mental-Illness/Mental-Health-Conditions/Posttraumatic-Stress-Disorder>
- <https://www.eventbrite.com/e/wellbeing-you-tickets-118576380145?aff=ebdsoporgprofile>

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PRESIDENT'S SPECIAL PROJECT AWARDS

Ginger Cox President's Special Project Award Unit Membership 200 and Under

Cathy Jarvis President's Special Project Award Unit Membership 201 and Over

RULES:

1. Any Unit in the Department of Arizona is eligible to receive this award in their respective membership category, as long as current Department Mandates are paid.
2. This plaque shall become the permanent property of the Unit winning it for three consecutive years. The permanent winner will place another plaque in the Department for competition, with the rules and name remaining the same.
3. The winning Unit in each membership category will be picked by the President's Special Project Chairman, judging a 1,000 word or less narrative on what the Unit did to raise funds and work the program.
4. Revisions of Ginger Cox Award can only be done by Ginger Cox or in her absence Unit 117.
Revisions of the Cathy Jarvis Award can only be done by Rose Ficklin or in her absence Unit 26.

Presentation of the awards will start at Department Convention 2015

Approved at Department Convention, June 26, 2014