



CAMARADERIE • RESPECT • CONFIDENTIALITY • WELL-BEING

2007 Annual Report



Mission, Vision & Principles

Our Mission

Vets4Vets is a non-partisan veterans' organization dedicated to helping Iraq and Afghanistan-era veterans feel good about themselves and heal from any negative aspects of service and war through the use of peer support.

Our Vision

Our primary goal is to help Iraq and Afghanistan-era veterans understand the value of peer support and to regularly use peer support to express their emotions, deal with their challenges and better reintegrate into society. Our vision is that anytime a vet needs to talk with someone who really understands, a local Vets4Vets peer support group is available. We envision Vets4Vets being a common name in the minds of all veterans as a place where they, and their comrades, can go to heal.

Our Principles

- Sharing personal experiences with those who have shared similar experiences is a powerful healing tool.
- Peer support does not require professionals.
- Peer support can take place in many formats including weekend workshops, one-on-one, and in small or large groups.
- By taking equal and uninterrupted turns we benefit by both listening and speaking.
- Providing an environment that is confidential, safe, and accepting.
- Taking part in positive community action, of their choosing, empowers veterans to further promote healing and reach out to other veterans.
- Use of drugs and alcohol gets in the way of real emotional healing.

INSIDE

Greatly Needed	2
A Safe Place to Share Their Stories	2
A Veteran's Story	3
Expenses	4
Income Statement	4
Income Statement Cont.	5
Balance Sheet	5
Expenses	6
Staff	6
Contact Us	6

Greatly Needed Peer-Support

Vets4Vets (V4V) has provided greatly-needed non-partisan, non-political, peer support to over 700 returning Iraq and Afghanistan-era veterans since our founding in 2005. Our services have expanded exponentially since then and has won accolades from the American Legion and the U.S. Substance Abuse and Mental Health Services Administration. If you want to “support the troops”, Vets4Vets is for you. While service in the military and war has many positive impacts on its members, including

the development of leadership skills, self-confidence and incredible camaraderie, there are also negative effects. Like veterans of every other war, these young veterans are at great risk of mental health symptoms, substance abuse, suicide, domestic and other forms of violence.

Alarming Stats

- * *Our suicide rate is more than double that of non-Veterans*
- * *Just like after Vietnam, more of us will take our own lives than were killed in combat.*
- * *We are becoming homeless*

more quickly than Vietnam Veterans

** Many of us turn to heavy drinking.*

Indeed, given the nature of this war with repeated deployments and no safe havens, these veterans are displaying these negative impacts earlier and in proportionately greater numbers than in the Vietnam era.

A Safe Place



Carefree, AZ Workshop



Women's Workshop

"It was such a relief to find out that I am not the only one feeling this way."

- Veteran

<i>Newport Beachside Resort</i>	<i>Miami Beach, Florida</i>	<i>January</i>
<i>Temescal Gateway Park Retreat Center</i>	<i>Pacific Palisades, California</i>	<i>February</i>
<i>Triangle YMCA Ranch Camp and Retreat Center</i>	<i>Oracle, Arizona</i>	<i>April</i>
<i>Headlands Institute Conference & Retreat Center</i>	<i>Sausalito, California</i>	<i>June</i>
<i>Pearlstone Conference & Retreat Center</i>	<i>Reistertown, Maryland</i>	<i>August</i>
<i>Cabrini Retreat Center</i>	<i>Des Plaines, Illinois</i>	<i>September</i>
<i>Marianist Retreat Conference Center</i>	<i>Eureka, Missouri</i>	<i>September</i>
<i>Blue Mountain Retreat Center</i>	<i>Blue Mountain Lake, New York</i>	<i>November</i>
<i>Headlands Institute Retreat Center</i>	<i>Sausalito, California</i>	<i>November</i>
<i>Spring in the Desert Lutheran Retreat Center</i>	<i>Carefree, Arizona</i>	<i>December</i>
<i>Camp McDowell</i>	<i>Nauvoo, Alabama</i>	<i>December</i>

A Veteran's Story

I joined the Marine Corps in March 2000 and shipped off to boot camp in June. After boot camp and Marine Combat Training, I was sent to Aberdeen Proving Ground, Maryland to learn my Military Occupation which was to repair (and drive) Light Armored Vehicles. Upon completion of my MOS school, I was stationed with a reserve unit, 4th Light Armored Reconnaissance Battalion. Shortly thereafter, I applied to and was accepted to Military Operations Urban Terrain (MOUT) instructor school. After my training was finally complete, I spent the rest of my time in the military with that unit. I really loved being a Marine. In so many ways it was everything I had hoped it would be and more. The training I received helped me to realize that I was so much more capable than I had imagined in a number of areas. I met friends in the Corps that I will have for the rest of my life. I loved how the members of the other branches of the military respected me just because I was a Marine. I loved how even people from other countries recognized my dress blues as the uniform of a United States Marine. One time, when I was traveling by train in my Service Charlie Uniform on the east coast, a woman who was traveling alone with her young daughter saw me on the platform. She didn't say anything but just moved, with their suitcases over to stand by me. Just knowing there was a Marine there seemed to make her feel safe. That, in a nutshell describes everything good I had ever felt about being a Marine; to protect those who needed it. In March, 2003, we were activated in preparation for deployment to Iraq.

While deployed I grew even closer to my fellow Marines. Long hours on watch or going into town allowed us to bond on levels even greater than before. We talked about things that were personal to us and important. We shared things we probably would never share with anyone else. For me and my buddies, there was never any doubt the extent to which we would go to protect each other. I also grew very close to the Iraqis. I know that the Iraqis knew I had come there because I wanted to help them. I loved hanging out with the kids and getting to see the Iraqi culture up close. I will never forget my time there. I was med-evac'd only two months after I got there after a non-combat accident. Even to this day I struggle with the feelings that I abandoned my men. Perhaps this is something I will always deal with. I was fortunate in that I never saw a dead body and only fired my weapons to test them. There was gunfire when I was on post but the shooters were so far away there was no way we could see a weapon and rules of engagement dictated that I not return fire unless I could see a weapon. If he was shooting at me, he missed. However, compared to many others, my time in Iraq was a cakewalk. My troubles began when I came home.

Upon my return I began to have extreme feelings of sadness, anger and frustration as I watched more and more of my fellow service members take their lives, become alcoholics and drug addicts or lose their jobs and families...and these are the ones who made it home! Some of the ones I was meeting had been permanently disabled and some disfigured in horrible ways. I had grown so close to these men (I was in an all male battalion) and I felt and still feel like they are brothers to me. To see them in such trouble made me want to kill something. I didn't know what to do. Ultimately, my overwhelming feelings left me feeling very desperate. I had considered going back to drinking (I am a sober

alcoholic) and even taking my own life.

After the first Vets4Vets retreat and subsequently becoming involved in that community, I have a place to put all those feelings. I have hope for myself and for my fellow veterans that we can learn to live in right relation to our experiences and our memories and not result to self-destructive behaviors. I hope to continue to be involved with Vets4Vets for the rest of my life.

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Just now, before starting to write this, I got off the phone with a fellow marine whom I met at a Vets4Vets retreat. We shared a little about what was going on with us and talked about the next retreat. I'm so glad I have his friendship and the friendship of the dozens more I met through Vets4Vets. I wish all Iraq and Afghanistan era veterans could find Vets4Vets.

Jeff

Former Marine

Income Statement

	<u>Jan - Dec 07</u>
Ordinary Income/Expense	
Income	
43400 · Direct Public Support	
43420 · Grant Income	
43421 · IADIF	556,000.00
43422 · Rockefeller Brothers	<u>100,000.00</u>
Total 43420 · Grant Income	656,000.00
43450 · Individ, Business Contributions	48,643.41
43400 · Direct Public Support - Other	<u>32,000.00</u>
Total 43400 · Direct Public Support	736,643.41
45000 · Investments	
45030 · Interest-Savings, Short-term CD	17,589.86
Total 45000 · Investments	<u>17,589.86</u>
Total Income	754,233.27
Expense	
60900 · Business Expenses	
60920 · Business Registration Fees	<u>249.00</u>
Total 60900 · Business Expenses	249.00
61100 · Auto Expenses	2,464.22
62100 · Contract Services	
62110 · Accounting Fees	2,250.00
62150 · Outside Contract Services	
62151 · Internet	4,443.63
62152 · Media	6,018.53
62153 · Transcription	247.50
62150 · Outside Contract Services - Other	<u>26,673.70</u>
Total 62150 · Outside Contract Services	<u>37,383.36</u>
Total 62100 · Contract Services	39,633.36
62800 · Facilities and Equipment	
62850 · Office Equipment & Furniture	1,359.07
62860 · Computers	1,906.61
62890 · Rent, Parking, Utilities	18,450.00
63000 · Utilities	<u>2,152.65</u>
Total 62800 · Facilities and Equipment	23,868.33
65000 · Operations	
65005 · Advertising	1,963.82
65010 · Books, Subscriptions, Reference	3,274.08
65015 · Office Expense	3,059.61
65020 · Postage, Mailing Service	563.78
65030 · Printing and Copying	1,001.57
65040 · Supplies	5,791.68
65050 · Telephone, Telecommunications	12,244.71
65060 · Training	<u>3,040.30</u>
Total 65000 · Operations	30,939.55
65100 · Other Types of Expenses	
65120 · Insurance - Liability, D and O	1,244.00
65130 · Internet Services	879.25
65160 · Other Costs	236.97
65170 · Credit Card Expense	<u>119.95</u>
Total 65100 · Other Types of Expenses	2,480.17
65190 · Bank Fees	1,137.45
65200 · Fundraising	15,539.85
66000 · Payroll Expenses	
66100 · Gross Pay	187,613.00
66200 · Payroll Tax Expense	<u>10,988.48</u>
Total 66000 · Payroll Expenses	198,601.48

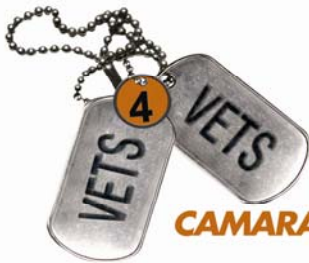
68300 · Travel and Meetings	
68310 · Conference, Convention, Meeting	2,721.21
68320 · Travel	7,660.33
68300 · Travel and Meetings - Other	6,060.78
Total 68300 · Travel and Meetings	<u>16,442.32</u>
68500 · Workshops	
63800 · Workshop Travel	128,005.52
63820 · Workshop Food	4,897.83
63830 · Workshop Lodging	45,275.00
63850 · Workshop Consulting	14,987.22
68500 · Workshops - Other	20,000.00
Total 68500 · Workshops	<u>213,165.57</u>
68600 · Leadership Training	152.65
68700 · Local Groups	778.50
Total Expense	<u>545,452.45</u>
Net Ordinary Income	208,780.82
Other Income/Expense	
Other Income	
70100 · Refunds	1,152.00
Total Other Income	<u>1,152.00</u>
Net Other Income	<u>1,152.00</u>
	<u>209,932.82</u>



Vets take on a hike at Camp McDowell during workshop in Nauvoo, Alabama.

Balance Sheet

	<u>Dec 31, 07</u>
ASSETS	
Current Assets	
Checking/Savings	
10200 · AZFCU Checking	13,865.54
10300 · AZFCU Savings	552.89
10400 · AZFCU Money Market	399,240.02
Total Checking/Savings	<u>413,658.45</u>
Other Current Assets	
12000 · Payroll Advance	2,630.00
Total Other Current Assets	<u>2,630.00</u>
Total Current Assets	<u>416,288.45</u>
TOTAL ASSETS	<u>416,288.45</u>
LIABILITIES & EQUITY	
Liabilities	
Current Liabilities	
Other Current Liabilities	
24000 · Payroll Liabilities	
24040 · AZ Withholding Payable	1,727.80
24000 · Payroll Liabilities - Other	1,483.06
Total 24000 · Payroll Liabilities	<u>3,210.86</u>
Total Other Current Liabilities	<u>3,210.86</u>
Total Current Liabilities	<u>3,210.86</u>
Total Liabilities	3,210.86
Equity	
31300 · Reserve Funds	
31310 · Contingency Repayment to IADIF	169,000.00
31320 · 2008 Salaries Reserve from 1st	100,000.00
31330 · IADIF Supp Grant Sal & Workshop	190,000.00
Total 31300 · Reserve Funds	<u>459,000.00</u>
32000 · Unrestricted Net Assets	-255,855.23
Net Income	209,932.82
Total Equity	<u>413,077.59</u>
TOTAL LIABILITIES & EQUITY	<u>416,288.45</u>



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