



CAMARADERIE • RESPECT • CONFIDENTIALITY • WELL-BEING



Alabama Workshop 2008

Workshops: The workshop is an opportunity for vets to share military / deployment / combat experiences with other veterans in a confidential setting. It provides an atmosphere for extraordinary camaraderie; an experience we all miss from the military. Vets4Vets has held over 60 workshops, nationwide, for more than 1600 Iraq and Afghanistan-era veterans. Vets4Vets workshops are **FREE** to participating veterans—including travel, lodging, and meals.



Chicago Workshop 2009

Mission: Vets4Vets is a non-partisan organization dedicated to helping Iraq and Afghanistan-era veterans to heal from the psychological injuries of war through the use of peer support.

Background: Founded in 2005 by a decorated Marine Corps combat veteran of Vietnam, Vets4Vets was selected the next year as one of the 50 outstanding nonprofits in the country serving returning veterans by the prestigious Iraq-Afghanistan Deployment Impact Fund (IADIF) for \$1.2 million in start-up funding.

My experience with Vets4Vets was really an empowering experience. I was able to freely bond with other veterans who encountered some of the same hardships that I encountered.

Workshop Participant*



Leaders Workshop January 2010

Local Support Groups: Vets4Vets Local Support Groups are on-going and encourage communities that unite Iraq and Afghanistan-era veterans in their regions. Local groups are also coordinated and led by veterans who have attended workshops. These vets have discovered the benefits of Vets4Vets Peer Support and are enthusiastic about having the vets in their communities participate.

I can honestly say that if it were not for the group retreats, discussion groups, and the ability to share my turmoil and challenges in a quiet and safe environment, I would not be alive and sober today. Vets4Vets is an organization that has made a positive and significant impact in life!!

Workshop Participant*



Local Support Groups continues on next page...

*View full reviews at <http://greatnonprofits.org/reviews/profile2/vets4vets1>

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Local Support Groups:

Veterans who participate engage in Listening Turns (Sessions) with fellow veterans regarding their deployment and military experiences. Currently, Vets4Vets Leaders hold 40 Local Support Groups on a regular basis (weekly, bi-weekly, monthly) nationwide. Local Support Groups further the healing process by providing a place where vets can express what is “really” going on in their lives.

Evaluation: According to the Center for Community Support and Research at Wichita State University, all participants would recommend Vets4Vets workshops to another veteran. The more veterans take part in Vets4Vets, the more we show increased confidence, better work performance, fewer suicidal thoughts or sleep difficulties, less substance abuse and fewer destructive behaviors, e.g. fighting, getting arrested. Fully 70% stayed connected after the workshops. Our own internal evaluation, developed with funding from Welcome Back Veterans a Major League Baseball initiative and a fund of The McCormick Foundation (www.welcomebackveterans.org), shows veterans increasing their psychological functioning after our workshops in two key areas using standardized measures from the professional literature: increased self-efficacy and increased social connectedness, both dimensions related to a host of positive outcomes from health to career performance.



Left: Vets4Vets on NBC Nightly News



Left: New York Workshop 2008

Accomplishments: Vets4Vets was nominated as a Top-Rated Veterans Nonprofit on Guide Star’s Great Nonprofits website <http://greatnonprofits.org/veterans> in the month of March 2010.

Vets4Vets was honored in the Hall of Heroes at the Pentagon by Chairman of the Joint Chiefs of Staff, Admiral Mullen. Vets4Vets was awarded \$10,000 to support its Vets4Vets peer support program for Marines on Camp Pendleton, San Diego area Iraq-Afghanistan veterans, and their families by Newman’s Own Award of the Fisher House Foundation.

Eleven returning war veterans were hired (in eight cities) to build dynamic communities of Iraq and Afghanistan-era veterans, including veterans organizations, community organizations, business entities, schools, and community leaders, in Southwestern Pennsylvania (Staunton Farm Foundation), Dallas, Houston, Rio Grande Valley, Texas (TRIAD Fund), Jacksonville, Florida (BRAIVE Fund), & Tucson, AZ (Iraq Afghanistan Deployment Impact Fund).

Vets4Vets aired on NBC Nightly News on the eve of Memorial Day 2009. <http://www.youtube.com/watch?v=bo3y0Oa8fog>



Thanks to this organization, veterans are able to come together to find others like them and have a strong support system. I can honestly say I would not be here today if it was not for this organization. That is why I will continue to donate and participate in its promotion to save the lives of other veterans.

Workshop Participant and Donor



Left: Chairman of the Joint Chiefs of Staff, Admiral Mullen, with Vets4Vets President of the Board of Directors, Joe W. Sturdivant, Executive Director, Jim Driscoll and Newman’s Own CEO Tom Indoe at The Pentagon