



Veteran Resilience Project

Annual Legislative Report for 2024

Submitted on January 15th, 2025



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Subject: Veteran Resilience Project Annual Legislative Report

Legislative Report Recipients:

Commissioner of Veterans Affairs: Honorable Brad Lindsay

House of Representatives Committee: Veterans and Military Affairs Finance and Policy

Senate Committee: State and Local Government and Veterans Committee

Veteran Resilience Project Contacts:

Jonna Phillips, MA, LMFT
Executive Director
Phone: 612-356-2713
Email: jonna@veteranresilience.org

Eric Wickiser
Board Chair
Phone: 612) 388-2944
Email: ewickiser@comcast.net

Executive Summary:

The mental health of Minnesota's military community is critical to the overall well-being of the state. Addressing the mental health needs of Veterans, Service Members, and their Spouses remains a key priority, and the Minnesota Legislature has consistently demonstrated strong support for initiatives aimed at improving care and preventing suicide within this population. The Veteran Resilience Project (VRP) is leading the charge, providing accessible, effective community-based resources that focus on trauma healing, including PTSD, and are integral to suicide prevention efforts.

In 2024, VRP delivered over 850 EMDR Therapy sessions to Veterans, Service Members, and their spouses, with 715 of those sessions reimbursed through the Minnesota Department of Veterans Affairs (MDVA) Grant. The organization has seen a consistent increase in client engagement, with an average rise of five additional sessions per month. Based on this growth, VRP projects serving 100 clients in 2025 and provide nearly 1,200 EMDR therapy sessions. To support this expansion, VRP continues to strengthen its network of highly qualified therapists, having trained 23 new EMDR specialists this year, bringing the total to 60 therapists trained to work with veterans. The training provided through VRP emphasizes is led by either Veterans themselves or therapists who have a strong background in working with the military community.

Additionally, the organization has also expanded its outreach efforts, employing specialists with military backgrounds in Northern and Southern Minnesota with an emphasis on reaching out to Minnesota's rural military community. A dedicated Care Coordinator ensures that every veteran receives personalized support and guidance throughout their therapy journey. Through these efforts, VRP remains committed to improving the mental health of Minnesota's military community, helping individuals heal from trauma and preventing suicide, while continuing to expand and adapt to meet the growing demand for services.

MDVA Grant and Appropriations:

Minnesota Department of Veterans Affairs (MDVA) manages the grant approved by the Minnesota Legislature. Veteran Resilience Project has established a strong working relationship with MDVA and has conducted 2 successful monitoring visits since receiving the appropriation in March of 2023.

For the current grant period, VRP was awarded \$300,000 for FY24 and \$300,000 for FY25. However, VRP was allowed to use unexpended funds from the FY22-23 grant through June 30, 2024. Due to this, the FY24-25 grant was not executed until June 30, 2024. MDVA reexamined the appropriation and determined that the FY24-25 funds must be used within

the fiscal years appropriated. This essentially allowed for 12 months of spending during this entire biennium. Any unexpended funds from FY 24-25 must be returned to the state at the end of this biennium, June 30,2025.

As an organization we are dedicated to being fiscally responsible, while at the same time valuing the opportunity to further our reach. The additional funding has supported additional therapists joining the network, providing more client care, additional therapy sessions, mileage reimbursement, and an additional temporary Southern Minnesota Outreach Coordinator. With each employee we add to our team we demonstrate a significant growth in the clients we are able to serve.

See the first half of the year, Jan-Jun 2024, VRP completed the appropriation of funding for the first grant period in June 2024. The chart below includes the first 6 months of 2024, and the total funds used for the grant period managed by MDVA.

See chart below:

MDVA Grant: Funding from Jan-June2024 (First Grant Period)			
Budget Categories	MDVA Funded	Amount Reimbursed Jan-June 2024 (included in total funds used)	Total Funds Used in First Grant Period
Executive Director	\$50,000	\$24,288.44	\$40,013.44
Advanced EMDR Training	\$30,000	\$19,500	\$19,500
EMDR Certified Therapy	\$153,000	\$35,132.37	\$43,633.63
Case Management Payroll	\$167,000	\$76,725.75	\$130,822.33
Total	\$400,000	\$155,646.56	\$233,969.40

See chart below for Grant Appropriations from July-Dec 2024:

MDVA Grant: Funding from July-Dec 2024 (FY24/25) - 2 nd Grant Period			
Note: 2-year appropriation combined into 1-fiscal year			
Budget Categories	MDVA Funded	Amount Reimbursed	Remaining Funds
Executive Director	\$51,468	\$24,701.10	\$26,766.90
Advanced EMDR Training	\$60,000	\$15,000	\$45,000
EMDR Certified Therapy	\$240,532	\$51,564.41	\$193,306.59
Travel	\$20,000	\$3,188.18	\$16,811.82
Case Management Payroll	\$228,000	\$105,163.85	\$122,836.15

Executive Director:

In 2025, Jonna Phillips, MA, LMFT, will be entering her second year as the Executive Director of Veteran Resilience Project (VRP). Having been with the organization since 2022, Jonna brings a wealth of experience and leadership to the role. She oversees the day-to-day operations of VRP, including the Therapy and Outreach programs, ensuring that the organization meets its mission to support Veterans, Service Members, and their Spouses. With her extensive background in the mental health field, continued service in the Minnesota National Guard, and strategic vision, Jonna has proven herself to be an invaluable leader. Under her guidance, VRP has been able to expand its reach and continually improve with the effectiveness of EMDR Therapy, helping an increasing number of individuals in need of care. Through her leadership, the organization is well-positioned to continue its vital work, improving the mental health and well-being of Minnesota's military community.

Advanced EMDR Therapy Training:

In 2024, VRP hosted two Advanced EMDR Military Trainings, designed for therapists who have already completed their initial EMDR training. These advanced sessions were focused on enhancing therapists' expertise in best practices for working with the military population, staying up to date on current trends, and refining their EMDR skills. As the demand for services continues to grow, this advanced training has become increasingly essential. One training was held in-person in the Southern Metro area in May 2024, while a second training was conducted virtually in October 2024, ensuring that therapists in rural Minnesota also had the opportunity to participate. Thanks to the support from Legislative funding, VRP has expanded its Therapy Network by adding 23 highly qualified therapists, furthering the number of total therapists to over 60 statewide. The additional therapists continue to strengthen the organization's capacity to meet the rising need for specialized mental health services for Veterans, Service Members, and their Spouses.

EMDR Certified Therapy:

Therapists who have completed EMDR training and are part of the VRP Network provide EMDR Therapy to Veterans, Service Members, and their Spouses. In accordance with the grant agreement, Veteran Resilience Project reimburses therapists for 12 hourly sessions per client, with the option to approve additional sessions if deemed necessary by VRP. In 2024, VRP increased the reimbursement rate for EMDR therapy sessions from \$125 per hour to \$130 per hour to remain competitive in attracting and retaining highly qualified therapists. As part of the grant agreement, clients are encouraged to use their insurance where possible, and VRP covers any copays or deductibles that may arise. This reimbursement model ensures that Veterans, Service Members, and their families have access to high-quality, affordable mental health care without financial barriers.

Case Management Payroll:

In 2024, this funding category covered the salaries for several key staff members, including the Therapy Program Director, Care Coordinator, and Metro/Central Minnesota Outreach Coordinator. Additionally, in the fall of 2024, VRP expanded its team by adding a Southern Minnesota Outreach Coordinator to further extend our reach. To ensure the continued smooth operation of our programs, we also utilized contracted support for program management and functionality. Furthermore, VRP received additional funding to support a Northern Minnesota Outreach Coordinator, allowing us to strengthen our presence and outreach efforts across the state, ensuring that Veterans, Service Members, and their families in all regions have access to essential resources and services.

VRP General Overview:

Mental health is directly linked to the quality of life for individuals, families, and communities. For Veterans, mental health support is not just about healing from the trauma of war, but about giving them the opportunity to live fulfilling, productive lives after their service. When Veterans experience mental health challenges, it can affect every aspect of their lives, from family relationships to employment, housing stability, and overall quality of life. By prioritizing the mental health of our Veterans, we are investing in the future of Minnesota's communities.

Veteran suicide remains a deeply concerning issue, and its tragic impact reverberates far beyond the individual. It touches families, communities, and society, and it demands a robust, multifaceted response. VRP's work is essential in preventing these losses, as it provides a critical line of defense against suicide and provides hope for recovery. Suicide prevention is not just about addressing immediate crises; it's about providing long-term, sustainable solutions that focus on healing and resilience. With ongoing legislative support and the dedication of a passionate team of professionals, VRP is well-positioned to continue helping Veterans, Service Members, and their families heal from trauma, build resilience, and ultimately thrive. The work ahead is critical, and with continued support, VRP will remain a cornerstone of the mental health care system for Minnesota's military community.

VRP Outreach Program:

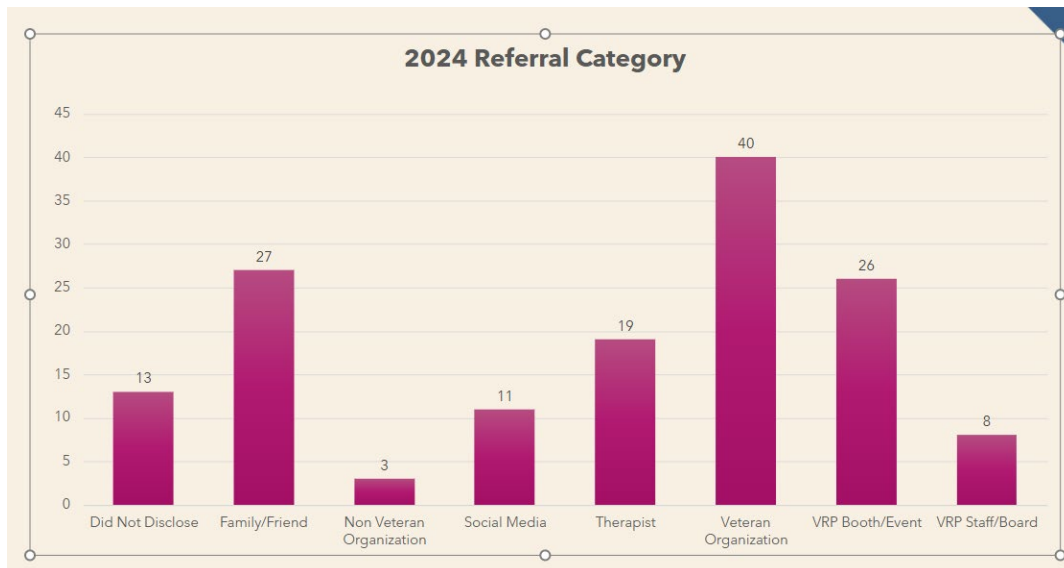
2024 has been an exciting and transformative year for the Veteran Resilience Project (VRP) Outreach Team. We significantly expanded our team, growing from one member at the start of the year to three by the end of 2024. This expansion has allowed us to enhance our ability to serve Minnesota's military community. As VRP continues to recognize, the number of staff members directly correlates with the reach and impact we have on our

community. Over the course of the year, we attended 80 events, engaging with over 12,000 community members, see Appendix A for more information.

Beyond attending events, our outreach efforts have been strengthened by a strategic focus on marketing and education, which are essential components of effective outreach. In 2024, we revamped our website, www.veteranresilienceproject.org, with the goal of providing easier access to information and resources on EMDR Therapy. We also created a public service announcement (PSA) video “[Veteran Resilience Project & How EMDR Helps our Military Community Heal](#)”.ⁱ

To further extend our reach, our team maintains a consistent and active presence on social media, where we share valuable mental health resources and provide clear guidance on how individuals can begin their journey with our program. Recognizing that suicide rates are alarmingly high among individuals aged 18-34—second only to those over 75—VRP prioritizes social media as a vital platform. Even if individuals choose to isolate themselves in other ways, they are often present on social media, making it an important channel for engagement and education.

We also place a strong emphasis on tracking how individuals hear about us, allowing us to better understand the effectiveness of our outreach strategies. The chart below illustrates the critical role our outreach team plays in maintaining strong, ongoing relationships with other Veteran Organizations and maintaining a powerful public presence. This comprehensive approach ensures that our outreach efforts are both meaningful and sustainable, ultimately expanding our impact and providing crucial support to Minnesota’s military community.



As part of our internal strategic plan, we set a goal to have more visibility in new outlets. This year we were highlighted on Kare 11’s noon show and Almanac North. In addition, we hosted our first “Sweat 4 VETS” Outreach/fundraiser in Duluth, Minnesota where we

partnered with a Veteran Owned Sauna business to provide sauna/cold plunge sessions. We were highlighted both on Fox 21 and WDIO.ⁱⁱ

VRP Therapy Program:

At the beginning of 2024 Veteran Resilience Project hired our first Care Coordinator, Ashley Olson, a Licensed Social Worker and Veteran Spouse. This position has been key to our Therapy Program as she has been able to establish a strong relationship between the Therapy Network and clients. She ensures constant check-ins with clients throughout the therapy process and due to this we have seen a higher percentage of post-therapy feedback. We cannot emphasize enough the importance of having key staff positions filled to effectively serve this population and ensure quality care.

“Working with the friendly VRP staff, we were able to find me a local therapist to work with. They kept in touch with me, and made sure my therapy was going well. My therapist is amazing. I had given up on therapy, because it was so hard to find someone that would help me. VRP has changed my life for the better. Even my family commented that I am doing better. Thank you VRP for helping to find myself again.” - USAF, OIF/OEF

“EMDR has the highest recommendation across most clinical practice guidelines, including the [Veterans Affairs/Department of Defense \(VA/DoD\) Clinical Practice Guideline for Management of PTSD](#) (10), the International Society for Traumatic Stress Studies (ISTSS; 11), United Kingdom's National Institute for Health and Clinical Excellence (NICE; 12), and Australian National Health and Medical Research Council (13). The American Psychological Association (APA) gave EMDR a conditional rating (14).”ⁱⁱⁱ Due to understanding the research and the effectiveness of EMDR, the Minnesota Legislature chose to support Veteran Resilience Project. With the Legislature’s consistent support, we have been able to provide over 700 EMDR therapy sessions, and over 400 of these sessions have been since the beginning of this fiscal year, July 2024. Thus, according to this data we are projected to double both the number of clients we serve and the number of sessions we provide in this fiscal year period.

Jan-Jun 2024 (Funding from FY 22-23)		Jul-Dec 2024 (Funding from FY24-25)	
Number of Sessions Reimbursed	FY22-23 Total Reimbursement Amount	Number of Sessions Reimbursed	Total Reimbursement Amount
312	\$35,132.37	401.5	\$51,564.41
Total for 2024			
Total Number of Sessions	713.5	Total Reimbursement Amount	\$86,696.78

VRP has been tracking our data to include how many clients get connected to a therapist, location, demographic information, and client’s symptoms (to include suicidal ideation, suicide attempts, and military sexual trauma). Detailed information is in Appendix B. VRP is now seeing a higher number of clients finish therapy and working hard to collect post therapy data. The results we are seeing are reflective of the research already done around the use of EMDR Therapy. The results identify that we are seeing a reduction of depression symptoms of 70%, anxiety symptoms 61%, and PTSD symptoms of 66%. These reductions of symptoms demonstrate the profound ability to change the lives of our military community. We have included several powerful testimonies in Appendix C in order for you to hear directly from the individuals receiving care.

Conclusion:

Veteran Resilience Project has a team dedicated to fighting for the mental wellness of Minnesota’s Veterans, Service Members and their Spouses. Our strategic plan continues to drive the work of both the Board and Staff. The Values we foster are:

- **Evidenced Based Healing:** We believe that it is essential to provide therapy that has been shown to be effective and can provide lasting healing. Our commitment is to utilize and promote therapeutic interventions, practices, or treatments that are supported by scientific evidence and research.
- **Accessibility:** We provide Mental Health Therapy to all Veterans, not dependent on their discharge status, to currently serving Military Members, and to their Spouses. We work diligently to reduce barriers to care allowing the individual to start therapy as soon as possible.
- **Education:** We are committed to changing the narrative around PTSD. We believe PTS, PTSD, and Trauma are treatable with support and effective therapy. We believe it is vital for our communities to be Trauma-informed so we can provide meaningful support to our military community while they work to heal and live full and meaningful lives.
- **Collaboration:** We believe in walking with people on their path to healing at their own pace. We have a client-centered approach and believe in everyone's autonomy in making their own decisions for their health and well-being journey.

The Veteran Resilience Project (VRP) has made remarkable progress, yet your continued support is essential to sustaining our momentum. We are especially grateful for the bipartisan efforts of the Minnesota Legislature, whose commitment has been instrumental in our success. As we’ve previously emphasized, fully supporting Minnesota’s military community and their mental wellness. We are seeking:

1. **Advocacy:** Your endorsement of the Veteran Resilience Project is a key driver in raising awareness and increasing access to our vital services. As we work to expand our reach and assist more Veterans, Service Members, and their families, we ask for

your continued advocacy within your communities. Additionally, we encourage you to share VRP's mission with your personal network, including those who have served or are currently serving. By amplifying our message, we can ensure that Veterans and their families are aware of the resources available to them.

2. **Financial Support:** The funding we have received from the Minnesota Legislature has been critical to advancing our mission. As we continue to provide free trauma therapy, your ongoing financial support remains a cornerstone of our efforts. We deeply appreciate your past support and hope for your continued investment in our work.
3. **Partnerships:** At VRP, we recognize the importance of collaborative partnerships in driving growth and success. We value your insights and feedback on our current initiatives, as well as any suggestions for expanding our services. Your perspective can help shape our strategies as we work to enhance mental health care for Veterans. We also invite you to consider potential collaborative projects that align with our mission, whether through community events, outreach, or other partnerships. Your active involvement is crucial as we continue to expand our impact throughout Minnesota.

Together, we can ensure that our Veterans receive the support they deserve. Your partnership is not just appreciated—it is vital to our shared success.

Appendix A

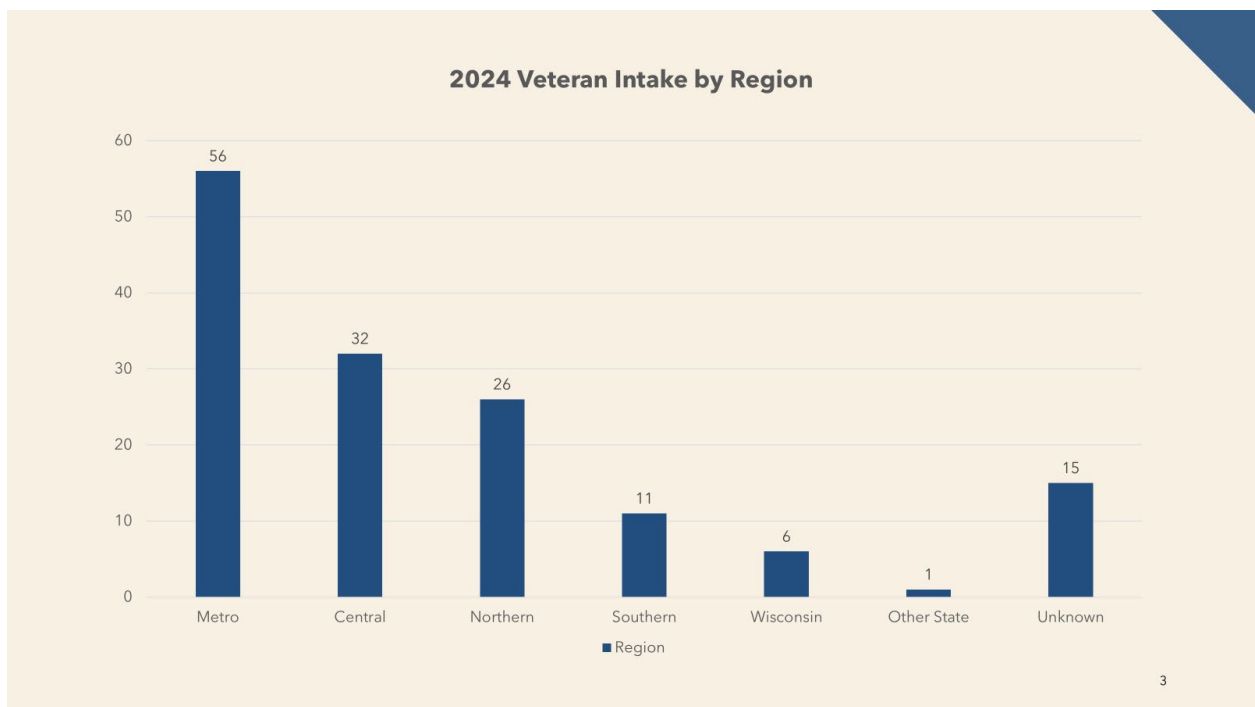
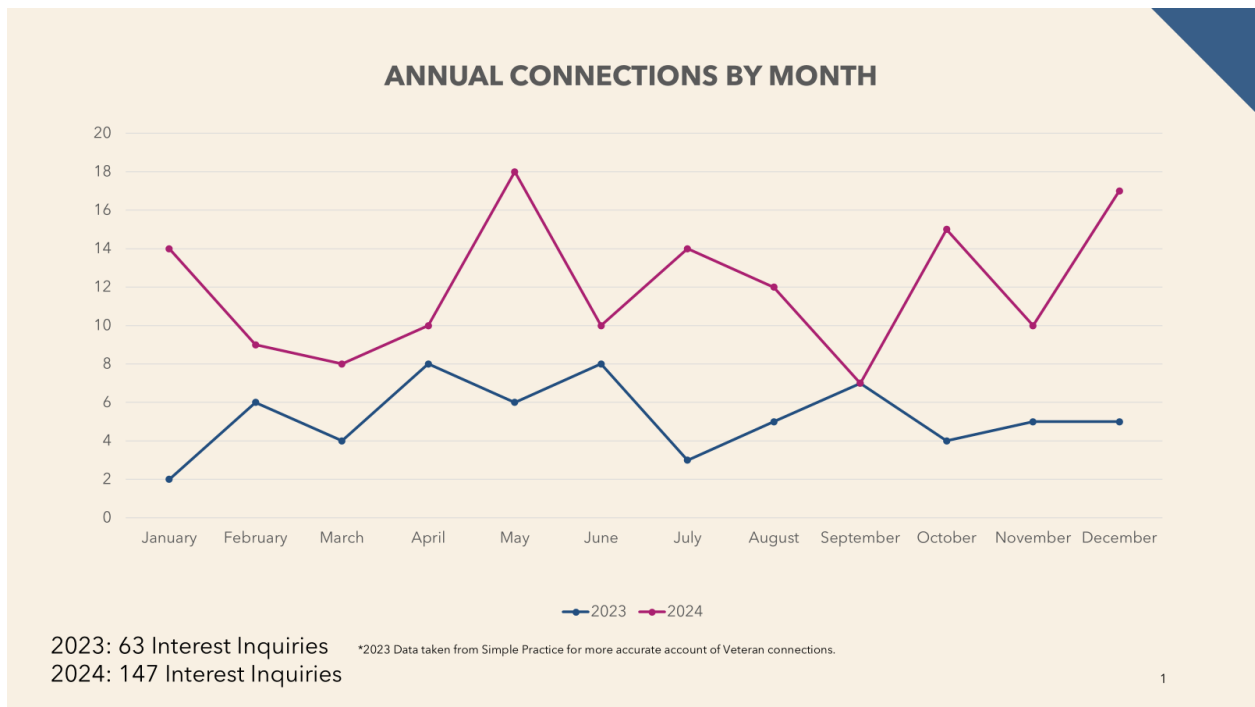
DATE	CENTRAL MN OUTREACH EVENTS 2024	TYPE	REACH
Jan 9, 2-4pm	CareerForce Onsite Hiring event (at Dakota County Service Center)	table	50
Jan 11, 7pm	ID tags for monument, at Mosaic on a Stick, 1564 Lafond	event	15
Jan 16, 11am-12pm	St Paul MACV company dedicated training session	presentation	30
Jan 31, 1-230pm	VA S.A.V.E. Suicide Prevention Training	training	20
Feb 6, 2-3 pm	VCP (Veterans Community Partnership) meeting, VAMC	presentation	15
Feb 8, 830-10am	VERG In Person Meeting	presentation	30
March 2nd, 12-3pm	Joint Services Career Fair at Northern Star Scouting	table	200
March 13th, 8:15am	Present to Beyond the Yellow Ribbon/Spiritually Fit-Ready to Serve	presentation	12
March 21st, 7pm	Monticello VFW meeting - Zach presenting	presentation	25
March 20-22	MN Social Services Association conference	table	500
April 3rd, 1230-530	Military Sexual Trauma Training, hosted by VRP	event/table	30
April 4th, 2-3pm	VCP (Veteran Community Partnership at MPLS VA) 1st steering com mtg	presentation	20
April 17th 10-2	Veterans Day on Hill	event	1000
April 24th, 11-12	What matters to Veterans Today Pt 1	presentation	8
April 24th	Pint Night at 3BC in Hutchinson	fundraiser	50
April 25-26	Military Mental Health Coalition Conference	table	75
May 1st, 2-6pm	DEED Career Fair	table	300
May 2nd, 2pm	VCP steering committee meeting	presentation	20
May 8th, 11-12	What matters to Veterans Today Pt 2	presentation	11
May 9th, 12-130	Beyond the yellow ribbon Central MN (virtual meeting)	presentation	20
May 9-10	Advanced EMDR training	training	20
May 17th, 9am	DEED Meeting with Carver County Careerforce/CVSOs	meeting	15
June 1st, 11-4	23rd Veteran Ruck march (Duluth)	table	350
June 6th	VCP Steering Committee Meeting 2-2:50	teams	20
June 13-15	MDVA Vietnam Memorial Commemoration	table	1000
June 18th, 11am-2pm	Job and Resource Fair - Camp Ripley	table	400
June 18th, 2pm-3pm	TC suicide prevention coalition	teams	20
June 27th, 9-2	MACV Summer Salute at CHS field - set up at 8am	table	400
July 27th, 10am-2pm	Veterans Day Program at Wright County Fair	table	100
Aug 10th	Operation Zero at Magnus - preventing veteran suicide	tent	75
Aug 15th, 9am-2pm	McLeod County Fair Vet Expo (8am arrival)	table	300
Aug 27th	Military Appreciation Day at the Fair	Booth	1000
August 29th, 10am-2	Medica Salutes Veterans Resource Fair	table	200
September 7th	23rd Veteran ruck march twin cities	table	200
Sept 7th, 1-6 pm	Booth at Magnus and Friends Festival	table	250

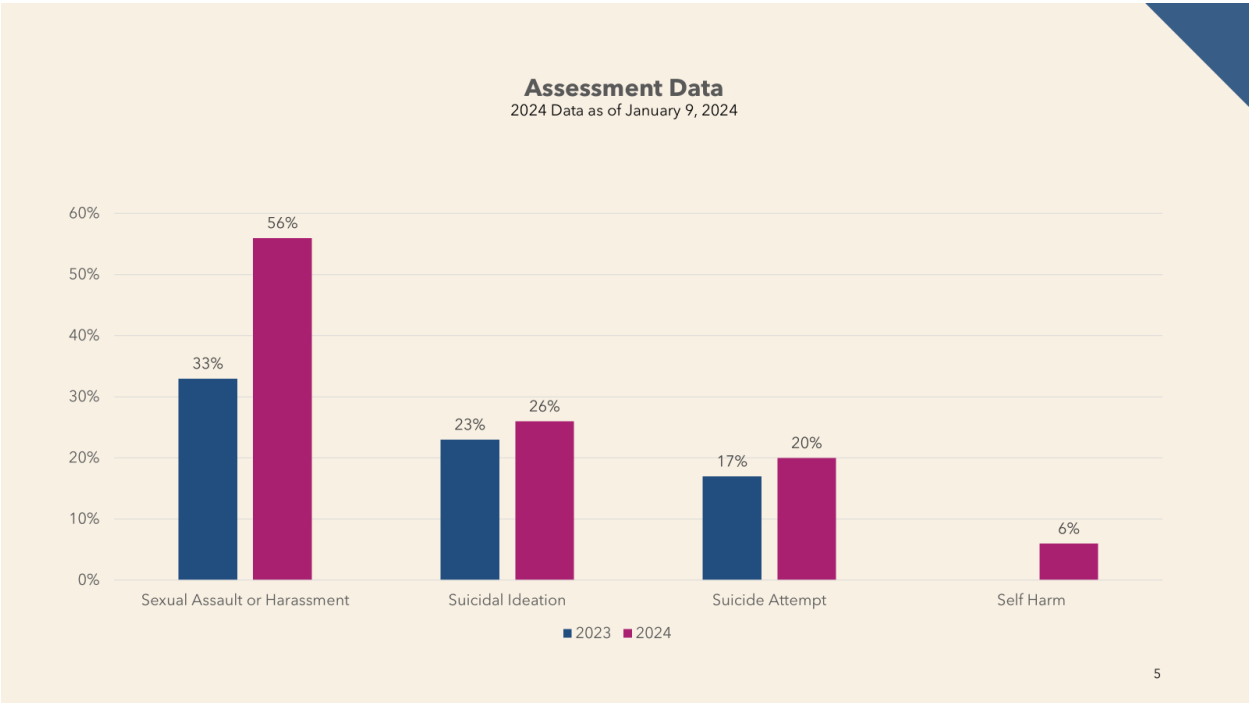
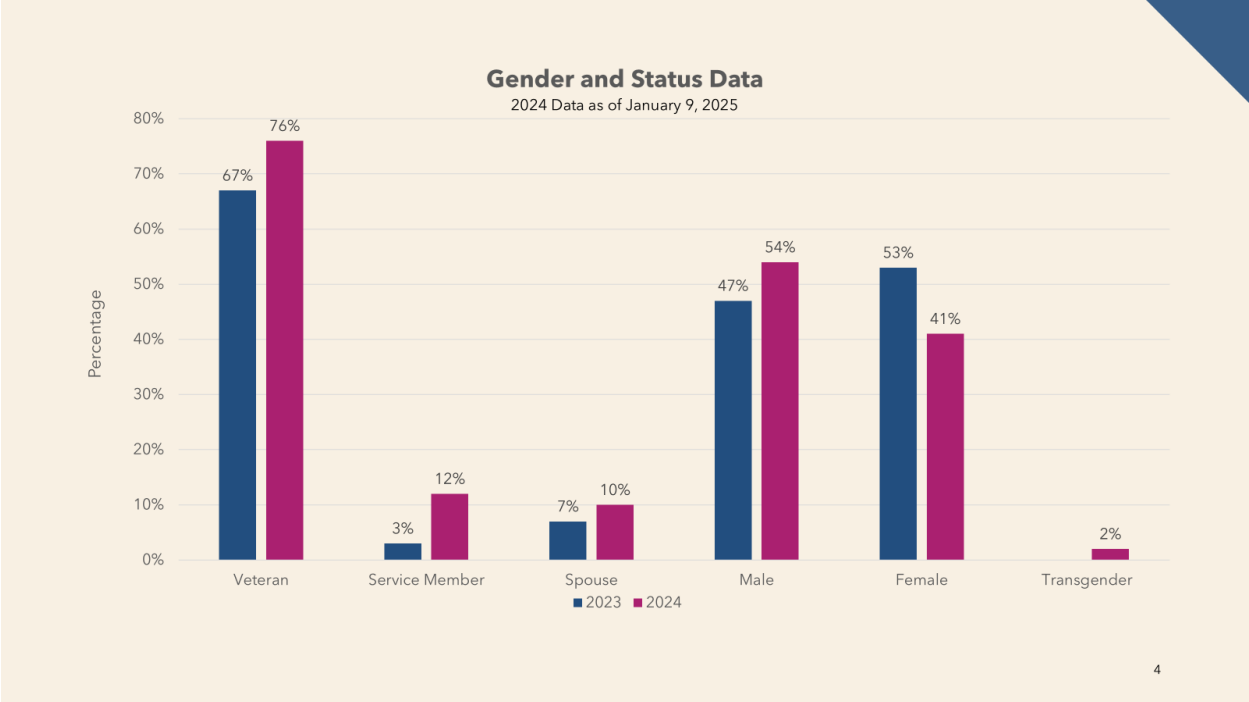
Sept 24th, 7-430	Awareness 2B Continued into Action (table/conference)	table	100
Oct 3rd,	Present to Big Lake American Legion	presentation	20
oct 5th	Minnesota Veteran Suicide Prevention and Awareness Day	table	75
Oct 29-30	Advanced EMDR training - virtual	training	15
Nov 14-15th	Sweat for Vets (northern MN)	event	75
Dec 5, 6:30 pm	Present to Hopkins VFW	presentation	15
Dec 9, 11-130pm	Every Third Saturday Resource Day	presentation	50
Dec 11, 9-2pm	MACV Winter Salute	table	350
		Total Reach (Central)	7481

DATE	NORTHERN MN OUTREACH EVENTS 2024	TYPE	REACH
Jan 9th, 2024	Duluth Armory Family Readiness Coordinator	Presentation	1
Jan 16-17th 2024	United Way Unmasked Mental Health Event	Outreach Table	300
Feb 22nd, 2024	Duluth Human Development Center HDC	Presentation	1
Feb 28th, 2024	Range Mental Health Therapists	Presentation	6
Feb 29th, 2024	Duluth Rotary Club	Presentation	60
March 2nd, 2024	MN National Guard Women's Leadership Forum Event	Outreach Table	400
March 13th, 2024	Beyond the Yellow Ribbon Coordinators	Presentation	12
March 14th, 2024	Northern MN Regional Representative Minnesota Council of Nonprofits-Kelly Lacore	Presentation	1
March 21st, 2024	St Louis County CVSOS	Presentation	8
April 6th, 2024	Yellow Ribbon Pre-Deployment Event	Resource Table	150
April 16th, 2024	Lake and Cook County CVSOS	Presentation	4
May 9-10th, 2024	Advanced Military Therapists Training	VRP Hosted Event	20
May 14th, 2024	Twin Ports Mental Health Intensive Community Mental Health Recovery Program	Presentation	1
May 16th, 2024	MN North-Hibbing Campus Veteran Resource Fair	Outreach Table	100
May 18-19th 2024	Duluth Air Show Event	Outreach Table	2000
May 23rd, 2024	HDC Mental Health Conference	Outreach Table	100
June 7th, 2024	Warrior Brewing VRP HOSTED EVENT	VRP Hosted Event	60
June 11th, 2024	23rd Veteran Coordination Meeting	Networking Meeting	1
June 28th 2024	MN Power Fundraising Golf Event	Outreach Table	250
July 17th, 2024	PBS North News station Interview	Outreach PSA	
July 22nd, 2024	MN Soldier and Family Support Coordinators	Presentation	12
July 24th, 2024	Lakeview Health Team	Presentation	5
July 26th, 2024	23rd Veteran Recon Group- Iron Range	Presentation	10
Aug 5th, 2024	Duluth Mayor Presentation	Presentation	2
Sept 6th	Crow Wing CVSOS- Crow Wing, MN	Presentation	5
Sept 9th	MN Warrior Hockey Golf Scramble	Outreach Table	50
Sept 12th	VRP Awareness/Fundraising Event-Two Harbors	VRP Hosted Event	
Sept 14th	Bulldog Day at the 148th Resource Table	Outreach Table	300
Sept 17th	CVSO Fall Conference	Outreach	300

Sep 30th 2024	2024 Duluth's Chambers Women's Leadership Conference	Networking Event	600
Nov 1st	Career Force Veteran Expo LSC College	Networking Event	150
Nov 4th	MN Power Presentation-	Presentation	18
Nov 8th	Duluth Vet Center Open House	Networking Event	40
Nov 11th	WDIO" The Lyft: News Interview	Interview	
Nov 14th-15th	Sauna Sweat for Vets VRP Event	VRP Hosted Event	75
Nov 19th	CVSO Meeting- Crow Wing County	Presentation	5
Dec 12th	Duluth Chambers Meeting	Benefit/Networking	1
Dec 16th	Essentia Health	Presentation	4
		Total Reach (North)	4752
		Combined Total	12233

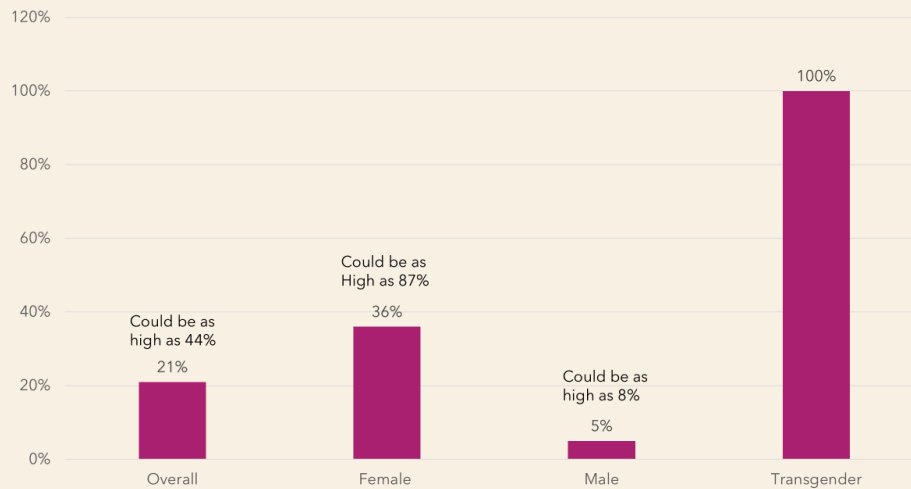
Appendix B





MST Data

As of November 26, 2024



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SYMPTOM REDUCTION STATISTICS

2024 Data as of January 9, 2025:

- Percentage of Change from Pre/Post Therapy Assessments
 - PHQ-9: Average Reduction in Depression Symptoms is 70%
 - GAD-7: Average Reduction in Anxiety Symptoms is 61%
 - PCL-5: Average Reduction of Post Traumatic Stress Symptoms is 66%
- Other Data
 - 147 Interest Submission Forms
 - 61% Connected to a Therapist
 - Approximately 1,000 sessions were submitted for reimbursement between the MDVA and the VRP Scholarship Funds.

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Appendix C

CLIENT TESTIMONIES

- “Even with 15 years in different therapy, I still felt held hostage by my military experience. I never felt any sense of pride. I cried terribly anytime I attempted to think or talk about my service. I was unable to share my story and experience with my loved ones. I was constantly trying to create distance between myself and my service history, like it didn't happen. I came across VRP and decided to try EMDR through them, I had nothing to lose. I was not expecting the results to be impactful, but I was so wrong. I genuinely feel like a whole different person after just a few months. My military experience no longer has a hold on me. I can think and speak of my service without breaking down. I'm even approaching a bit of pride, and I'm able to recall some of the good times. I truly feel I've 'moved on' from my negative service experience...something I never imagined was possible for me. I highly recommend VPR and EMDR. I'm fast paced and felt at the start that EMDR might be too slow moving for me, but I stuck with it and quickly started seeing undeniable results. If you feel like you've tried everything, try this. If you feel like you're stuck, try this. If you are 'use to' just dealing with whatever you've got going on, try this. I was pretty certain the suffering I was experiencing from my military experience would be something I'd have to carry throughout the rest of my life. I had no idea it was possible to have this kind of relief. BUT IT HAPPENED! Relief is possible. Give it a try.”
-Female Iraq War Veteran

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CLIENT TESTIMONIES

- “Veteran Resilience Project and EMDR therapy made me feel that I was not alone. It has given me back my life. Working with a therapist in EMDR helped me become whole, and my thoughts are more organized. Communicating my pain helped me grow. Thank you.”
 - -Army Veteran, OIF
- “Working with the friendly VRP staff, we were able to find me a local therapist to work with. They kept in touch with me, and made sure my therapy was going well. My therapist is amazing. I had kind of given up on therapy, because it was so hard to find someone that would help me. VRP has changed my life for the better. Even my family commented that I am doing better. Thank you VRP for helping to find myself again.”
 - -USAF Veteran, OIF/OEF
- “I am a Retired Air Force Veteran. I have been diagnosed with PTSD. I had tried many therapy sessions in the past, with little to no effect. I had met up with another prior service member that was a spokesperson for VRP, so I decided to give myself and VRP a try. I tried EMDR one more time, and found a caring, very helpful EMDR therapist. Trauma like this is never gone. However, I feel that the EMDR therapy I received helped lessen the effects and gave me more positive ways to cope with it. My family even notices the difference in me. Thank you, Veteran Resilience Project, for helping me.”
 - -Air Force Veteran, OIF/OEF

12

References:

https://youtu.be/sdO4o4GCU_c

ⁱⁱ ['Sweats For Vets' Event Raises Money for Free Therapy for Service Members - Fox21Online](#)

[Sauna event to support veterans' mental health - WDIO.com](#)

ⁱⁱⁱ [Eye Movement Desensitization and Reprocessing for PTSD - PTSD: National Center for PTSD](#)