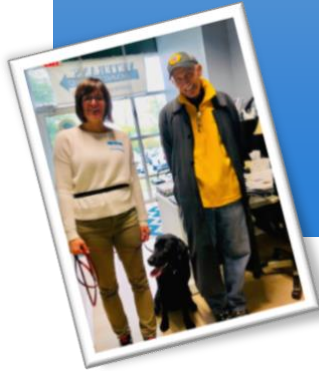


Veterans Moving Forward

44225 Mercure Circle Suite 130, Dulles, Virginia 20166

<https://vetsfwd.org>



The New Agent Orange...

Post Traumatic Stress Disorder (PTSD) is the exposure to a traumatic or stressful event directly or indirectly according to the new criterion as established in the Diagnostic and Statistical Manual of Mental Disorders (DSM-5). Due to the nature and culture of our military, **PTSD** has become an all too familiar diagnosis for our service members whether still active or separated. In the past, **PTSD** was a taboo topic for many of those suffering, however this narrative is beginning to shift with healthcare initiatives being revised and change for the better.

According to the Veterans Administration, 11-20 percent of veterans who served in the conflicts of Iraq and Afghanistan experience **PTSD** in any given year. Exposure to traumatic events in combat situations makes veterans 2-3 times more likely to develop **PTSD** than the population at large. Traditionally, **PTSD** can be treated with medication and/or various types of psychotherapy by a multidisciplinary healthcare team. Now in conjunction with this traditional care, recent studies have indicated that having a service dog can significantly reduce **PTSD** symptoms in victims, and increase their quality of life two fold.

Symptoms of **PTSD** can include but not limited to: intrusions, depression, night terrors, feelings of guilt/shame, and anxiety. Many veterans experience symptoms of hyper-vigilance and increased startle response, which manifests into isolation and withdrawal; of which service dogs can be a source of vital companionship and emotional support when symptoms are triggered. In addition, service dogs receive training to help sense when their human is experiencing heightened anxiety and will perform specific actions that can shorten episodes of **PTSD**. Small actions—such as giving a calming nuzzle can make a huge impact for the veteran at that particular moment in time.

At *Veterans Moving Forward* our mission is to raise awareness of **PTSD**, and reduce the stigma many veterans face when struggling with this mental health diagnosis. While our adorable dogs naturally get much of the attention, their ultimate purpose is to perform tasks in providing physical and emotional support for veterans struggling with **PTSD**. For the first 18-24 months of a service dog in training (SDiT) with *VMF*, they live with our amazing volunteer puppy raisers—and under the guidance of an experienced dog trainer they become amazing companions for our veterans in need performing vital roles to combat **PTSD**.

"Great things are done by a series of small things brought together."

Fresh faces!



Dennis Randolph is a retired US Army Military Police Dog Handler. He has many years of experience in program security for multiple high-level/high profile events, to include security for the President of the United States, and other Head's of State. He and his K-9s have conducted military operations in North America, Southeast Asia, and the Middle East. These experiences have helped Dennis to develop a comprehensive background of expertise in program development, coaching, and team building. Since leaving the US Army, Dennis has aspired to help fellow veterans and *VMF* is looking forward to the positive impact Dennis will bring in training our Service Dogs.

VMF is thrilled to welcome our newest volunteer, Connie Tseng, who will be serving as Director of Veteran Facilitation. Connie served eight years as an Army medic and recently moved from California to the Northern Virginia area to pursue a medical career as a civilian. She will be helping VMF by providing support to her fellow veterans and by spreading awareness of their needs.



Events, Events, Events!



PAST

- 8/21 Burton's Bar and Grill
- 9/6 Yappy Hour at Vinson Hall
- 9/8 Heroes on the River
- 9/21 Nothing Bundt Cakes
- 10/27 Volunteer Meet & Greet

UPCOMING

- 11/8 Veterans Resource Fair
(Must Register please see our social media for more information)
- 11/11 Downtown Saloon Fundraiser



*VMF appreciates the continued support provided by our generous platinum sponsor **Kappa Sigma Fraternity** through their **Military Heroes Campaign***

*THANK YOU **DVNF** for the grant of \$5,300 and support of our organization!*



*THANK YOU **Stone Cove's Kitbar** "Do good things" Foundation*

Thank you Donors!

\$2500 above

- Northwest Federal Credit Union
- KAPPA SIGMA
- TRAX International
- VCA Animal Hospital
- Fort Myer Thrift Shop
- DVNF
- Rolls-Royce
- Solomon Hess LLC
- Capital Bank
- DynCorp
- Downtown Saloon
- Vienna Presbyterian Church
- Rita Weinberg Family Trust
- SRC Inc.

\$2500 below

- Burton's Grill and Bar - Sterling
- Stone's Cove Kitbar
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- XTAR
- Etherton and Associates
- NOVEC Helps
- AMBA Services
- Harry Cobey Foundation
- Navy Federal Credit Union
- Freedom Bank
- Creston G. Tate Community Foundation

Find us at:

Instagram-@vetsfwd

Website- Vetsfwd.org

AmazonSmile-Veterans Moving Forward

