



PERMISSION
TO START
DREAMING

• **FDN** •

**RESOURCE
GUIDE**



OUR MISSION:

We help veterans and first responders throughout the Pacific Northwest access effective, long-term solutions to transform Post-Traumatic Stress into Post-Traumatic Growth.

We believe that being part of a larger network of veteran service organizations is what brings comprehensive care and broad service to our Nation's veterans and first responders. As such, we have compiled a list of some of our partner organizations to help you (or your loved ones) no matter your level of need. From service dogs to substance abuse treatment, and everything in between, we want to help you find exactly what you need, when you need it most.



NATION WIDE RESOURCES





The 988 Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week in the United States. We're committed to improving crisis services and advancing suicide prevention by empowering individuals, advancing professional best practices, and building awareness.

THE 988 LIFELINE IS LOCAL, EFFECTIVE, AND FOR EVERYONE.

Since it's founding in 2005, the 988 Lifeline has received over 20 million calls from people in distress looking for support when they need it most.

20 M

Call:
1-800-273-8255
Or Text: 988

"Centers like these helped save my life when I was contemplating, and people who genuinely cared for me saved my life after my multiple attempts. Thank you."

-Real 988 Caller



VA Programs

And Resources

VA



U.S. Department
of Veterans Affairs

"Our mission is to provide world class care to improve the health and well-being of our nation's Veterans, driven by a culture of learning, innovation, collaboration and respect."

- Healthcare
- Disability
- Education and Training
- Pension
- Life Insurance
- Burials and Memorials
- Records
- Service Member Benefits
- Family Member Benefits
- Employment
- Housing Assistance
- Women Veterans
- Minority Veterans
- LGBTQ+ Veterans
- PTSD
- Mental health
- Adaptive sports and special events
- VA outreach events
- PACT Act

You can call the VA's main information line at 800-698-2411 (TTY: 711) or visit <https://www.va.gov/contact-us/> for a list of the other contact methods available.



Warriors Heart

Treatment Services



WARRIORS·HEART

STRENGTH THROUGH HEALING.

“Our mission is to heal our nation's warriors through our private, licensed, and accredited resort-style healing centers. We do this by specializing in substance abuse treatment and co-occurring psychological disorders, with special attention to post-traumatic stress, unresolved grief/loss, and moral injury.”

PROGRAMS:

- Residential Inpatient Treatment
- Drug and Alcohol Detox
- Sober Living
- Outpatient Treatment
- Brain Treatment (MeRT)

TREATING:

- PTSD, TBI and More
- Alcohol & Rx Drug Abuse
- Trauma and MST
- Depression and Anxiety
- Cocaine, Meth and Heroin Addiction

www.warriorsheart.com



Marcus Institute for Brain Health

Medical and Psychological Services



Marcus Institute
for Brain Health

UNIVERSITY OF COLORADO
ANSCHUTZ MEDICAL CAMPUS

“At the MIBH, we offer comprehensive care for the physical, emotional, and cognitive changes that can accompany trauma to the head. Our emphasis is on detailed evaluation and treatment; working to relieve the symptoms by addressing the root causes. Care here is collaborative. Patients access experts in brain health and become the most important member of their own care team.

At the MIBH, patients and staff are in it together. ”

- Cognitive (Speech-Language) Therapy
- Physical Therapy
- Counseling & Psychological Services
- Complementary & Alternative Therapies
 - Acupuncture/Acupressure
 - Therapeutic Massage
 - Mindfulness Training
 - Yoga
 - Canine & Equine Therapy
 - Art Therapy

www.medschool.cuanschutz.edu/mibh



Gary Sinise Foundation

Programs



“At the Gary Sinise Foundation, we serve our nation by honoring our defenders, veterans, first responders, their families, and those in need. We do this by creating and supporting unique programs designed to entertain, educate, inspire, strengthen, and build communities.”

- RISE Program
- Relief & Resiliency
 - Snowball Express
 - Invincible Spirit Festivals
 - Gary Sinise & The Lt. Dan Band
 - Mental Wellness
 - H.O.P.E.
- Community Outreach & Education
 - Soaring Valor
 - Serving Heroes
 - Arts & Entertainment Outreach
 - Ambassadors Council
- First Responders Outreach

www.garysinisefoundation.org



USO

Programs & Services



“The USO strengthens America's military service members by keeping them connected to family, home and country, throughout their service to the nation.”

- USO Reading Program
- USO Coffee Connections
- Military Spouse Programs
- USO2GO
- USO Gaming
- Care Package Program
- Entertainment
- Transition Support Programs

www.uso.org



Team Rubicon

Domestic Ops



“Team Rubicon’s core mission is centered around providing disaster relief and recovery services by uniting the skills and experiences of military veterans with first responders.”

- Greyshirt Volunteers
- Pre-Disaster Mitigation
- Post-Disaster Response
- Long Term Recovery
- Resiliency-Based Rebuilding

www.teamrubiconusa.org



wear blue: run to remember

Programs and Events



"To honor the service and sacrifice of the American military through active remembrance."

- Race or Volunteer in blue
- The Saturday Run
- Honor Events
- For the Fighting Program
- Gold Star Race Program
- Gold Star Youth Mentorship Program

www.wearblueruntoremember.org



Travis Manion Foundation

Programs



TRAVIS MANION
FOUNDATION

“TMF empowers veterans and families of fallen heroes to develop character in future generations.”

- Character Does Matter
- Spartan Leadership Program
- Expeditions
- Online Training
- Events

www.travismanion.org



The Mission Continues

Platoons



**THE
MISSION
CONTINUES**

“We empower veterans to continue their service, and empower communities with veteran talent, skills, and preparedness to generate visible impact. Join us in serving again—in your community.”

- Volunteer Opportunities
- Martin Luther King Jr. Day of Service
- Mass Deployments
- Operation Nourish
- Platoon Leadership
- Women Veterans Leadership
- Online Leadership Training
- Alumni Network

www.missioncontinues.org/service-platoons/
info@missioncontinues.org



The Cohen Clinic

Behavioral Health



The Steven A. Cohen
Military Family Clinic

“At Cohen Veterans Network, we seek to improve the quality of life for veterans, including those from the National Guard and Reserves, active duty, and their families. CVN works to strengthen mental health outcomes and complement existing support.”

- Evidence-Based Practices:
 - Cognitive Behavioral Therapy
 - CBT for Insomnia
 - Prolonged Exposure Therapy
 - Cognitive Processing Therapy
- In Person Care & Telehealth Services
- Tools for Stress and Worry

www.cohenveteransnetwork.org/clinics/



Wounded Warrior Project

Programs & Services



"The WWP mission is to honor and empower Wounded Warriors who incurred a physical or mental injury, illnesses, or wound, co-incident to your military service on or after September 11, 2001."

- Adaptive Sports
- Alumni Connection
- Benefits Services
- Family Support
- Financial Education
- Government Affairs
- Independence Program
- Mental Wellness
- Peer Support
- Physical Health & Wellness
- Project Odyssey
- Soldier Ride
- Warrior Care Network
- Warriors to Work
- Resource Center
- WWP Talk

888.WWP.ALUM (997.2586) or 904.405.1213



Team Red, White and Blue

*Health
& Wellness*



“Team RWB's mission is to enrich the lives of America's veterans by connecting them to their community through physical and social activity.”

- Old Glory Relay
- Monthly Missions
- Eagle Expedition
- Big Fitness Goal
- Soaring Eagles
- Bataan Memorial Death March
- Partner Events
- Local and Virtual Events

www.teamrwb.org



Team River Runner

*River to
Recovery*



“To provide all veterans and their families an opportunity to find health, healing, community purpose, and new challenges through adventure and adaptive paddle sports!”

- Local Chapters and Programs
- Certification and Training Programs
- “Outtasight” Programs
- National and Regional Clinics
- OJT Program
- Friendly Competition
- Virtual Training Program

www.teamriverrunner.org



Mighty Oaks Foundation

Programs



“Our mission is to serve and restore our nation's Warriors and families, who have endured hardship through their service to America, and to help them find a new life purpose through hope in Christ and our resiliency and peer-to-peer recovery programs.”

- Intensive Peer Based Programs
 - Instructional Sessions
 - Camaraderie
 - Team Building
- Lodges
- Legacy Program for Men

www.mightyoaksprograms.org



Paws for Purple Hearts

Service Dogs



"Paws for Purple Hearts improves the lives of America's Warriors facing mobility challenges and trauma-related conditions such as PTSD and TBI by providing the highest quality assistance dogs and canine-assisted therapeutic programs; and by building public awareness about the important role dogs play in helping Warriors along the road to recover."

- Canine-Assisted Warrior Therapy
- Service Dog Placement
- Facility Dog Placement
- Dog Obedience Training
- Online Puppy Cam

www.pawsforpurplehearts.org



Blue Star Families

Programs



“We empower families to thrive as they serve. We are committed to strengthening military families by connecting them with their neighbors to create vibrant communities of mutual support.”

- Job and Career Training
 - Military Spouse Employment Initiative
 - Blue Star Careers
 - Resources for Military Spouses
 - Opportunities for Employers
 - Employment Research
- Family Care Support
 - Peer to Peer Support Networks
 - Blue Star Kids
 - Food Insecurity Resources
 - Financial Resources
- Community Building
 - Campaign for Inclusion
 - Events

www.bluestarfam.org



Katie's Way Plus

TMS Therapy



“Katie's Way Plus is a psychiatric clinic that provides mental health services to military personnel, their families, and veterans. Their mission is to ensure the mental well-being of those who serve and their loved ones.”

Deep TMS Therapy Helps to:

- Optimize mental fitness
- reduce suicidal ideation
- prioritize resilience

Katie's Way Plus Offers:

- Personalized patient approach
- State-of-the-art treatment
- A safe and welcoming space

www.katieswayplus.com



Guitars for Vets

*Healing through
Music*



“Veterans shouldn’t have to face the challenges of PTSD in silence or alone. Through the teamwork and camaraderie of Guitars for Vets, they can join a community where they learn to play the guitar and find solace in the songs they love as well as the songs they have yet to write.”

- Guitars
- Weekly Guitar Lessons
- Monthly Group Sessions
- In-Person AND Cyber Chapters

www.guitars4vets.com



Minority Veterans of America

Programs



"To create community, belonging, and advance equity for minority veterans."

- Project Thrive
 - Emerging Leaders Program
 - Equity, Inclusion & Justice Summit
- People to People
 - Social Engagement
 - Financial Stability
 - Systems Access

www.minorityvets.org



Heroes on the Water

Therapeutic Kayak Fishing



“Our mission is to provide wellness and community to our heroes and their families through kayak fishing and the outdoors.”

- Volunteer-led Chapters
- Therapeutic Programs
- Kayak Fishing Events
- Honor Circle

www.heroesonthewater.org



Local Resources

Safer Homes, Suicide Aware

Crisis Awareness & Training



“Our mission is to increase public awareness of safe storage practices, to keep firearms owners and those who use medication safe from suicide.”

- Trainings For:
 - Firearms Retailers & Instructors
 - Medical & Behavioral Health Professionals
 - Pharmacy Professionals
- Downloadable Materials
- Suicide Prevention Data & Firearms Industry Resources

saferhomescoalition.org

Survey for FREE Firearm Locking Device:

www.redcap.link/SaferHomes



OMF Community Outreach

Transition Services



“Our commitment and passion is to help keep our country strong. When we strengthen our military and veteran families – when we help those who serve and served discover and deploy their greatest gifts in family, work, and life, we contribute to keeping this country strong.”

- Transition Training
- CAV Group (Facebook)
- Resources
- Interviews w/ America’s Experts
- Disaster Medicine

www.operationmilitaryfamily.com



The Cohen Clinic

Behavioral Health



The Steven A. Cohen
Military Family Clinic
at Valley Cities

“At Cohen Veterans Network, we seek to improve the quality of life for veterans, including those from the National Guard and Reserves, active duty, and their families. CVN works to strengthen mental health outcomes and complement existing support.”

Auburn, WA

Enumclaw, WA

Federal Way, WA

Kent, WA

Renton, WA

Meridian Center for Health, Seattle, WA

Rainier Beach, Seattle, WA

Midway - Valley Cities @ HealthPoint, Des Moines, WA

Recover Place - Kent & Seattle

Pike Place - Seattle

Bitter Lake - Seattle

Steven A. Cohen Military Family Clinic at Valley Cities - Lakewood

<https://www.valleycities.org/cohenclinic>



Tacoma Vet Center

Mental Health Services

“We offer confidential help for Veterans, service members, and their families at no cost in a non-medical setting. Our services include counseling for needs such as depression, posttraumatic stress disorder (PTSD), and the psychological effects of military sexual trauma (MST). We can also connect you with more support in VA and your community.”

Main Location

4916 Center Street
Suite E
Tacoma, WA 98409

253-565-7038

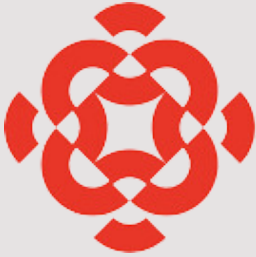
Satellite Location in Lacey, and Mobile Vet Center Available

www.va.gov/tacoma-vet-center



Tacoma Arts Live

*Live Arts &
Learning*



TACOMA ARTS LIVE

“Energizing community through live performance.”

- Education Programs
- Youth Camps & Classes
- Adult Classes & Outreach
- Education Matinees
- The LENS Project
- Touring Shows
- Accelerating Creative Enterprise (ACE)
- Expanded Learning Opportunities
- Artist in Residence

www.tacomaartslive.org



PNW Vets

Veteran Support Network



“We are a network of Veterans, Veteran family members, and supporters that are focused on improving the quality of Veterans support in the Pacific Northwest.”

- Resource Sharing
- Event Access
- Monthly Coalition Meetings (by County)
- Peer Connection and camaraderie
- Peer Support
- and MORE

CHECK OUT PNW VETS ON FACEBOOK!

www.pnwvets.com



Vet Tribe

Services & Resources



“Vet Tribe is a community to unite, educate, and empower Military & Veteran families and Greater Kitsap County citizens, businesses, and organizations. Our purpose is to develop strong roots and strengthen Kitsap County and surrounding communities; economically, socially, and professionally. We empower Veterans and build strong personal and professional relationships throughout every industry in and around Kitsap (including non-profits, education institutions, government, military, and businesses). Vet Tribe is a network of Veterans, military, spouses/significant others, mentors, and community members. We share values and desire to support Veterans, transitioning service members, and military families in Kitsap County.”

- Professional Networking
- Career Services
- VA Disability Claim Assistance & Guidance
- Veteran’s Benefits
- Community Outreach
- Continued Camaraderie

info@vettribe.org



Heroes Homestead

*Family Integrated
Support*



“Our mission is to bring our armed service members and veterans HOME in body, mind and soul. We connect agencies and organizations to give you a personalized care plan that fits your needs. We have care coordinators and mentors available to help specialize your care.”

- Heroes Market
- Heroes Journal
- Heroes Approach - Fortifying Families
- Silkies Run
- Seasonal Events and Programs
 - Apple Days
 - Heroesgiving
 - Carol Sing
 - Abigail’s Garden Party
 - Ben’s Campout
 - Freedom Fest
 - Heroes Date Night



www.heroeshomestead.org



NineLine Veteran Services

Programs



“Through a group of like-minded Veterans, and the development of programs that reflect the need of a diverse and ever growing population, we are driven to improve services, and motivated to make long-lasting impact in our own veteran communities.”

- Veteran Activities
- Business and Employment
- Housing
- Partnerships
- Outreach
- Wellness
- Events and Volunteer Opportunities



www.nine9line.org



Growing Veterans

Community



“We empower veterans to cultivate purpose and belonging by growing food, community, and each other.”

- Dirt Therapy
- Peer Support Training
- Volunteer Opportunities
- Internships
- Community Partnerships



www.growingveterans.org



FOB Hope

Veterans Village



“Our mission is to play a pivotal role in addressing the heartbreaking loss of life among Veterans enduring homelessness, by offering unwavering support and forging pathways to permanent housing.”

- FOB Hope’s Veterans Village
- Tracy Jones Permanent Housing Program
- Volunteer Opportunities

www.fobhope.org



Q Missions

Operations



Q Missions

“Q Missions exists to create a platform for veterans to live out the calling God has put on their lives. We help create infrastructure so they can focus on the mission at hand. We provide administrative support, funding packages, and mentoring programs to help emerging veterans ministries.”

- Operation Restore Hope
- Operation Rebuild Hope
- Foreign Missions
- Community Outreach
- Veterans Ministry

www.qmissions.org



Northwest Battle Buddies

Service Dogs



“MAKE A DIFFERENCE IN THE LIFE OF AN AMERICAN HERO.

With the support of a NWBB service dog, Veterans can overcome the debilitating symptoms of PTSD and start living the life they deserve, with freedom and independence.”

- Apply for a Service Dog
- Foster a Puppy
- Join Operation Never Quit
- Become a Sponsor
- Event Speakers

www.northwestbattlebuddies.org



Salmon for Soldiers

Fishing Events



"Our Mission is to offer a sense of normalcy and relaxation to our nation's Veterans through fishing."

- Fishing Events
- Day of Honor
- Charity Golf Tournament
- Sekiu Summer Slam



www.salmonforsoldiers.com



Gold Star Families of WA

Events



“The mission of America's Gold Star Families is to provide honor, hope and healing to those grieving any military loss while serving active duty in the United States Armed Forces. We do this through programs and services at no cost to families of the fallen.”

- Hero Trees (Holiday Season)
- Honor Flights
- Local Parades
- Socks for Veterans
- Local Events



www.goldstarfamilieswashington.org



Veteran Rites

Events



“Veteran Rites initiates Veterans into true identity, purpose, and belonging after military service. In neighborhoods, we convene Circles of Return that get to the heart of what we carry so we don't have to shoulder it alone.”

- Rite of Return
- Local Events
- Volunteer Opportunities
- Exclusive Participant Resources



www.veteranrites.org



Brigadoon Service Dogs

Service Dogs



“Brigadoon Service Dogs is guided by our mission of creating and supporting successful service dog partnerships that enrich handler's lives and afford broader access to the world.”

- Dogs for veterans
- Dogs for children
- Dogs for Adults
- Facility Dogs
- Volunteer Opportunities
- Events



www.brigadoondogs.org



DO YOU NEED HELP?



SCAN FOR ONLINE RESOURCES



★ PERMISSION
— TO START —
★ DREAMING ★ F D N ★

QUESTIONS?



SCAN FOR CONTACT FORM



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PTSDFoundation.org





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PTSDFoundation.org

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