

Press Release for Veteran Resilience Project and DVNF Grant Funding

Veteran Resilience Project Receives Grant Award from Disabled Veterans National Foundation

St. Paul, MN – August 5, 2023 –Veteran Resilience Project is honored to announce it has received a grant from the Disabled Veterans National Foundation (DVNF) for \$16,000, which will fund the expansion of our program into Northern Minnesota – a part of the state with the highest per capita population of Veterans but with the some of the greatest gaps in access to mental health care. This effort will include training additional EMDR therapists to join the existing network and developing an outreach program to target Veterans, Military Members, and Spouses in need of trauma therapy.

In 2012, Elaine Wynne, current board member and founder of Veteran Resilience Project, worked with a research committee to evaluate the effectiveness of EMDR Therapy (Eye Movement Desensitization and Reprocessing) for those dealing with symptoms of Trauma. The evidence showed that 100% of the Veterans that participated had a significant decrease in their Post Traumatic Stress symptoms, validating the need for Minnesota Veterans and Military Members to have easy access to this effective form of trauma therapy.

Joseph VanFonda (USMC Sgt.Maj. Ret.), CEO of the Disabled Veterans National Foundation said, “The work that the Veteran Resilience Project is doing is revolutionary in bringing relief to veterans living everyday with PTSD. DVNF is proud to help fund this innovative trauma therapy and support the work VRP is bringing to veterans in Northern Minnesota.”

Veteran Resilience Project is committed to reducing the prevalence of PTSD symptoms experienced by all Minnesota Veterans, Military Members, and their Spouses, and eliminating barriers to accessing this care throughout the entire state. This effort includes providing outreach and education, increasing the number of women Veterans receiving mental health services for MST (Military Sexual Trauma), prevention of severe mental illness and suicide among Veterans, and raising awareness of the effectiveness of EMDR Therapy.

About the Disabled Veterans National Foundation:

Disabled Veterans National Foundation exists to provide critically needed support to disabled and at-risk veterans who leave the military wounded—physically or psychologically—after defending our safety and our freedom.

DVNF achieves this mission by:

- Offering direct financial support to veteran organizations that address the unique needs of veterans, and whose missions align with that of DVNF.
- Providing supplemental assistance to homeless and low-income veterans through the Health & Comfort program and various empowerment resources.
- Providing an online resource database that allows veterans to navigate the complex process of seeking benefits that they are entitled to as a result of their military service, as well as additional resources they need.
- Serving as a thought leader on critical policy issues within the veteran community and educating the public accordingly.

About Veteran Resilience Project:

We inspire lifelong change for Minnesota Veterans, Service Members and Spouses experiencing Trauma and PTS(D), by creating access to effective therapy as a pathway to heal.

Disabled Veterans National Foundation Contact:

Communications Team

Meredith Fick

communications@dvnf.org