



The Soldiers Project

Free, Confidential Psychological Counseling for Soldiers and Their Families

Newsletter

We would like to start the July Newsletter with continued **THANK YOUs** to all of The Soldiers Project Volunteers, and a note from Dr. Judith Broder:

Our volunteers are the backbone and lifeline of TSP. Because of your generosity and dedication, The Soldiers Project has become the "gold standard" in care for our returning veterans and their loved ones. We get calls from all over the country and overseas requesting information about our services and about the experience we have accumulated over the past five years. It is hard for people to believe that we have done this as a volunteer organization. For me, the most difficult aspect of our widespread fame is that so often we can't make a referral because we don't (yet!) have a TSP group in the area from which the request comes.

We now need to find financial support through gifts and grants in order to continue to expand.

We are in the process of providing standardized templates for data collection to all of our locations. The data we will collect will enable us to more accurately describe the positive effects of our work when we apply for grants.

In Southern California and in NYC our outreach is focusing on the thousands of veterans returning to school. We are setting up liaisons with student veteran organizations and presenting informational workshops to faculty and administration. We can do a wonderful service when we help our returning vets negotiate the many difficulties they face as they return from combat and try to re-integrate into civilian life.

We are also working on expanding our outreach to the families of those who have served or are serving. These families often suffer silently. They truly bear "the hidden wounds of war." We were the proud co-sponsors of the preview screening of "Restrepo" this past week in Los Angeles. The 400-seat theater was packed and there was an interesting Q and A with Tim Hetherington the director and cinematographer following. It is an amazing film that brings one into the war and the experience of our soldiers in an unforgettable way. It is not an easy film to watch, but then war isn't easy either. I highly recommend that you see it.

Finally, we are always in need of volunteers willing to be trained to participate in our outreach efforts. You needn't be licensed to do this and everyone who has spoken to the community has had a valuable experience.

As always, I wish to express my gratitude to you all.

Judith Broder, M.D.
Founder and Director
The Soldiers Project
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In the month June The Soldiers Project has had:

- 13 referrals in Southern California
- 7 in Northwest
- 7 in Sacramento

Thank you for your support!

Workshops & Events

The Soldiers Project Community Outreach Program

July 17th at 12:30PM, Carol Tanenbaum is putting together a community outreach committee to "adopt a community college" This group of volunteers will be a bridge between the community colleges and TSP. TSP will provide outreach, on campus in service training for faculty and staff, and be a source of psychotherapy referrals for vets and their families. Our community colleges have been engaged in an effort to create vet friendly campuses and we, of The Soldiers Project are an off campus partner reaching out to vets returning to the college environment. For information e-mail Carol at carolbtanenbaum@aol.com.

The Soldiers Project Presents
An Introduction and History
Who we are, what we do and why
Presented by: Judith S. Broder, M.D., Founder

Saturday, August 21 from 12:30pm-2:30pm. There will be a brief case presentation, a Q & A regarding challenges in the treatment of military service members and their loved ones. This is a great opportunity to meet other volunteers and talk about our experiences.

LAISPS Classroom
12011 San Vicente Blvd. B3
Basement Level
Los Angeles, CA 90049
RSVP to lynn@thesoldiersproject.org

The Military Family Research Program ---Sponsored by UCSD

UCSD Clinical Researchers are providing free, confidential, off-base evaluations to military dads who have served in Iraq and/or Afghanistan. Evaluations are also provided to kids ages 6 - 17. Each family receives clinical feedback, referrals to psychological services, and \$50.00 for their participation in the research program.

To learn more, visit: <http://www.veryshy.org/research/military-family-study.shtml> or call (858) 534-6438 or email aletamen@ucsd.edu

Please visit our event calendar at www.thesoldiersproject.org for all upcoming events



Dr. Barbara Schochet speaking at a Yellow Ribbon Event



Dr. Judith Broder Presenter at Pathways to Positive Aging

Other good work around the Country.....

In Sacramento... We have exciting news for the future of The Soldiers Project Sacramento! We are pairing up with the Sacramento Blue Star Moms to put on an educational series. This series will include information from Veteran Service officer Rick Buckman on how to navigate through the VA; Dr. Janice White from Sutter Medical will be addressing TBI; TSP will be provide information on PTSD, secondary trauma, and other relevant information.

More news for the future of TSP Sacramento- we are happily sending our current intern, Alysa Harless, off to travel the world and then attend USC for their MSW program for Military Family Counseling. We are overjoyed with the intern that will be taking her place, Stephanie Glitch-Wu, a recent MSW graduate from Sac State.

In the Northwest... In June clinical volunteer Cheryl Dailey began developing a new educational venue at Coffee Strong, veteran-owned, veteran-operated GI coffeehouse located a few blocks from the gates of Ft Lewis. Coffee Strong provides a free cup of coffee, access to the Internet, an informative library and a safe place for soldiers to share the effects of current and past wars. Already providing information about GI Rights, Coffee Strong turned to TSP-NW to provide education for the purpose of removing the stigma against mental health therapy prevalent in the military. During

specific advertised hours, Cheryl will be facilitating informative discussions about the benefits of reaching out for psychological counseling, promoting TSP's no report/no cost venue.

In early June The Soldiers Project NW provided mental health support to families of the troops during the July 4th Photo Shoot for the Troops – Hometown Smiles for Our Heroes. Knowing that sometimes emotions can overflow at the most inopportune times, local ABC affiliate KOMO requested the availability of professional mental health services from TSP-NW. Through our affiliation with the USO we were able to provide the services of Associate Director, Randi Jensen, and therapists Claire Collins and Judith Frost. The USO, Metropolitan Grill, four different professional photographers, and five make-up artists among other entities proudly supported the holiday photo op for service members' families.

During the two days of the Photo Shoot, families were ushered into the studio where they sat for make-up and hair. They were then assigned one of the four photographers for whom they posed (and mugged) for shots to be sent to their loved ones, many of whom are in Iraq or Afghanistan.

Because of the possibility of emerging emotions, The Soldiers Project professionals monitored and stood ready to provide moral support and help if needed. Chatting with family members, taking the opportunity to distribute cards, they also helped out occasionally as amateur photographers' assistants.

TSP-NW would like to formally thank Judith, Claire and Randi for donating their time to act as the mental health safety net.



Peer Consultation Groups

All volunteers who have completed their training are welcome to join our peer consultation groups. These groups meet monthly in Southern California and all volunteers are welcome to attend. Below are the names and email addresses of the therapists facilitating the groups.

Los Angeles - Bonnie Engdahl - bengdahlphd@verizon.net

Valley - Joy Schary - schary1@sbcglobal.net

Orange County - Susen Kay - susenkay@cox.net

Any **announcements** or **articles of interest** please submit to lynn@thesoldiersproject.org