



Veterans and Family Support November 2024



**District 10, 10, 10!! They are the SECOND
District to be 100% reported in the Veterans
& Family Support Program.**

Way to go District #10!



Hello District and Auxiliary members, Veterans & Family Support Chairman and members. Our Veterans and Family Support National Ambassador is rallying for National President Brenda Bryant using a multifaceted approach to address the Veterans & Family Support Program this year to Keep Moving Forward.

In the words of Ambassador Smiley: "When we talk about support for veterans and their families, the conversation must extend beyond traditional boundaries. It's not just about acknowledging their service but ensuring their well-being long after they've hung up their boots and uniforms. The VFW Auxiliary has taken this mission to heart within our Veterans & Family Support Program where we are dedicated to tackling one of the most pressing issues facing our heroes today: mental health and suicide prevention. With our guiding tagline, **Keep Moving Forward!** we strive to extend our support and solidarity, creating a safety net of understanding and resources for those who have sacrificed so much for our country." Core areas of focus include:

1. *Mental Health Awareness*: We focus on raising awareness about mental health issues that veterans face, including PTSD, depression and anxiety. Education is key to breaking down the stigma that surrounds mental health, and we aim to foster a community where veterans feel comfortable seeking help.



2. *Support Networks:* Our Program connects veterans and their families with a robust network of resources, including counseling services, peer support groups and crisis intervention resources. These connections are crucial for providing immediate and ongoing support to those in need.

3. *Crisis Intervention:* In urgent situations, the Veterans & Family Support Program provides direct assistance and coordinates with local services to ensure that veterans have access to the help they need, when they need it.

4. *Family Assistance:* Recognizing that mental health struggles impact the entire family, our Program offers support to family members, helping them understand and navigate the challenges their loved ones face.

Our commitment to mental health and suicide prevention is reflected in our active Programs and initiatives. **Keep Moving Forward! is not just a slogan; it's a call to action.** We should organize workshops, awareness campaigns and events to support mental health services and promote a culture of openness and support.

How can your auxiliary promote suicide prevention and mental health by using the Keep Moving Forward Slogan?



Incorporate some of these into your Veterans Day and Thanksgiving Events:

FIRST, Use the teardrop in most creative way to promote suicide awareness at your Post and in your communities.

SECOND, Use the 22 A Day statistic in the most unique way to bring awareness to the military suicide 22/day campaign at their Post and within their communities.

THIRD, USE THE KEEP MORING FORWARD SLOGAN!

Feel free to incorporate any of the resources that I have provided to you including the veterans resource cards, the teardrop stickers, the 988 dog tags or the PTSD wallet cards

Awards will be presented at the Christmas Conference and the Department Convention. To be considered in the drawing for the Christmas Conference, reports and pictures need to be sent to me by November 30, 2024, and for the Department Convention reports need to be received by April 15, 2025.



REMEMBER to copy me on any reports that you send to our Department Chaplain Melissa Tracey.



Reports can be sent to me via:



Email at beaveteranspal@comcast.net, or



Snail mail: PO Box 558. Fruitland, MD 21826-0558.

Mobile Phone: (667) 221-2199.

*Wishing you and your family a safe, happy and healthy
Veteran's Day and Thanksgiving.*



Ready? Set. . .Sail for our Veterans and their families!