

A GIFT OF ARTWORK, WRITING, PRESENTATIONS & RESEARCH

BUDGET CUTS: VETERANS & The Arts

The conversation continues. Fight for veterans. Support veteran arts.

Save and expand the National Endowment for the Arts, which supports artists and programs that help our veterans.

A call to our community, country & Congress:
Defunding the arts defunds veterans.
They fought for you. Fight for them.
Support veteran arts.

*Finding my Voice. 2015
Artwork by Trish Brownlee*

Learn More: <http://trishbrownlee.com/budgetcuts>

An online gathering of art, storytelling and conversation
about our veterans and their connection to the arts.

April 13, 2017

BUDGET CUTS: VETERANS & The Arts
Exhibit & Conversation

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All information can be viewed online, interactive with links at:
www.trishbrownlee.com/budgetcuts with additional videos and interactive links.

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Additional items provided in this gift basket:

Books:

Exit Wounds: Soldier's Stories - Life After Iraq and Afghanistan by Jim Lomasson
Warrior Writers: A Collection of Writing & Artwork by Veterans

Artwork:

Celebrate People's History: Iraq Veterans Against the War Broadsheet
Justseeds Collaboration from the Celebrate People's History: Iraq Veterans Against the War portfolio
Soldier & Pill Bottle Print by Malachi Muncy
Finding my Voice Print by Trish Brownlee
Casualty: A Marriage Print by Trish Brownlee
Handmade Paper created from military uniforms during a workshop with Breaking Rag: A Veteran, Family & Community Art Project with Trish Brownlee

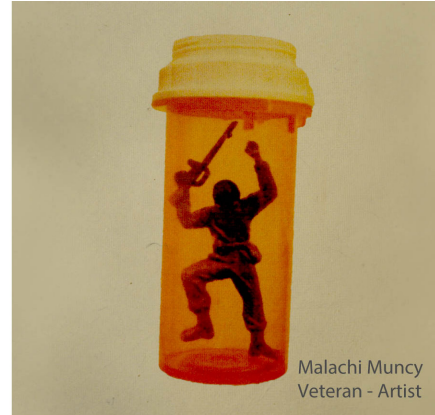
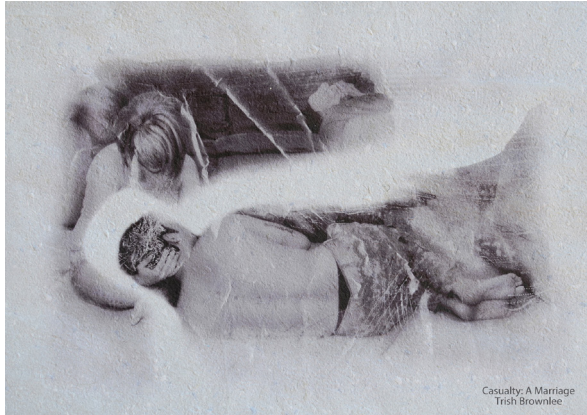
Spoken Word:

Long Time Coming Poetry by El' Ja Bowens

Video:

Altered Artwork by Trish Brownlee, Spoken Word by El' Ja Bowens
Breaking Rag: Introduction by Trish Brownlee with music written and recorded by Steve Brownlee
Excerpt from PTSD by Jeremy Stainthorpe Berggren
Invisible Wounds of War by Jen Johnson, Invisible Wounds of War NC

DEFUNDING THE ARTS DEFUNDS OUR VETERANS.



On April 13, 2017 I, along with a group of my fellow citizens, invited you to an evening of arts and information: **Budget Cuts: Veterans and the Arts**. This veteran hosted event was designed to communicate our concerns about proposed increases in defense and weapons spending without comparable increases for veterans programs. Additionally, this event included information about how veterans benefit from the arts and arts therapy programs. These programs would be negatively affected by the elimination of arts and humanities funding to organizations like The National Endowment for the Arts. These cuts would have a detrimental impact on veterans right here in our community. The evening went well and we believe it was informative and timely in light of the recent budget proposal. We are providing the information we presented to you in this gift basket. We hope you will find this helpful and informative as voting on the proposal federal budget is set to begin in May. We recognize that you have difficult decisions ahead and we hope you value this information as evidence on which to base your decisions. Even if our views vary, we can agree that we should send not veterans to war if we are not able to care for them when they return.

We stress to you as our elected official that the federal budget must prioritize veterans' services on at least an equal footing with any increase in defense and weapons systems spending. Additionally, our representatives must understand that when you defund arts and humanities programs (the NEA, the NEH, Community Development Block Grants) you are defunding organizations that work with veterans through the arts and art therapy as a means for dealing with wartime experiences and trauma. This funding comes through the federal budget to national and states organizations, and often its wider impact and influence cannot be measured in simply numbers. We hope to create a peaceful space for awareness, conversation and connection through our events and our website.

This information is also available online at www.trishbrownlee.com/budgetcuts

Thank you for taking our concerns into account. We look forward to hearing your position on this important funding.

This gift basket was created by your constituents, working in partnership from:



IN THIS BASKET YOU WILL FIND ARTWORK, WRITING, AND PRESENTATIONS:

Fayetteville, North Carolina Veterans & Artists:

El'Ja Bowens: www.eljabowens.com

Trish Brownlee: www.trishbrownlee.com

Andrea Nissen: www.ionarosestudio.com

Breaking Rag: A Veteran, Family & Community Art Project: www.breakingrag.works

along with artwork from:

Jim Lomasson - Exit Wounds:

<http://www.lomassonpictures.com/>

<http://lifeafterwar-soldiersstories.blogspot.com/>

Warrior Writers: warriorwriters.org

Guest Speaker:

Jen Johnson, Invisible Wounds of War

www.invisiblewoundsn.com

Jen Johnson is the creator and director of Invisible Wounds of War project in Wilmington, NC. She is a photographer, writer and Licensed Professional Counselor in private practice. Jen is the former Statewide Coordinator for the Independent Living Needs Program at the VA in Georgia and the former manager of the Brain Injury Vocational Rehabilitation Program at Shepherd Center in Atlanta, GA

Jeremy Stainthorpe Berggren:

<http://warriorwriters.org/artists/jeremy.html>

Malachi Muncy:

<http://peacepaperproject.org/profiles/malachimuncy.html>

Just Seeds Artists: www.justseeds.org

Aaron Hughes, Nick Lampert, Sanya Hyland, G. Scott Raffield, Jesse Purcell & more

WITH INFORMATION AND RESEARCH:

We've provided research and information, both printed in this packet and through links available on the disk. All information is also accessible at www.trishbrownlee.com/budgetcuts

National Geographic Feature: www.nationalgeographic.com/healing-soldiers

Melissa Walker, Art Therapist Ted Talk:

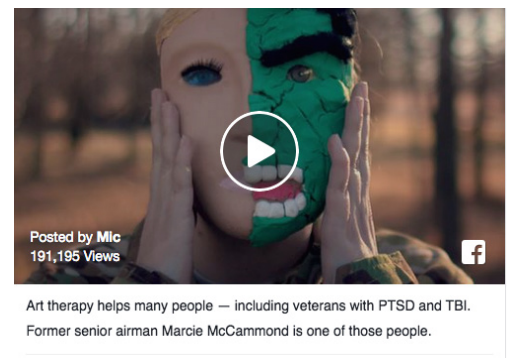
www.ted.com/speakers/melissa_walker

Creative Forces Partnership with National Endowment for the Arts:

<https://www.arts.gov/partnerships/creative-forces>

Dignity Health Video, Senior Airman McCammond & Art Therapy:

<https://www.facebook.com/MicMedia/videos/1448138198542299/>



Database from *Operation We Are Here* on more programs: www.operationwearehere.com/ArtTherapy.html

NY Times Article: *Can Programs That Help the Military Save the Federal Arts Agencies?*

https://www.nytimes.com/2017/03/27/arts/design/nea-walter-reed-military-art-therapy.html?_r=0

Article on proposed budget:

<https://www.bloomberg.com/graphics/2017-trump-budget/>

Americans for the Arts: *Statement on Budget Proposal Elimination the NEA from Americans for the Arts*

<http://www.americansforthearts.org/news-room/arts-mobilization-center/national-endowment-for-the-arts-update-trump-fy2018-budget-proposal-calls-for-elimination-of-nea>

Invisible Wounds of War

Bringing invisible wounds into the light through writing and photography

Invisible Wounds of War is a project that brings veterans' invisible wounds into the light through writing and photography. It seeks to provide healing experiences for veterans through writing and photography and to increase the public's awareness of the veterans' experience. The project is created and directed by Jen Johnson and is based in Wilmington, NC. The project includes:

Writing workshops for veterans (May 10, 2017)

Photography workshops for veterans (June 10, 2017)

Online writing submissions from military personnel & families statewide (ongoing)

Exhibit of the writing and photography (October 2017)

Please consider supporting our 2017 programming

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Check out the video with four of the veterans who participated in the project in 2015:



Project Mission:

Many Veterans don't share their stories because they feel that other people can't bear to hear them. This project offers a place for the stories to be told about the invisible wounds of war and gathers an audience to bear witness to the stories.

Veterans are dying by suicide at a rate of 22 per day. This is an urgent epidemic that constitutes a

community and public health concern. This project intends to offer connection, hope and healing through writing and photography. It seeks to educate health care and mental health providers about Veterans' concerns and needs. It intends to engage the community in conversation that encourages greater understanding of and compassion toward our North Carolina Veterans.

Writing and photography are powerful tools for telling people's stories and for healing. Writing can help to make order from the chaos. Photography makes meaning of experience where language fails. This project offers a safe space in which Veterans can share their stories and connect with other people who are willing to share theirs. When one person shares their story, it gives another person permission to share theirs. We can transform the Veterans' narrative into one that ends with hope.

If you are a Veteran in crisis or are experiencing suicidal thoughts please call the Veterans Crisis Line at 1-800-273-8255 and press 1. This project does not offer crisis intervention services, but we encourage you to please seek help if you have having suicidal thoughts and/or a plan. Whatever you're experiencing, it can get better with professional help.

Invisible Wounds of War project is directed by Jen Johnson.

Jen Johnson, MS, MS, MFA, LPC is a writer, photographer and counselor in private practice in Wilmington, NC. She has worked as a counselor since 1991 and offers mindfulness-based counseling and therapeutic writing and photography in her clinical practice. Jen is the former Statewide Coordinator for the Independent Living Needs Program for the Veterans Administration in Atlanta, Georgia. Her writing has been published in regional, national and international print and online magazines and blogs, literary journals, and professional training manuals, and her photographs have been exhibited internationally and are held in collections by hospitals, medical centers, universities, financial institutions and private collections. www.jenjohnson.com www.meditatecreate.com

Project Sponsors:



This project is made possible in part by funding from the North Carolina Humanities Council, a statewide nonprofit and affiliate of the National Endowment for the Humanities.

SHARES

This project is made possible in part by sponsorship from The Arts Council of Wilmington and New Hanover County, a non-profit and local affiliate of the North Carolina Arts Council.

The Arts Council of Wilmington and New Hanover County



***Tax-deductible donations can be made to The Arts Council of Wilmington. Please write "Invisible Wounds of War" on your check. Thank you for your generous support. Checks can be mailed to The Arts Council of Wilmington and New Hanover County 221 N Front St Suite 101, Wilmington, NC 28401.*

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SHARES



PART 1 PART 2

↻ ?24657  

BEHIND THE MASK

Revealing the Trauma of War



1 / 4 8



Brain injuries caused by blast events change soldiers in ways many can't articulate. Some use art therapy, creating painted masks to express how they feel.

By Caroline Alexander
Photographs and Audio by Lynn Johnson



**Marine Cpl. Chris McNair (Ret.)
Afghanistan 2011-12**

UPDATE: ON MARCH 28, 2017, THE NATIONAL ENDOWMENT FOR THE ARTS EXPANDED THE CREATIVE FORCES PROGRAM BY ADDING FOUR CLINICAL SITES TO THE EXISTING SEVEN SITES THAT PROVIDE ARTS THERAPIES FOR SERVICE MEMBERS, VETERANS, AND FAMILIES DEALING WITH TRAUMATIC BRAIN INJURIES (TBI) AND POST-TRAUMATIC STRESS DISORDER (PTSD).

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FEBRUARY 2015

NATIONAL
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HEALING OUR SOLDIERS

Unlocking the Secrets of
Traumatic Brain Injury

Exploring the
Hidden Culture
in **Hawaii**

The Small
Strange Lives
of Mites

The Art of Recovery

Air Force Staff Sgt. Robert “Bo” Wester (Ret.) was an explosive ordnance disposal technician in Iraq. He faced hundreds of IEDs without incident and a few with grievous consequences. “Most of my injuries are invisible, and the rest are hidden,” he says. Army Maj. Jeff Hall (Ret.) was 35 feet from a car bomb when it went off in a crowded marketplace north of the city of Baghdad. He didn’t lose his arms or his legs or suffer visible wounds. But “I am just not the same human being as I used to be,” he says.

Brain injuries caused by the shock waves generated by explosions have become the signature injury of the Afghanistan and Iraq wars, leaving hundreds of thousands of U.S. soldiers and veterans with a life-altering list of debilitating conditions, including headaches, seizures, sleep disorders, and memory and cognitive difficulties. The range of symptoms and their similarity to PTSD can complicate diagnosis and treatment. It’s a mystery that has dogged soldiers and scientists since World War I, when exploding artillery shells left men “shell shocked.”

Even today “there is no consensus within the medical community about the nature of blast-induced injury or by what mechanism blast force damages the brain,” Caroline Alexander writes in this issue. “As of now, the only wholly reliable method of directly examining the biological effects of blast force on the human brain is autopsy.”

Which doesn’t do much for vets like Wester and Hall, who struggle daily. If there isn’t a cure, at least there are ways to cope. At Walter Reed Medical Center in Bethesda, Maryland, soldiers at the National Intrepid Center of Excellence paint masks that help them reveal their inner feelings. Some were initially dismissive: “Number one, I’m a man, and I don’t like holding a dainty little paintbrush.

Number two, I’m not an artist. And number three, I’m not in kindergarten,” said Army Staff Sgt. Perry Hopman. Today he says, “I was wrong... I think this is what started me kind of opening up and talking about stuff and actually trying to get better.”

Major Hall agrees. He painted a gruesome, bloodstained mask—part of the skull missing, brain exposed. “I had seen a person who looked like this,” he explains. “I don’t know why, but that’s what needed to come out of me.”

The artwork, he says, is a silent testimony to pain that speaks volumes yet has the capacity to heal. “You can’t put it into words that people will believe, or if you do put it into words, they get tired of it. But the art just expresses itself. It relieves the soldier, because you get tired of trying to explain what is going on in there. The artwork is like a printed page—it is there if you want to read it.”

We invite you to read our soldiers’ masks and the stories they tell.



A longtime Army flight medic, Perry Hopman suffered blast-force injuries while caring for other soldiers.

A handwritten signature in black ink, reading "Susan Goldberg".

Susan Goldberg, *Editor in Chief*

THE INVISIBLE WAR ON THE BRAIN

Brain trauma from blast force is the signature injury of the Iraq and Afghanistan campaigns, afflicting hundreds of thousands of U.S. combat personnel. Although unseen, the damage strikes deeply into a soldier's mind and psyche.



**Marine Cpl.
Chris McNair (Ret.)
Afghanistan 2011-12**

Impeccable in his Marine uniform and outwardly composed, McNair sits on the porch of his parents' home in Virginia, anonymous behind a mask he made in an art therapy session. "I was just going through pictures, and I saw the mask of Hannibal Lecter, and I thought, 'That's who I am'... He's probably dangerous, and that's who I felt I was. I had this muzzle on with all these wounds, and I couldn't tell anyone about them. I couldn't express my feelings."







Improvised explosive devices (IEDs) account for about 60 percent of all combat injuries sustained in the campaigns in Iraq and Afghanistan. Many such wounds are immediately apparent. Marine Cpl. Burness Britt is medevaced for treatment following an IED strike in June 2011 in southern Afghanistan.

ANJA NIEDRINGHAUS, AP IMAGES





Blast injury to the brain changes soldiers in ways many can't articulate; some use art therapy to reveal themselves. This mask has a slash across the face, displaying miniature cogs to evoke the military's machinelike nature. Body armor can stop shrapnel, but nothing can stop blast waves.

By Caroline Alexander
Photographs by Lynn Johnson



I nside the protective bunker I waited with the explosives team, fingers wedged firmly in my ears. Outside, shot number 52, trailing a 20-foot length of yellow-and-green-striped detonating cord, was securely taped to the wall of a one-room plywood building with a steel fire door. There was a countdown from five, a low “pow,” and a dull thump in the center of my chest. The thump is the hallmark of blast. “You feel the thump,” one team member told me. “I’ve been in blast events where we’re actually hundreds or even thousands of feet away, and I still feel that thump.”

The mystery of what that thump does had brought me to a World War II bombing range some 40 miles southeast of Denver. Back then it was used to test half-ton ordnance; now it serves to study controlled explosives used by soldiers to blast holes through walls and doors in combat areas—standard practice in modern warfare. The eventual objective of these tests is to discover what that blast thump does to the human brain.

According to the U.S. Department of Defense, between 2001 and 2014 some 230,000 soldiers and veterans were identified as suffering from so-called mild traumatic brain injury (TBI), mostly as a result of exposure to blast events. The variety of symptoms associated with the condition—headache, seizures, motor disorders, sleep disorders, dizziness, visual disturbances, ringing in the ears, mood changes, and cognitive, memory, and speech difficulties—the fact that they resemble symptoms of post-traumatic stress disorder (PTSD), and the fact that exposure

to blast events often was not logged in the early years of the campaigns in Afghanistan and Iraq make it impossible to pin down casualty figures.

Despite the prevalence of the condition, the most fundamental questions about it remain unanswered. Not only is there no secure means of diagnosis, but there are also no known ways to prevent it and no cure. Above all, there is no consensus within the medical community about the nature of blast-induced injury or by what mechanism blast force damages the brain.

BOOM: In the field a single blast event represents a virtually simultaneous amalgam of distinct components, each uniquely damaging. Ignition sparks a chemical reaction, an instantaneous expansion of gases that pushes out a spherical wall of gas and air faster than the speed of sound. This shock wave envelops any object it encounters in a balloon of static pressure. During this fleeting stage—the primary blast effect—the individual does not move. An abrupt fall in pressure follows, creating a vacuum. Then comes the secondary blast effect, a rush of supersonic wind that floods the vacuum, hurling and fragmenting objects it encounters, weaponizing debris as high-speed, penetrating projectiles. The wind itself causes the tertiary blast effects, lifting human beings or even 15-ton armored vehicles in the air, slamming them against walls, rocks, dusty roadsides. The quaternary blast effects are everything else—fire that burns, chemicals that sear, dust that asphyxiates.

Caroline Alexander's new translation of Homer's Iliad will be published this year by Ecco Press. Longtime contributor Lynn Johnson was named one of five 2014-16 National Geographic photography fellows.

Marines on patrol in Afghanistan in 2009 noticed a motorcyclist pass by, and moments later an IED exploded. "It's like being kicked by a horse, a horse with a foot that could cover your entire body," said one survivor of an IED attack.

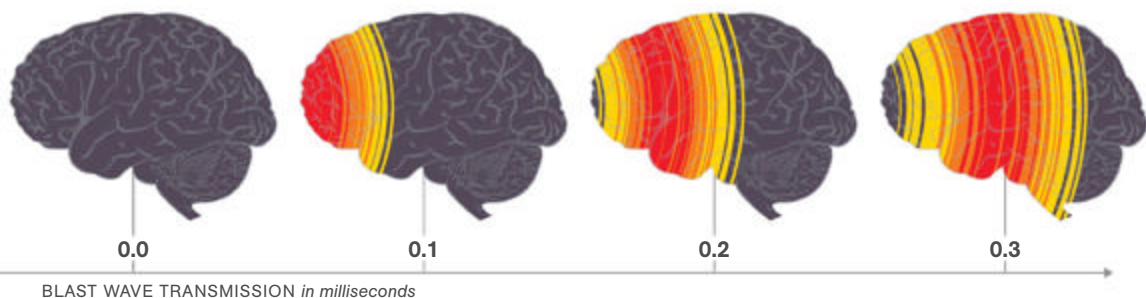
PETER VAN AGTMAEL, MAGNUM PHOTOS



The mystery lies in the effects of the primary blast. Theories range wildly: Is it the shock wave's entry to the brain through cranial orifices—eyes, nose, ears, mouth—that causes injury, and if so, how? Or is external shock pressure on the chest channeled inside vasculature up through the neck and into the brain? Does the transmission of complex wave activity by the skull into the semiliquid brain cause an embolism? Does pressure deform the skull, causing it to squeeze the brain? Is the explosive noise damaging? The flash of light? The majority of soldiers diagnosed with

blast-induced neurotrauma have also been hurled or rattled by blast wind. Is military neurotrauma, then, simply an exotic form of concussion?

The tests in Colorado arose from a landmark 2008 study by the military of breachers, those soldiers whose job is to set explosives and who for years had been reported to suffer a high incidence of neurological symptoms. The study, conducted by the U.S. Marine Corps Weapons Training Battalion Dynamic Entry School, followed instructors and students over a two-week explosives training course. It turned out



Blast in the brain

Studies show that the key mechanical factors associated with brain injury are an increase in intracranial pressure and the brain's motion relative to the skull. The blast wave, or overpressure, affects the brain immediately upon impact with the skull. Pressure in the brain returns to normal after only a few milliseconds, but brain motion can occur for hundreds of milliseconds after impact.

that for days after the larger explosions, breachers reported dull aches in the chest and back “like someone had punched them,” as well as headaches that “started with shooting pains in the forehead, progressed down the temples, behind the ears, and up through the jaw line.”

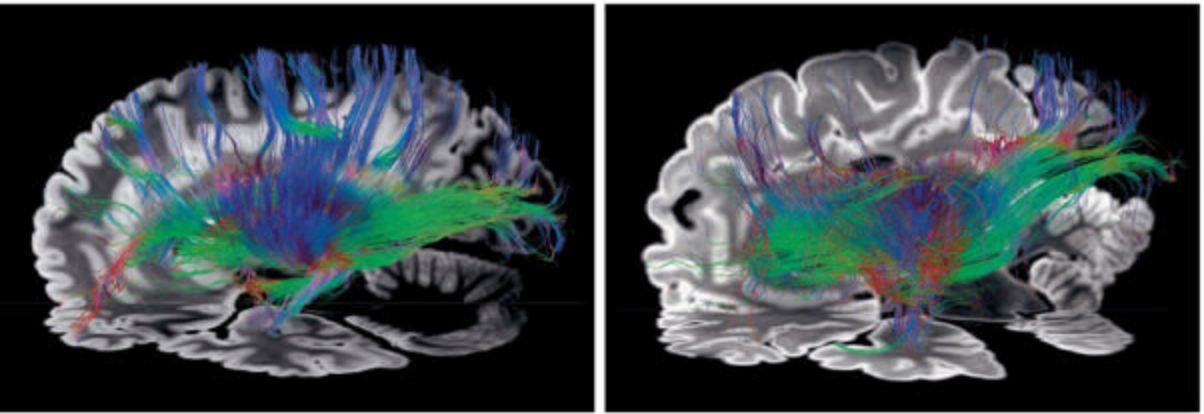
More significantly, neurobehavioral tests administered before and after the course showed a “slight indication of declining performance among the instructors,” who typically are exposed to more blast events than students are. This suggested that repetitive exposure even to low-level blasts—even over just a two-week period—could be damaging.

The breacher study went some way toward bringing blast-induced neurotrauma into focus. As Lee Ann Young, one of the study's leaders, noted, it motivated six follow-on research initiatives that continue today. Previously, many in the military and medical communities had found it difficult to believe that a low-energy blast could inflict significant injury. “Our most recent experience was with Gulf War syndrome, where despite many efforts to find consistent threads, we came up mostly dry on specific causes,” Col. Christian Macedonia (Ret.), the former medical sciences adviser to the chairman of the Joint Chiefs of Staff, told me. “So there were insane

shouting matches in the Pentagon, strange as it may sound now, as to whether blast-related TBI actually existed.” In a paper published as recently as 2008, researchers at the Center for Military Psychiatry and Neuroscience Research, Walter Reed Army Institute of Research, concluded that the troubling symptoms were strongly associated with PTSD and that “theoretical concern” about the neurological effects of blast exposure was essentially unfounded.

But today some researchers are floating a different theory: that mild TBI may increase vulnerability to certain psychological disorders, possibly accounting for the high rate of such disorders and even suicide among veterans. Many neurologists now advocate more precise terminology for this signature injury of the recent wars, such as “blast-induced traumatic brain injury” or “blast-induced neurotrauma”—and all I spoke with objected to the qualifier “mild.”

IN THE BUNKER we waited for the smoke to clear, then ventured into still-singed air. The building's door had been blown off, the opposite wall was in splinters, the struts were broken, and much of the frame was askew. Pressure gauges at head and chest level had recorded the back-blast as it bounced off corners and walls. The explosion



Broken connections

Diffusion tensor imaging tractography dramatically reveals the breakdown of neural connections in the brain of a civilian victim of severe traumatic brain injury (right), compared with a healthy brain (left). Researchers in the Military Brain Injury Studies Program at the Uniformed Services University of the Health Sciences plan to similarly map the brains of deceased veterans of recent campaigns to assess blast effects. Slides of delicate brain tissue (opposite) hold crucial clues. “I think I know what blast force does to the human brain,” says program director Daniel Perl.

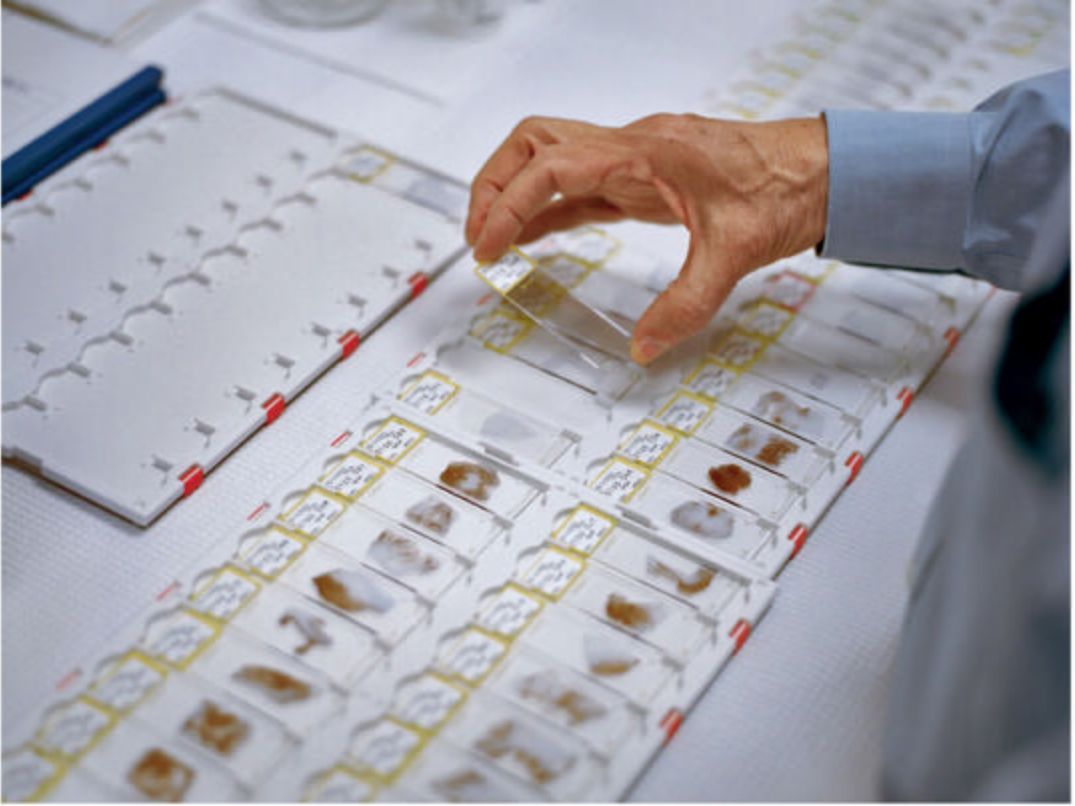
itself had been preserved on video, which replayed events, at two to three frames a second, that had flashed by at a speed of 14,000 frames a second—the ignited fuse glowing red-gold in a long, snaking, elegant stem of light, then the gold-black bloom of the explosion: *BOOM*.

Shot 52 was one of a series intended to cast light on the phenomenon of back-blast, the reflection of blast pressure off a surface. Other studies are examining the length of blast exposure and the frequency and type of blast. On site to lead the analysis was Charles Needham, a world authority on blast physics. Studying a computer-generated graph, he traced the spikes and dips of pressure that oscillated through five cycles before flattening out. The entire sequence lasted some 65 milliseconds. One hundred milliseconds is the minimum time it takes for a human to react to any stimulus—it had taken less than five milliseconds for the shock wave to hit the gauges on the walls. As Needham pointed out, “Anywhere in that room—it’s on you.”

Fatherly in manner, with white hair and a full white beard, Needham had been described to me by a colleague as a “cross between Santa Claus and Eeyore,” an impression that belied his stature as a high wizard in the black art of explosives. With degrees in physics and astrophysics, he is

an authority on modeling all variety of blast events and the dynamics of blast reflection, and he spoke with wistful nostalgia of the big “rumble booms” of high-ordnance tests of years past. A glance at his résumé calls attention to the diversity and sheer spookiness of blast-related issues: “modifications to fireball behavior,” “high explosive simulation of nuclear effects,” and “Shock and Vibration symposia.”

Needham’s objective was to provide breachers with maps that would show which areas of a given type of structure are safest from reflected pressure. How a blast is reflected is determined not only by whether a space is square or rectangular, and the ceiling high or low, but also by where the wall studs lie, the number and placement of doors and windows, whether there are gaps or holes in the enclosure, whether there is furniture in the room. A shock wave bouncing off a rigid surface, whether of thin plaster or of steel, can be more powerful than the original wave. (Notoriously, the back-blast reflected off the ground at Hiroshima was more powerful than the actual explosion.) The corners of a room, where one might instinctively seek shelter, are particularly dangerous—as is being the third man in a line of breachers carrying protective shields, which, as it turns out,



also reflect shock waves. A blast even reflects from within a soldier's helmet to his head. Every feature in a landscape, every gesture a person makes, shapes a blast event.

A terse conclusion of the original 2008 breacher injury study cited "clear evidence" that recommended safe standoff distances required revision. "We...found errors of more than a factor of two in some of those training manuals," Needham said, referring to breacher instructions: As a result, the manuals were modified in 2012. Encompassing a multitude of variables, calculations about blast events are elaborately difficult, and only in recent years has it been possible to make the kind of models Needham is now devising. "These are large calculations and take a lot of computer time," he said. Or, as another blast authority put it, "Until very recently, the dominant force that caused all this damage was basically magic."

KEEN INTEREST IN BLAST EFFECTS began in World War I, when the signature mechanism of injury was—as in the wars in Iraq and Afghanistan—blast force, mostly in the form of exploding artillery shells. The term "shell shock" first appeared in February 1915 in an article in the *Lancet* that examined the case studies of three British soldiers exposed to blast events who

complained of sleeplessness, reduced visual field, and loss of taste, hearing, and memory. Initially their affliction was believed to be a "commotional disorder," referring to agitation of the brain caused by a blast shock wave. A leading theory was that the shock wave traveled to the brain through spinal fluid.

But as the war continued, the condition was attributed to weakness of nerves, given the fact that many men appeared to be otherwise uninjured. The term "shell shock," implying that the shell burst itself was the cause of the damage, fell out of favor. The revision of diagnosis had profound consequences. In the following decades the shell-shocked soldier came to symbolize the emotional damage that is the cost of war, and medical research ceased to investigate the possibility that blast-force injury might be physical. "When I was in medical school, we were told about shell shock in World War I, that people then believed the brain could be damaged by blast waves from exploding shells," Colonel Macedonia said. "It was told as a story about how ignorant the medical profession was a hundred years ago."

The shell-shocked soldiers of that war can be tracked through British Ministry of Pension files into the 1920s, '30s, '40s, and beyond. Case reports give details of veterans sunk in lethargy



Army Staff Sgt. Perry Hopman
Iraq 2006-08

Wearing his mask—half patriotic, half death’s-head—Hopman confronts the battery of medications he takes daily for blast-force injuries he sustained while treating soldiers as a flight medic. “I know my name, but I don’t know the man who used to back up that name... I never thought I would have to set a reminder to take a shower, you know. I’m 39 years old. I’ve got to set a reminder to take medicine, set a reminder to do anything... My daughter, she’s only four, so this is the only dad she’s ever known, whereas my son knew me before.”





or melancholy, “muddled” in thought, shaking convulsively on street corners, or going “around the bend” and exploding in paranoid acts of anger. Growing up in England, my parents knew of men whom they were told had “been ‘funny’ since the war.” These reports represent the best data available on the long-term fate of the shell-shocked veteran.

After World War II, in 1951, the U.S. Atomic Energy Commission created the Blast Biology Program to test on various animals very large explosions that simulated the effects of nuclear

infantry officer who served two tours in Afghanistan, where he saw and felt the effects of blast force. “There was a flash in the sky, and I turned back toward the mountains where the fighting was,” Parker said, recalling the day in January 2003 when, in the hills of Kandahar, the shock wave from a distant explosion passed through his body. “It just felt like it lifted my innards and put them back down.”

Mostly he was made aware of the range of damage blast inflicted. “When bombs are going off, it’s easier to forget about the guy who’s been

The shock wave from a distant explosion “felt like it lifted my innards and put them back down.” —Kevin Parker

events. Oxen, sheep, pigs, goats, dogs, cats, monkeys, rats, hamsters, rabbits, mice, and guinea pigs were subjected to live blasts or placed in shock tubes. (A shock tube is a long tube fitted with an internal membrane through which pressurized air bursts. This lab simulation, stripped of heat, debris, chemical fallout, and back-blast variables, creates a “pure” blast shock wave.) In the early 1980s the focus of research shifted from nuclear blasts to the low-level explosives characteristic of today’s war theaters.

“MOST OF OUR MEDICAL RESEARCH on blast injuries was either on fragmentation wounds or what happens in gas-filled organs—everyone was always concerned in a thermonuclear explosion what happened to your lungs and your gastrointestinal tract,” Lt. Col. Kevin “Kit” Parker, the Tarr Family Professor of Bioengineering and Applied Physics at Harvard, told me. “We completely overlooked the brain. Today the enemy has developed a weapon system that is targeted toward our scientific weak spot.”

Parker, a towering figure with a shaved head and booming voice, is also a former U.S. Army

a little out of sorts than the guy who’s sitting near him and got both his legs blown off,” Parker said. “But the guy who’s going to have the more serious long-term issues probably is going to be the guy who had the brain injury.”

In 2005 Parker, who was then involved in cardiac tissue engineering, turned his attention to blast-induced neurotrauma. He began by reviewing the science for a class of proteins—integrins—that transmit mechanical forces into cells. Using specially designed magnetic tweezers and a device resembling a miniature jackhammer to simulate the abrupt stretching and high-velocity compression of blast effects, Parker and a small team of students subjected engineered tissues of rat neurons, or nerve cells, to blastlike assault. The integrins on the cell surface initiated a cascade of effects culminating in a dramatic retraction of axons, the long tendrils that serve as a neuron’s signaling mechanism.

By working at the cellular level, Parker’s team sidestepped two central difficulties of any blast research—namely, that one cannot expose humans to blast events and that animals are poor substitutes for humans. On the other

hand, results from cells in a petri dish cannot be extrapolated to a human being.

THE ARRAY OF THEORIES neurologists are actively pursuing stands as eloquent testimony to how wide open blast-induced neurotrauma research is. Lee Goldstein, of Boston University School of Medicine, has taken a very different approach. “People focus on the pressure wave,” Goldstein told me. “What’s behind it is the wind.” Goldstein’s range of expertise can be read in his full title: associate professor of psychiatry, neurology, ophthalmology, pathology and laboratory medicine, and biomedical, computer, and electrical engineering. At 52, he has the lean build, long dark hair and beard, and intensity of purpose of a desert prophet.

In May 2012 he published the results of studies that examined a possible association between blast-induced neurotrauma and chronic traumatic encephalopathy (CTE), a neurodegenerative disease that he and his team discovered in the autopsied brains of four military veterans with blast exposure. Goldstein’s co-author, Ann McKee, of VA Boston, had been studying CTE in the autopsied brains of football players and other athletes. First reported as a “punch drunk” syndrome in boxers in 1928, CTE is associated with athletes who sustain repetitive head trauma. An incurable and ultimately fatal neurodegenerative disease, CTE leads to cognitive disability and dementia. The disease can be detected only at autopsy and is revealed by abnormal tangles of a protein called tau.

To test the theory that blast exposure may have triggered CTE pathology, Goldstein’s team exposed mice to a single shock-tube blast that simulated the effects of a moderate-size explosive. High-speed cameras captured the results—a rapid bobblehead effect, as the heads of the mice shook back and forth in reaction to the force. In 30 milliseconds, far less than the blink of an eye, the oscillating wind had spiked and dipped nine times. “In one blast you’re really getting multiple hits,” Goldstein said. “So it’s like you’re packing a whole bunch of hits into a very short time.”

Two weeks after exposure to the blast, the

mice brains showed an accumulation of chemically modified tau protein and other damage. Critics of the study, however, point out that three of the four human cases that inspired the shock-tube experiments had experienced additional trauma unrelated to blast and that tests on mannequin models indicated that the bobblehead effect was not usual in the field.

Some researchers believe that it’s a mistake to focus only on the head. “The whole body is exposed to huge kinetic energy,” said Ibolja Cernak, describing the impact of a blast event. “Athletes do not have this kind of whole body exposure.” The chair of Canadian military and veterans’ clinical rehabilitation research at the University of Alberta, Cernak began her research on the battlefields of Kosovo, when she noticed that some soldiers and civilians exposed to blast exhibited symptoms reminiscent of certain neurodegenerative diseases. The blast pressure wave hits the chest and abdomen “like a huge fist,” Cernak says, transferring its kinetic energy to the body. “That kinetic energy generates oscillating pressure waves in the blood, which serves as a perfect medium to further transfer that kinetic energy to all organs, including the brain.”

Experiments she conducted on mice revealed that inflammation occurred in the brain whether the head had been protected from blast or not—inflammation, she argues, that starts a process of damage comparable to that seen in Alzheimer’s disease. By contrast, protection of the thorax significantly reduced inflammation in the brain, suggesting that the blast-body interaction has a crucial role in blast-induced brain injury.

AS OF NOW, the only wholly reliable method of directly examining the biological effects of blast force on the human brain is autopsy. In 2013 the Department of Defense established a brain tissue repository to advance the study of blast-induced neurotrauma in service members. Overseen by Daniel Perl, professor of pathology at the Uniformed Services University of the Health Sciences, in Bethesda, Maryland, the repository has been receiving brains donated by service members’ families. This has allowed researchers, Perl

BEHIND THE MASK



At the National Intrepid Center of Excellence (NICoE), part of Walter Reed National Military Medical Center, in Bethesda, Maryland, treatment for traumatic brain injury and psychological health concerns—including post-traumatic

stress disorder—draws on an interdisciplinary care model that incorporates traditional and alternative medicine. Art therapist Melissa Walker works with service members to create masks that illustrate hidden feelings. A number of themes occur repeatedly in their choice of images, among them death (often represented by skulls), inability to express themselves (mouths stitched, gagged, or locked shut), physical pain (facial wounds), and patriotic feelings (American flags).

“I thought this was a joke,” recalled Sergeant Hopman. “I wanted no part of it because, number one, I’m a man, and I don’t like holding a dainty little paintbrush. Number two, I’m not an artist. And number three, I’m not in kindergarten. Well, I was ignorant, and I was wrong, because it’s great. I think this is what started me kind of opening up and talking about stuff and actually trying to get better.”







Marine Gunnery Sgt. Aaron Tam (Ret.)
Iraq 2004-05, 2007-08

“Detonation happened, and I was right there in the blast seat. I got blown up. And all this medical study—nobody ever thought that they [blast events] were very harmful, and so we didn’t log them, which we should because all blast forces are cumulative to the body. On a grade number for me, it would probably be 300-plus explosions... I’m not going to not play with my children. I’m not going to let my injuries stop them from having a good life.”

PHOTOGRAPHED WITH HIS WIFE, ANGELA, AND THEIR TWO CHILDREN



Marine Gunnery Sgt. Tiffany H.
Iraq 2007-08, Afghanistan 2010-11

Tiffany H., as she prefers to be known, was “blown up” while helping women in a remote Afghan village earn additional income for their families. Memory loss, balance difficulties, and anxiety are among her many symptoms. The blinded eye and sealed lips on her mask are common symbols used by blast-injured soldiers.



Army Maj. Jeff Hall (Ret.)
Iraq 2003-04, 2005

Sheri Hall: "I told him, 'I'm not cleaning your mess. I'm not cleaning your brains off the bedroom wall. You kill yourself, you better leave a lengthy explanation as to why, because I can't explain to your kids, to your girls who love you, why you would make such a mess of our lives.' Still, to this day I wake up some mornings and go, OK, what's today going to be like? How's Jeff going to be when he wakes? You know, how's he going to be after his first cup of coffee? How's it going to be for him today? I know he dreads going to work every day. There's that anxiety that goes with that. How bad is it going to be? What can I do to set the morning off on a good foot? So I do still think about that every day, but I don't walk around on eggshells anymore."

PHOTOGRAPHED WITH HIS WIFE, SHERI (AT LEFT),
AND THEIR TWO DAUGHTERS





says, to get “to the tissue level to really see what’s going on.” As he points out, magnetic resonance imaging (MRI) of the living brain has a resolution a thousand times less than what can be seen when the brain is examined under a microscope.

Perl’s expertise extends from work on CTE, Alzheimer’s, and other age-related neurodegenerative diseases to research on a unique complex of neurological disorders in a small population in Guam (a mystery described in Oliver Sacks’s popular book *The Island of the Colorblind*). Perl has also written of shell shock and its

abnormalities in the brains of blast-exposed soldiers by using an advanced form of MRI. Although hailed as a landmark in an accompanying editorial, the paper was weakened by the fact that every participant had also experienced other traumas, such as being struck by a blunt object or being in a motor vehicle crash.

A number of studies investigating possible biomarkers may have findings that will aid future diagnosis: A blood test for unique protein markers indicative of brain cell damage has proved promising, for example, and is now

“What we’re seeing appears to be unique to blast—an injury unique to military experience.” —Daniel Perl

relationship to modern blast-induced brain injuries, noting that despite a hundred years’ use of explosive force in warfare, there have been “no detailed neuropathology studies...in the human brain after blast exposure.”

Now, 18 months into the brain tissue study, Perl said he’s seeing revelatory results. “We believe we’re getting close to identifying unique changes in the brains of blast-exposed soldiers that are not seen in brain injuries of civilians,” he said, referring to common blunt-force trauma such as athletes sustain. “What we’re seeing appears to be unique to blast. This is an injury that appears to be unique to military experience.”

If he’s correct, the findings will have major implications not only for treatment but also for diagnosis and prevention. “I think we’ll have to sit down with the helmet-design people and the body-armor people,” he predicted. “A lot of designs were based on very different assumptions.”

For living soldiers, meanwhile, reliable methods of diagnosis remain tragically elusive. In June 2011 the *New England Journal of Medicine* published the results of a study that for the first time succeeded in detecting structural

being tested by the military. (It is effective only if administered within a few days of the injury.) And in 2014 a small study of 52 veterans successfully used an MRI technique called macromolecular proton fraction (MPF) mapping, which examines levels of myelin, a major component of brain white matter; MPF mapping has been used to study patients with multiple sclerosis, who have reduced levels of myelin, the fatty sheathing that protects and insulates neurons. Evidence of brain white-matter damage was detected in 34 veterans with exposure to one or more blast events, compared with 18 veterans without blast exposure.

“We’d told the veterans to give us their best estimates of how many blast-related mild traumatic brain injuries they had sustained during their military careers,” said Eric Petrie, a professor of psychiatry at the University of Washington and the lead author of the study. “But how accurately can veterans recall these events? Some in the study were five to six years out from the time of their last blast exposure,” he said, summing up one of the fundamental problems of all diagnostic studies that depend on self-reporting.

In the future, photonic crystalline materials that change color when exposed to blast waves, worn as stickers on uniforms and helmets, may provide an objective measurement of blast exposure.

Despite the array of promising strategies, for the time being diagnosis still depends, as it did in WWI, on clinical assessment, which may now involve computer-administered examinations such as the Automated Neuropsychological Assessment Metrics: “Did you experience any of the following: Dazed, confused, saw stars? How much does this word describe how you feel? ‘Shaky?’”

COMPLEX AS IT MAY BE, a blast event can be created for very little money and with minimal expertise. Explosively formed penetrators, a type of IED used to pierce armored vehicles, can be assembled for a few dollars. Disks that become bullet-shaped and molten hot as they fly through the air, these explosive projectiles can, in the words of one ordnance expert, cut through an armored car “like a hot butter knife.” In this way 25 dollars’ worth of technology can take out a million-dollar armored vehicle and kill or inflict grievous injury on the soldiers in it. The cost of their medical care—possibly over decades—will add significantly to the economic disparity. Given this cost-effectiveness, explosive force is likely to remain a signature weapon of modern warfare.

Today, while researchers strive to figure out what goes on when blast force encounters the human brain, untold numbers of soldiers are struggling with the aftermath of their own encounters.

BOOM. On patrol in Iraq in 2009, Robert Anetz felt the immense pressure against his body. Then everything went numb. “Everybody started shouting, ‘Are you good? Are you good?’ You check for blood,” Anetz said. There was no blood, so he thought he was good. But seven months after returning from Iraq, he had a seizure while driving, and a grand mal seizure six months after that. Now rebuilding his life as a student and volunteer firefighter, his daunting regimen of 15 different medications is down to three, but the headaches and migraines have not gone away.

Enrique Trevino, who at the age of 21 survived a massive IED ambush in Afghanistan one

night two weeks before he was to return home, remembers only the bright flash and his buddies screaming his name. “I’ll never forget that flash,” he said. “It almost looked like a lightning strike.” When he finally awoke in Fort Hood, Texas, he learned the explosion that had knocked out his night optics had also knocked out his power of speech and his peripheral vision. He now works to rebuild his mind with mental tasks like counting backward from 50, but he suffers daily from migraines and nightly from his dreams.

About a year after his return home, Trevino said, “it all came crashing down on me.” He survived a suicide attempt. A friend of his who had also served in Afghanistan did not. “They found him in his home,” Trevino said. “He, he—nobody would have ever thought—nobody would have ever been—nobody ever, nobody, no one, nobody saw that. Nobody saw.”

And nobody saw it for my brother-in-law, Ron Haskins, from whom I first learned about breachers. After retiring from the Army Special Forces, he worked with a private security force in Iraq. He sustained two IED attacks that left him with headaches and ringing in his ears so loud he was unable to sleep. On his return to the United States, he worked for the Department of Homeland Security and conducted breacher training courses for a security company of his own. One night in the summer of 2011, for reasons no one could fathom, he picked up a gun and ended his life.

“We should get you guys to come out to New Mexico so you can see the devices, have explosions go off,” Ron had told me about a training course he led. “You’ll be half a mile away, and you’ll be amazed at how a couple of pounds will rattle the earth around you.” □

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MULTIMEDIA

“If my hand or arm had just been blown off, then people would understand. They’d see there’s something wrong.”

—DAVID GRIEGO





Air Force Staff Sgt. Robert “Bo” Wester (Ret.)
Iraq 2007, 2008-09, Afghanistan 2010

Suiting up before attempting ordnance disposal “is the last line. There’s no one else to call... It’s the person and the IED... and if a mistake is made at that point, then death is almost certain. They call it the long walk because once you get that bomb suit on, number one, everything is harder when you’re wearing that 100 pounds... Two, the stress of knowing what you’re about to do. And three, it’s quiet, and it seems like it takes an hour to walk.”



Army First Sgt. David Griego
Iraq 2008, Afghanistan 2012

“One bad thing about the NICoE [program] is that you have to talk about what happened. And so one of the things I know—and not to deter you from asking questions here—but any time I have to talk about it for a while, I can tell I may have or may not have some images and nightmares tonight... Sometimes you find yourself saying, I wish I had lost a body part, so people will see—they’ll get it.”

PHOTOGRAPHED WITH HIS WIFE, TRACY



LOG IN



Melissa Walker

Creative arts therapist

TED Speaker

 [National Intrepid Center of Excellence](#)

Melissa Walker helps military service members recover from traumatic brain injury and mental illness.

Why you should listen

Melissa Walker is a creative arts therapist at the [National Intrepid Center of Excellence](#), a directorate of Walter Reed National Military Medical Center. She works with active duty service members suffering from traumatic brain injury and psychological health conditions.

Dedicated to helping recovering service members safely express their deep thoughts and emotions in a creative environment, Walker designed the Healing Arts Program at the National Intrepid Center of Excellence in 2010, where she engages her patients in mask-making, a powerful mechanism for helping them express their invisible wounds. Walker received her Master's Degree in art therapy from New York University.

Melissa Walker's TED talk



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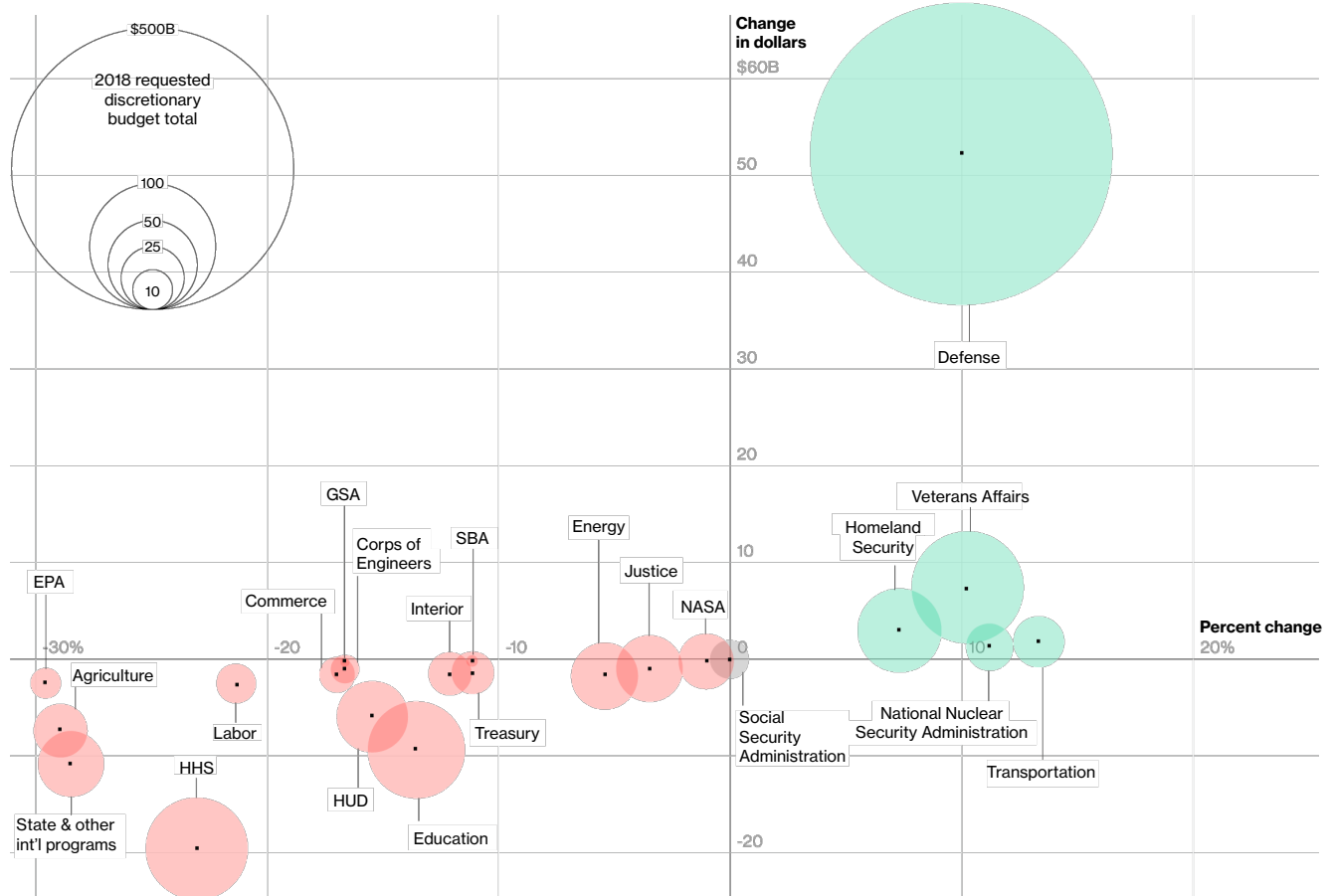
These 80 Programs Would Lose Federal Funding Under Trump's Proposed Budget

By David Ingold, Chloe Whiteaker, Michael Keller and Hannah Recht
March 16, 2017

U.S. President Donald Trump's first budget proposal includes massive cuts across most of the federal government. The Environmental Protection Agency and the Department of Agriculture face unprecedented discretionary funding cuts in excess of 25 percent, as Trump attempts to boost the military and national security.

Proposed changes to agency discretionary budgets in 2018*

● Increase ● Decrease ● No change



Source: Office of Management and Budget
*Some percentages differ from administration figures because change is calculated against fiscal 2016 levels, the last year for which the government was fully funded. The current fiscal 2017 stopgap spending measure runs through April 28.

Trump's budget also proposes eliminating discretionary funding altogether for at least 19 agencies and 61 other programs. Plans for new NASA missions, climate change research, aid for low-income families and funding for commercial flights to rural airports would all be on the chopping block. Trump says many of these programs are inefficient or duplicative. All this could change; Trump will deliver a final budget in May and Congress would have to approve the cuts—something they have often resisted in the past.

Funding eliminated for 19 independent agencies

<p>African Development Foundation</p> <ul style="list-style-type: none"> Provides grants to community groups and small businesses that help marginalized communities in Africa. 	<p>Corporation for Public Broadcasting</p> <ul style="list-style-type: none"> Funds more than 1,500 public TV and radio stations, including PBS, NPR and affiliated local stations. 	<p>U.S. Trade and Development Agency</p> <ul style="list-style-type: none"> Funds projects that link American exporters with buyers in developing countries. 	<p>Northern Border Regional Commission</p> <ul style="list-style-type: none"> Promotes economic development in distressed counties near the Canadian border in Maine, New Hampshire, Vermont and New York.
<p>Appalachian Regional Commission</p> <ul style="list-style-type: none"> Funds programs to develop economic opportunities, infrastructure and the workforce in 13 Appalachian states, with much of its work focused on coal-dependent communities. 	<p>Delta Regional Authority</p> <ul style="list-style-type: none"> Funds economic development projects in the seven states in the Mississippi Delta region. 	<p>Legal Services Corporation</p> <ul style="list-style-type: none"> Funds organizations that provide legal aid to low-income Americans. 	<p>Overseas Private Investment Corporation</p> <ul style="list-style-type: none"> Helps U.S. businesses invest in emerging markets by providing loans, political risk insurance and support for private equity funds.
<p>Chemical Safety Board</p> <ul style="list-style-type: none"> Investigates chemical accidents and makes recommendations to industry and labor groups, OSHA and the EPA, to prevent future incidents. 	<p>Denali Commission</p> <ul style="list-style-type: none"> Provides utilities, infrastructure and economic support in Alaska. 	<p>National Endowment for the Arts</p> <ul style="list-style-type: none"> Funds grants for nonprofit organizations and writing fellowships. 	<p>United States Institute of Peace</p> <ul style="list-style-type: none"> Works to address violent conflicts and encourage religious tolerance through research, training and partnerships with governmental agencies.
<p>Corporation for National and Community Service</p> <ul style="list-style-type: none"> Funds thousands of volunteer organizations across the country and runs AmeriCorps, Senior Corps and the Social Innovation Fund. 	<p>Institute of Museum and Library Services</p> <ul style="list-style-type: none"> Supports libraries and museums through research, policy development and grant making. 	<p>National Endowment for Humanities</p> <ul style="list-style-type: none"> Supports research and initiatives to preserve cultural resources and promotes humanities education. 	<p>United States Interagency Council on Homelessness</p> <ul style="list-style-type: none"> Coordinates with federal agencies to prevent and end homelessness.
	<p>Inter-American Foundation</p> <ul style="list-style-type: none"> Provides grants to organizations working to improve economic conditions for poor communities in the Americas and the Caribbean. 	<p>Neighborhood Reinvestment Corporation</p> <ul style="list-style-type: none"> Assists organizations aimed at revitalizing rural, urban and suburban communities and securing access to affordable housing. 	<p>Woodrow Wilson International Center for Scholars</p> <ul style="list-style-type: none"> A non-partisan think tank based in Washington, D.C. that conducts and promotes research on national and world affairs.

And at least 61 other programs

<p>Environmental Protection Agency</p> <p>Clean Power Plan</p> <ul style="list-style-type: none"> Creates national standards for carbon pollution from power plants and helps states develop and deploy clean energy alternatives. <p>International climate change programs</p> <ul style="list-style-type: none"> Promotes clean and efficient energy technologies and the sharing of scientific climate research through multilateral initiatives and treaties. <p>Climate change research and partnership programs</p> <ul style="list-style-type: none"> Research and report on climate change's impact on the U.S. <p>Great Lakes Restoration Initiative</p> <ul style="list-style-type: none"> Government task force focused on pollution cleanup, invasive-species reduction and wildlife protection within the Great Lakes. <p>Chesapeake Bay Program</p> <ul style="list-style-type: none"> Regional partnership that oversees the restoration of the Chesapeake Bay and its watershed. <p>Energy Star</p> <ul style="list-style-type: none"> Certifies and recognizes buildings and consumer products that meet specific energy-efficiency criteria. <p>Targeted Air Shed grants</p> <ul style="list-style-type: none"> Assists local and state air pollution control agencies in developing plans and implementing projects to reduce air pollution in highly polluted areas. <p>Endocrine Disruptor Screening Program</p> <ul style="list-style-type: none"> Screens pesticides, chemicals and other contaminants for their potential effect on estrogen, androgen and thyroid hormone systems. <p>Infrastructure assistance to Alaska Native villages</p> <ul style="list-style-type: none"> Assists Alaska Native villages with infrastructure projects to address problems with water quality, sanitation and other environmental needs. <p>Infrastructure assistance near the Mexican border</p> <ul style="list-style-type: none"> Funds environmental infrastructure projects in border-area communities that will have a positive effect on health and the environment in the U.S. 	<p>NASA</p> <p>Mission to land on Europa</p> <ul style="list-style-type: none"> Develop a spacecraft able to orbit and land on Europa, a moon of Jupiter, in efforts to look for signs of life, study Europa's habitability and assess suitability for future missions. <p>Asteroid Redirect Mission</p> <ul style="list-style-type: none"> Would visit a large near-Earth asteroid, collect a boulder from its surface and redirect the asteroid into orbit around the moon. <p>PACE Earth Science Mission</p> <ul style="list-style-type: none"> Would study global ocean color, monitor ocean health and provide data on climate factors including chlorophyll and aerosol particles. <p>OCO-3 Earth Science Mission</p> <ul style="list-style-type: none"> Would measure atmospheric carbon dioxide levels on Earth via the International Space Station. <p>DSCOVR Earth-viewing instruments</p> <ul style="list-style-type: none"> Monitors solar wind to provide alerts and forecasts of space weather conditions including geomagnetic storm impacts on Earth. <p>CLARREO Pathfinder</p> <ul style="list-style-type: none"> Produces climate data to test climate models' projections, aiming to make future projections more accurate. <p>Office of Education</p> <ul style="list-style-type: none"> Supports education in public elementary and secondary schools and informal settings, coordinates and disseminates findings of NASA research projects. 	<p>Education</p> <p>Supporting Effective Instruction State Grants</p> <ul style="list-style-type: none"> Provides grants to non-profit organizations that recruit and provide professional enhancement for teachers and principals. <p>21st Century Community Learning Centers</p> <ul style="list-style-type: none"> Supports community learning centers that provide before-and after-school programs for children, particularly those in high-poverty areas. <p>Federal Supplemental Educational Opportunity Grant</p> <ul style="list-style-type: none"> Provides need-based grants of up to \$4,000 to low-income undergraduates for postsecondary education. <p>Striving Readers</p> <ul style="list-style-type: none"> Helps states fund literacy programs for children, birth through grade 12, including those with disabilities and limited English. <p>Teacher Quality Partnership</p> <ul style="list-style-type: none"> Funds initiatives aimed at improving the quality of new teachers through better development and recruiting methods. <p>Impact Aid Support Payments for Federal Property</p> <ul style="list-style-type: none"> Provides funding to school districts that have a diminished tax base due to federal property ownership in the district. 	<p>State, Treasury, USAID</p> <p>Global Climate Change Initiative</p> <ul style="list-style-type: none"> Provides financial assistance for global climate change initiatives in developing countries. <p>U.N. Green Climate Fund</p> <ul style="list-style-type: none"> Funds projects to help developing countries mitigate and tackle the effects of climate change. <p>U.N. Climate Investment Funds</p> <ul style="list-style-type: none"> Pairs developing nations with multi-lateral development banks to create programs to reduce emissions and combat climate change. <p>Emergency Refugee and Migration Assistance Account</p> <ul style="list-style-type: none"> Funds U.S. government refugee assistance efforts during unanticipated and urgent humanitarian crises. <p>Complex Crises Fund</p> <ul style="list-style-type: none"> Provides rapid response funding to USAID to prevent violent conflict and mass atrocities. <p>East-West Center</p> <ul style="list-style-type: none"> Strengthens relations among the peoples and nations of Asia, the Pacific and the U.S. through education and research initiatives. <p>Energy</p> <p>Advanced Research Projects Agency-Energy</p> <ul style="list-style-type: none"> Provides funding and support to short-term energy research projects aimed at improving the U.S. economy, environment and national security. <p>Title 17 Innovative Technology Loan Guarantee Program</p> <ul style="list-style-type: none"> Provides loans to support the use of new energy technology. <p>Advanced Technology Vehicle Manufacturing Program</p> <ul style="list-style-type: none"> Provides loans to automotive and component manufacturers for facilities and engineering that support advanced technology vehicles. <p>Weatherization Assistance Program</p> <ul style="list-style-type: none"> Provides grants to local governments to improve weatherization and energy efficiency of homes of low-income residents. <p>State Energy Program</p> <ul style="list-style-type: none"> Supports local State Energy Offices in advancing energy efficiency and infrastructure.
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Housing and Urban Development

Community Development Block Grant Program
 ◦ Funds programs that assist low-income people with housing issues, including the elimination of urban blight and other community programs.

HOME Investment Partnerships Program
 ◦ Provides block grants to state and local governments to create affordable housing solutions for low-income households.

Choice Neighborhoods
 ◦ Funds programs to replace distressed public housing and promotes investment for neighborhood improvement.

Self-Help Homeownership Opportunity Program
 ◦ Funds nonprofit organizations that build new housing for low-income families through sweat equity and volunteer labor.

Section 4 Capacity Building for Community Development and Affordable Housing
 ◦ Works with nonprofit groups to fund community development and affordable housing initiatives aimed at low-income families.

Commerce

Economic Development Administration
 ◦ Provides grants and assistance to create new jobs, retain businesses and stimulate growth in economically distressed communities.

Minority Business Development Agency
 ◦ Promotes the growth of minority-owned businesses through advocacy, policy, research and access to capital and contracts.

Manufacturing Extension Partnership
 ◦ Regional centers that assist smaller, U.S. manufacturing companies with adopting new technologies.

NOAA Sea Grant programs
 ◦ Network of 33 university-based programs that support and sponsor marine research, outreach and education projects.

Agriculture

Water and Waste Disposal Loan and Grant Program
 ◦ Provides funding for clean drinking water, sanitary sewage disposal and storm-water drainage programs in rural areas.

Rural Business and Cooperative Service's discretionary programs
 ◦ Provides financial assistance for economic development programs in rural communities, including renewable energy and biofuel initiatives.

McGovern-Dole International Food for Education Program
 ◦ Supports education, child development and food security initiatives in low-income, food-deficit countries around the world.

Labor

Senior Community Service Employment Program
 ◦ A community service and work-based job training program for older Americans, including training for low-income, unemployed seniors.

Bureau of International Labor Affairs grant program
 ◦ Provides funding for research initiatives and projects in over 94 countries to combat child labor and forced labor.

Occupational Safety and Health Administration training grants
 ◦ Provides grants for training and education programs for employers and workers on the prevention of safety and health hazards in the workplace.

Health and Human Services

Fogarty International Center
 ◦ Supports global health research initiatives, including infectious disease research in developing countries.

Low Income Home Energy Assistance Program
 ◦ Provides assistance to low income families to help pay for their home's energy bills and some energy-related maintenance.

Community Services Block Grant
 ◦ Funds projects aimed at reducing poverty in communities, including projects focused on education, nutrition, employment and housing.

Transportation

Federal support for Amtrak's long distance train services
 ◦ Subsidizes the cost of traveling on Amtrak's long-distance routes.

Essential Air Service
 ◦ Subsidizes airlines for regular flights to and from small and midsize regional airports.

TIGER discretionary grant program
 ◦ Provides transportation infrastructure grants to state, local and tribal governments.

Small Business Administration

PRIME technical assistance grants
 ◦ Provides training and technical assistance to organizations that help disadvantaged entrepreneurs.

Regional Innovation Clusters
 ◦ Supports public-private partnerships concentrated in regional groups to strengthen small businesses.

Growth Accelerators
 ◦ Funds startups that support underserved communities and areas with less access to venture capital.

Treasury

Community Development Financial Institutions Fund grants
 ◦ Provides grants and support to local community-based financial institutions.

Homeland Security

NFIP Flood Hazard Mapping's discretionary appropriation
 ◦ Provides states and local entities with data about flood risks in their area.

Justice

State Criminal Alien Assistance Program
 ◦ Gives funding to states and local governments for correctional officer salary costs associated with incarcerating undocumented criminal aliens.

With assistance from Arit John
 Sources: Office of Management and Budget, Bloomberg reporting

ART & DESIGN

Can Programs That Help the Military Save the Federal Arts Agencies?

By GRAHAM BOWLEY MARCH 27, 2017

BETHESDA, Md. — First they paint. Later, they write stories or express their emotions by playing the drums or piano.

Finally, the military service members who participate in arts therapy at the Walter Reed National Military Medical Center here create a “culminating project,” a montage of shapes and words.

“This gives them a visual voice,” said Melissa Walker, one of the therapists for the Creative Forces program run by the National Endowment for the Arts in conjunction with the military.

On Tuesday, the endowment will announce that the program, in place at seven locations around the country, will expand to four more.

Endowment officials describe the expansion, which has been planned for nearly two years, as a valuable enhancement to a program that has shown good results with service members and veterans. They say there is no connection between the timing of the announcement and the need to rally support for the federal agency as President Trump threatens to eliminate it completely.

But the growth of its programs that benefit members of the military and veterans has also helped the agency build support among some Republicans and rebut criticism that it is an elitist, left-leaning repository of woolly-headed indulgence.

“People understand we owe a deep obligation to our veterans,” said Mark Mellman, a Democratic pollster who advised John Kerry’s 2004 presidential campaign. “It is political poison to take anything away from them. I can’t speak as to why they have done the program, but there is no question, because politicians and the public are so reluctant to take anything away from vets, it would be wise to talk about the art therapy for veterans.”

All one has to do is review the extent to which President Trump spoke of veterans issues while on the stump to understand the potency of an issue like whether the nation provides adequate care for its servicemen and women. Now, with the fate of the National Endowment of the Arts and the National Endowment for the Humanities in the hands of the Republican lawmakers controlling Congress, supporters of the endowments say mentioning the work they do with the military and veterans is important when lobbying lawmakers.

“It definitely resonates with Congress, as it should,” said Robert L. Lynch, president of Americans for the Arts, an advocacy group.

At the medical center here, though, the focus is on getting better, not getting votes. Arts therapy patients have all suffered a traumatic brain injury or post-traumatic stress disorder. Organizers say the monthlong program helps them cope with haunting memories, disabilities and the future.

“A lot of this population has trouble verbalizing what they have been through,” Ms. Walker said.

The focus at first is on painting masks, each treated as a blank slate that helps a patient explore wounds and identity. Masks line walls and a paint-spattered table in the bright therapy room. Some are fractured, others macabre, a few peaceful.

“I was kind of lost,” Chris Stowe, a retired Marine who studied oil painting and learned how to play the ukulele in the program, said in a telephone interview.

After deployments including Iraq and Afghanistan, he suffered night terrors and insomnia, he said. “I found this wonderful thing that is art.”

Rusty Noesner, a former member of the Navy SEALs, was injured in

Afghanistan. “You are going 100 miles per hour, and after serving you are slamming on the brakes,” he said by telephone. “The artistic process gives you a pause to start thinking about how you should be living your life now.”

Walter M. Greenhalgh, a Navy captain who is director of the National Intrepid Center of Excellence, which hosts the program at Walter Reed, said the patients are often surprised by how much it helps them in “externalizing those inner demons.”

The extent of N.E.A. programs with some military affiliation has grown since the Vietnam era, when the endowment provided a \$1,980 grant to support an exhibition at West Point. Last year it gave out 25 direct military-related grants worth \$499,000, and funded Creative Forces at an additional cost of \$2.3 million.

The endowment stresses that its expansion in this area since the 1990s, when conservative critics assailed it as elitist and irrelevant, is not some political strategy, but rather part of an effort to “increase access to the arts for all Americans.” The agency says the same broad mission underlies its decision to fund a range of projects in every congressional district.

The efforts have not persuaded some conservatives, though, who suggest the same kind of art therapy programs for the military can be provided by private nonprofit organizations and that some already are. “N.E.A.’s involvement in programs for members of the military, by themselves, do not justify the agency’s existence,” said Romina Boccia, a fellow at the conservative Heritage Foundation.

Creative Forces will expand to Fort Campbell on the Kentucky-Tennessee border; the James A. Haley Veterans Hospital in Tampa, Fla; Fort Carson near Colorado Springs, Colo.; and the Naval Special Warfare Command in Virginia Beach, Va.

The N.E.H. programs for veterans or service personnel include the Warrior Chorus, in which veterans perform classical texts and their own writing. The program has received \$650,000 from the agency since 2014, including another \$300,000 being announced this week.

One of its productions, “Our Trojan War,” was staged last week in Austin, Tex.,

in a run that is due at BAM Fisher in Brooklyn in April.

Marco Reininger, who served in Afghanistan, took part in an earlier production, of Sophocles' play "Philoctetes." "Seeing, through the play, how little had changed about the reality of armed conflict and the experience of the humans tasked with executing it pulled me in very deeply," he said. "The warriors and citizens of ancient Greece had the same questions and carried the same trauma as soldiers do today."

The fate of projects like the Warrior Chorus is likely to be determined in key congressional appropriations committees as they consider whether the two endowments should be funded, and at what level. In the past, lawmakers have cited the military and veterans' programs when justifying budget increases for the endowments, which now each receive roughly \$148 million.

Many committee members have not said whether they will support the agencies. But at least one, Senator Lisa Murkowski, an Alaska Republican who is chairwoman of the appropriations panel that oversees the endowments, has backed them.

In explaining her support, she spoke of the N.E.A.'s work in her district, including the arts therapy work, which she fought to extend and is being carried out at Joint Base Elmendorf-Richardson in her own state.

"I have consistently supported funding for the arts and humanities and have seen the direct benefits of these programs in communities across Alaska," Senator Murkowski said in a statement. She cited the program at the Alaskan base, which "treats our wounded warriors."

Jack Begg contributed reporting from New York.

A version of this article appears in print on March 28, 2017, on Page C1 of the New York edition with the headline: A Lifeline for Veterans.

The New York Times

Discover the truth with us. Select the package that works for you.
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Be sure to check out these ADDITIONAL resources:

Support for

- Caregivers
- Female veterans
- PTSD
- Reintegration
- TBI
- Wounded warriors

Therapeutic opportunities

- Biking, recumbent bikes
- Equine
- Farming
- Golfing
- HBOT
- Music
- PTSD, TBI retreats
- Service dogs, therapy dogs & companion pets
- Volunteering & community service

Healing arts programs for military veterans

Art, dance, theater, film, writing, etc...

[Return to PTSD Resource Directory - LINK](#)

[Return to Wounded Warrior Resource Directory - LINK](#)

[For additional opportunities to share your story, visit this LINK.](#)

American Healing Arts Foundation

<http://americanhealingartsfoundation.com/>

The *American Healing Arts Foundation (AHAf)* is a non-profit organization that promotes art classes at no cost to our veterans. Our mission is to give veterans new hope, offer them our support, friendship and additionally give them an art career opportunity. Art is proven to be therapeutic for the mind body and soul. We are looking forward to our ultimate goal of the 'Veterans Academy of Art'.

We believe:

- Every man and woman that has ever served our country is eligible for the art classes.
- Wounded warriors and their families have an added financial burden which is why we offer no cost art classes.
- Art therapy classes offer veterans the ability to interact with world-renowned art instructors, witness their own creative side and exercise the power of rehabilitation.

Follow us on    

resources

Resources for supporters of military and veteran families

- Adopt a military family
- Caring with meals
- Charity guides
- Christmas holiday support
- Church resources
- Humanitarian aid
- Info. about the U.S. military
- Interest-based support
- Memorial Day
- Practical insights in caring for
 - Home front families
 - Military personnel
 - Parents
 - PTSD, wounded warriors
 - Loved ones of the fallen
- Send cards and letters
- Send care packages
- Significant days, observances
- Suggested reading (adults)
- Suggested reading (children)
- Thank you cards, free
- Teacher resources
- Toolkits and steps to helping
- Tools to coordinate care
- Veteran and spouse businesses
- Veteran hospital support
- Veterans Day

Military and veteran family resources

- Adoption, infertility
- Air travel assistance
- Apps
- Arts (creative expression)
- Basic training
- Book lists
- Cards and letters
- Caregivers
- Care packages
- Chaplain resources
- Childbirth
- Childcare
- Children and teens
- Christian encouragement
 - Bibles, devotionals, studies
 - Bible verses that offer hope
 - Of grace and gratitude
 - Prayer
- Christmas

- Classes are intended to reunite veterans with their peers, away from hospitals and the battlefield, in a peaceful environment.
- Every veteran is given the opportunity to discover their talents and achieve an art career.
- After a series of classes, veterans will leave with encouragement, hopefulness, inspiration and a sense of peace as well as self-satisfaction.

Armed Services Arts Partnership

<http://www.asapasap.org/>

The *Armed Services Arts Partnership* offers community-creating, expressive arts programs at no cost to service members, veterans, and military families by partnering with reputable veterans nonprofits and leveraging the resources of universities near areas with large military populations.

ASAP's writing, music, and comedy programs foster expression, promote skill development, and form community support networks, thereby offering therapeutic benefits to participating vets, reducing stress and anxiety among families dealing with a loved one's transition into civilian life, and improving the welfare of communities facing these concerns.

Music sessions - Weekly group music sessions for service members and veterans in the local community.

Veterans writing group - Bimonthly writing group sessions for service members, veterans, and military families.

Comedy Boot Camp - Weekly stand-up comedy class for service members and veterans led by professional comedians.

ASAP will bring additional arts programs for veterans, service members, and military families as the organization expands.

Ars Bellum Foundation (St. Paul, MN)

<http://arsbellumfoundation.org/>

The mission of the *Ars Bellum Foundation* is to provide clinical art therapy programs for veterans and their families with PTSD and related mental health conditions as a result of trauma from their service, and then showcase that art in our *Beyond the Battlefield Art Exhibition* to raise awareness and educate the public about the realities our soldiers face when they come home.

Art for Veterans (Flags Across America) (Charlotte, NC)

<http://www.flagsacrossthenation.org/our-projects/art-for-veterans/>

The *Art for Veterans* project brings creative and healing support to our veterans from the Iraq and Afghanistan wars. We also welcome veterans from other conflicts and wars to participate with us. This project provides veterans with free art materials, art lessons and art space. We believe that in the process of creating art, healing can take place.

Free painting and drawing classes are being offered to veterans in Mecklenburg/Union county areas, North Carolina. Veterans can participate in a 4 week session that meets once a week for 2 hours. If you are a veteran, you will have the opportunity to express your feelings through the use of drawing and painting techniques. A supportive and caring environment will be made available to you to create art that has meaning and healing experiences for you. At the end of the four week period, art supplies will be gifted to you.

Art of War Project

<http://www.artofwarproject.com/>

Art of War Project was founded to inspire hope and contribute to the health and well being of American Veterans dealing with PTSD. By providing a positive outlet through art and other creative endeavors, we seek to make lives better.

The program was founded in 2013 by a veteran who has been affected by PTSD and found a positive and healthy way to deal with it. *Art of War Project* is not just about art therapy, it is dedicated to helping veterans in any way possible. We help veterans get connected to the proper resources to deal with issues in their lives. Whether interested in art therapy or not, we will help you find the resources that you require to help you live a happy and healthy life.

- Civilian contractors
- Classifieds
- Cookbooks
- Counseling, crisis numbers, peer support, sexual assault, suicide prevention
- Crafts, sewing, etc.
- Deployment support for Military personnel Military spouses Military children, teens
- Discounts
- Disaster preparedness or aid
- DIY - Do it yourself websites
- Downloads and printables Brat Town Bugle TM Coloring pages Flat Brat TM Military house ornament
- EFMP
- Emergency communication
- Equine therapy
- Family coaching, mentoring
- Family support organizations
- Female veterans
- Financial assistance
- Financial guidance
- Free family-friendly activities
- Get connected
- Gold star families
- Health, fitness, medical
- Homeless (or at risk) veterans
- Home schoolers
- Hotlines (reporting)
- Humor, comics, comedy
- Income tax preparation
- Legal aid or assistance
- Local opportunity and services locator
- Magazines
- Marriage
- Military brats
- Military OneSource
- Military working dogs
- Moving
- Music (therapeutic opportunities)
- News
- OPSEC, PERSEC
- Parenting
- Parents of military personnel
- Pets
- Photography
- Poems and essays
- Post-traumatic stress (PTSD)
- Radio
- Real estate
- Recreational opportunities, retreats, vacations (free)
- Reintegration
- Relevant, encouraging articles
- Sellers of military-themed items
- Service dogs, companion pets
- Social media directories
- Spouse clubs, coffee groups

Artwork by Veterans

<http://artworkbyveterans.wordpress.com/>

Artwork by Veterans (AbV) seeks to help Americans understand military service through artwork created by veterans. By networking with Museums and Curators we provide accessible venues for past and present Warriors. *AbV* artwork and exhibits reveal the effects of war upon our nation's heroes, provides veterans with a creative venue for expression, and promotes patriotism in a positive light.

The five aims of *Artwork by Veterans*:

- Collect, preserve, and exhibit artwork inspired by veterans.
- Educate the American public about military heritage through the Arts
- Connect the American soldier to the American public
- Inspire Patriotism in the community
- Help our warriors heal through the therapy creating art provides.

In recent years, interests in the relationships between art and healing have become a talking point in the medical world. More than three-hundred professional organizations are researching, documenting, and systematizing how engagement with these creative processes impact PTSD, TBI and Depression. *AbV* wants to join this conversation by providing a creative venue for our nation's heroes.

Blanket of Freedom (Buford, GA)

<http://www.blanketoffreedom.org/>

Blanket of Freedom (BOF) is a not-for-profit organization that is dedicated to providing services to combat veterans struggling with mental illness by providing an Expressive/Drama Therapeutic Intervention program which provides an alternative to traditional treatment programs. This approach can provide the context for participants to tell their stories, set goals and solve problems, express feelings, or achieve catharsis. Through drama, the depth and breadth of inner experience can be actively explored and interpersonal relationship skills can be enhanced. Participants can expand their repertoire of dramatic roles to find that their own life roles have been strengthened.

Blue Star Theatre

<https://bluestarfam.org/resources/family-life/blue-star-theatres/>

Blue Star Theatres is a collaboration between *Theatre Communications Group* and *Blue Star Families*, with leadership support from the *MetLife Foundation*. The first launch of the program is September 28, 2012, with 21 theatres participating. Through *Blue Star Theatres*, we plan to help better connect theatre offerings to military personnel across the United States. This initiative is intended to recognize the contributions of service families, to build stronger connections between the theatre community and military families in communities all across the country and to help in whatever small way we can to aid service people and their families as they seek to be integrated into the lives of their communities. Each participating *Blue Star Theatre* is offering discounted or complimentary admission to all military personnel and their families, as well as veterans. Education programs and other theatre opportunities may be discounted as well. Please see the map below for participating theatres.

Brat Art Institute (Norfolk, VA)

<http://www.bratswithoutborders.org/about-bai/>

The *BRAT Art Institute* is the first multidisciplinary art institute for Military Brats in the world. Currently based out of Virginia, which has one of the largest concentrations of military families in America, the *BRAT Art Institute* will initially feature:

- Art camps & workshops for military kids & teens, guided by professional artists who were also raised in military families.
- Professional development for teachers and counselors who work with military youth.
- Community forums to share the resulting artwork and educational curriculum, and spark dialogue that will narrow the civilian-military cultural divide – one student and one teacher at a time.
- A library of Military Brat art, history, and research, in one place, for generations to come.

Button Field Press

<http://buttonfieldpress.blogspot.com/>

Through papermaking, printmaking, book arts, and writing workshops *Button Field* attempts to create artistic space for veterans and communities to dialogue about

- Spouse employment, education
- Transition to civilian (ETS)
- Transportation
- Traumatic Brain Injury (TBI)
- Travel assistance
- Travel, Space A flights
- Veterans Day promotions
- Veterans service organizations
- Veteran stories
- Voting
- Wedding
- Wishes granted
- Wounded warrior families

Operation We Are Here

- Flyers to print and share

their experiences.

During papermaking workshops participants use their uniforms and articles of clothing that have personal significance to create works of art.

Whether the art is commemorative of an experience or attempts to overcome it through the cathartic process, the communication that happens in and around workshops serves to let people know that an experience does not have to be locked away like an old uniform in the attic of the mind.

Combat Paper Project

www.combatpaper.org

From uniform to pulp - Battlefield to workshop - Warrior to artist

The *Combat Paper Project* utilizes art making workshops to assist veterans in reconciling and sharing their personal experiences as well as broadening the traditional narrative surrounding service and the military culture.

Through papermaking workshops veterans use their uniforms worn in combat to create cathartic works of art. The uniforms are cut up, beaten into a pulp and formed into sheets of paper. Veterans use the transformative process of papermaking to reclaim their uniform as art and begin to embrace their experiences in the military.

The *Combat Paper Project* is based out of art studios throughout the United States and has traveled to Canada and the United Kingdom, providing veterans workshops, exhibitions, performances and artists' talks. This project is made possible by a multifaceted collaboration between artists, art collectors, academic institutions and veterans.

Common Ground on the Hill Veterans Initiative (Westminster, MD)

<http://www.commongroundonthehill.org/veterans-initiative.html>

In 2012, *Common Ground on the Hill* launched its *Veterans Initiative*, providing full scholarships for ten veterans to attend the Traditions Weeks summer workshops at McDaniel College in Maryland. The experience was transformative. Both veterans and civilians thrived in an environment of mutual respect and sharing, engaging in an essential and difficult dialogue.

The *Common Ground on the Hill Veterans Initiative* seeks to provide a safe space for veterans to grow and to share, to process their experiences and teach others, while gaining a new perspective from their peers at the summer workshops. It's difficult to explain the transformative effect of *Common Ground on the Hill* unless you have experienced it. But the veterans who participated in our inaugural year of the *Common Ground Veterans Initiative* spoke of nothing less than a life-changing impact.

Creative Forces: NEA Military Healing Arts Network

<https://www.arts.gov/partnerships/creative-forces>

The *NEA* and *Department of Defense* have expanded its military healing arts program into *Creative Forces: NEA Military Healing Arts Network*. The expanded *Creative Forces* program places creative arts therapies at the core of patient-centered care at ten additional clinical sites – for a total of twelve – and increases access to therapeutic arts activities in local communities for military members, veterans, and their families. The program is also investing in research on the impacts and benefits of these innovative treatment methods.

Since 2011, this military healing arts partnership has supported creative arts therapies for service members with traumatic brain injury and associated psychological health issues at two military medical facilities in the Washington, DC, area—the National Intrepid Center of Excellence (NICoE) at Walter Reed Bethesda in Maryland, and the NICoE Intrepid Spirit-1 at Fort Belvoir in Virginia. As of October 25, 2016, these are the *Creative Forces* clinical sites. Additional programs as they are added will be listed on the *Creative Forces* website.

- National Intrepid Center of Excellence (NICoE) at Walter Reed, Bethesda, MD
- Joint Base Elmendorf-Richardson (JBER), Anchorage AK
- Marine Corps Base Camp Pendleton, Oceanside, CA
- Marine Corps Base Camp Lejeune, Jacksonville, NC
- Fort Hood, TX
- Fort Belvoir, VA
- Madigan Army Medical Center, Tacoma, WA

CreatiVets (Chicago, IL and Nashville, TN)

<http://www.creativets.org/>

CreatiVets' goal is to offer opportunities of relief and healing for the men and women who have sacrificed so much our country. Our purpose is to use various forms of art, including songwriting, visual arts, music and creative writing, to help disabled veterans cope with service-related trauma (i.e., post-traumatic stress, or PTS) by fostering self-expression in a way that allows them to transform their stories of trauma and struggle into an art form that can inspire and motivate continued healing.

Dryhootch Artful Warriors program (Milwaukee, WI)

<https://www.facebook.com/groups/449568251785290/>

Artful Warriors is a coffee house art group that meets from 11-3 on Tuesdays at *Dryhootch* veterans coffee house at 1030 E Brady Street, Milwaukee WI. This group is for those who wish to follow the journey of the Artful Warrior members and various activities.

Exit 12 Dance Company

www.exit12danceco.com

Exit 12 Dance Company's vision is to widely impact audiences for the greater good by both raising awareness of societal themes through dance, and cultivating a socially significant dialogue with innovative educational programming.

Exit 12 Dance Company serves as an artistic ambassador with the mission of integrating high-quality dance performance and powerful, relevant cultural messages. With a commitment to military themes, the troop strives to reach veterans, youth, and unlikely communities in effort to educate, enrich, and empower audiences through classical and contemporary movement.

Foundation for Art and Healing

www.artandhealing.org

Post-Traumatic Stress Disorder (PTSD) and Traumatic Brain Injury (TBI) represent significant burdens for those afflicted, their caregivers, and military and civilian healthcare delivery systems. New approaches are urgently needed to help active service members suffering from PTSD & TBI thrive on duty and successfully transition to civilian life.

The application of creative and expressive therapies as part of treatment plans has recently shown significant and sustained benefit at leading institutions such as *Walter Reed Army Medical Center*, the *National Intrepid Center of Excellence*, and various VA institutions across the country.

The *Foundation for Art and Healing* is committed to extending the impact of this early field work by bringing greater awareness to how art and creative engagement powerfully influences the overall healing of PTSD and TBI and connecting people with helpful resources.

GI Film Festival

<http://giffilmfestival.com/>

The *GI Film Festival (GIFF)* is a non-profit educational organization dedicated to sharing the military experience in and out of the arena of war. The festival is the first in the nation to exclusively celebrate the successes and sacrifices of the service member through the medium of film.

Harmony for Heroes

<http://harmonyforheroes.org/>

Harmony for Heroes demonstrates our appreciation for our military by sharing classical music at the Veterans Administration Hospital Living Centers in Tacoma and Seattle. We share music at least once per month at each campus.

Harmony for Heroes shares classically-based music with veterans, current military and their families to provide support in any capacity we may discover a need.

Help Heal Veterans

<https://www.healvets.org/#>

HealVets provides therapeutic arts and crafts kits to veterans receiving medical care. These kits keep hands active, minds alert and help with recovery.

Hospitalized Veterans Writing Project (Veterans' Voices)

<http://veteransvoices.org/>

The mission of *HVWP* is to encourage veterans to write, through the coordinated efforts of volunteers and/or VA medical center staff. Veterans often experience traumatic and life-changing experiences in the service of their country. Writing serves as therapy for many veterans who participate through the VA medical centers across the United States of America.

HVWP's therapeutic writing program is designed to acknowledge veterans' experiences and build self-esteem through creative expression and possible publication. Veterans are encouraged to submit their manuscripts (prose, poetry and artwork) for national publication in *Veterans' Voices*, the only publication dedicated solely to veterans' writings.

Veteran's Voices is published with contributions to the *Hospitalized Veterans' Writing Project*.

Independence Fund's Art of Healing (Ridgeland, SC)

<http://www.independencefund.org/page/Art-of-Healing>

Art therapy plays an important role in the healing process. Veterans have been self-medicating with art long before it was recognized as an effective tool in the battle against PTSD. Exhibits produced by Independence Fund have helped raise awareness and educate the public about veterans issues in numerous venues across the country.

The *Independence Fund* needs your help to start on the path of building "Phase 1" of an *Independence Center* at Palm Key, near Ridgeland, SC. Palm Key has been the host of over 300 severely handicapped veterans and their caregivers, demonstrating the healing powers of this tranquil and beautiful maritime woodland on the salt marshes along the Broad River. Now we need a place of permanence.

Military Experience and the Arts

<http://militaryexperience.org/>

Military Experience and the Arts is a non-profit, volunteer-run organization whose primary mission is to work with veterans and their families to publish creative prose, poetry, and artwork. We also work with scholars to publish articles related to veterans' issues in the humanities and social sciences. Our volunteers are based all over, including college professors, professional authors, veterans' advocates, and clinicians. As such, most of our services are done through email and in online writing workshops. All editing, consultations, and workshops are free of charge to those accepted for publication.

National Creative Arts Festival

<http://www.va.gov/opa/speceven/caf/index.asp>

Nationwide, *Department of Veterans Affairs (VA)* medical facilities use the creative arts as one form of rehabilitative treatment to help Veterans recover from and cope with physical and emotional disabilities. Across the country each year, Veterans treated at VA facilities compete in a local creative arts competition. The competition includes 53 categories in the visual arts division this year that range from oil painting to leatherwork to paint-by-number kits. In addition, there are 120 categories in the performing arts pertaining to all aspects of music, dance, drama and creative writing. A national selection committee chooses first, second and third place winners among all of the entries. Select winners are invited to attend the *National Veterans Creative Arts Festival* each year.

National Veterans Art Museum

<http://www.nvam.org/>

The *National Veterans Art Museum* inspires greater understanding of the impact of war with a focus on Vietnam. The museum collects, preserves and exhibits art inspired by combat and created by veterans.

The *National Veterans Art Museum* is dedicated to the collection, preservation and exhibition of art inspired by combat and created by veterans.

Since its inception in 1981, the *NVAM* has been a space for military personnel, veterans, and civilians to open a dialogue over the impact of war. All artwork is created by veterans.

The truly unique museum features work by combat veterans from all conflicts. The

National Veterans Art Museum also has many educational opportunities to help you access, explore and connect with our one-of-a-kind collection.

Originally Incorporated in 1982 as the *Vietnam Veterans Art Group*, NVAM is proud to be recognized by the IRS as a 501(c)(3) organization.

National Veterans Creative Arts Festival

<https://www.va.gov/opa/speceven/caf/index.asp>

Nationwide, *Department of Veterans Affairs (VA)* medical facilities use the creative arts as one form of rehabilitative treatment to help veterans recover from and cope with physical and emotional disabilities. Across the country each year, veterans enrolled at VA health care facilities compete in a local creative arts competition. The competition includes 51 categories in the visual arts division this year that range from oil painting to leatherwork to paint-by-number kits. In addition, there are 100 categories in the performing arts pertaining to all aspects of music, dance, drama and creative writing. Through a national judging process, first, second and third place entries in each category are determined.

Operation Revamp, Inc. (Grand Junction, CO)

<http://www.operationrevamp.org/>

Operation Revamp, Inc. is an organization that is working for the veterans and military families effected by trauma. It has been estimated that 20% of returning combat veterans have PTSD. Suicide rates among the military exceed the national average. 25% of the homeless population are veterans. Unemployment among returning veterans is higher than for civilians.

Art provides an opportunity to heal from these symptoms and difficulties. We provide the vehicle for the art. We are offering art classes to veterans and military families. Currently, these are offered locally in Grand Junction, Colorado but we will expand to other areas as interest demands and funding provides. Our Colorado headquarters has established an open studio where our participating artists will be able to access studio space as needed. We also assist our artists in sale of their art in our gift shop and will host other events such as silent auctions, the wall of art and art competitions.

Our music room is now ready for practice, lessons, jam sessions and some recording.

Reflections of Generosity

<http://reflectionsofgener.wix.com/exhibits>

Reflections of Generosity is a traveling exhibit dedicated to serving Soldiers, veterans and their families. It is under the umbrella of *Theatre, Inc.*

Rochester Veterans Writing Group (Rochester, NY)

<https://rvwg.wordpress.com/>

Rochester Veterans Writing Group meets monthly. It is free, and open to veterans of every age and every rank.

Semper Fi Fund Therapeutic Arts

<https://semperfund.org/how-we-help/assistance/>

This type of assistance provides a positive outlet for injured service members which helps accelerate their physical, emotional and mental rehabilitation. Grants for Therapeutic Arts cover areas such as musical instruments and education, arts supplies and art education.

SHOUT! For Women Veterans (Swords to Plowshares)

<https://www.swords-to-plowshares.org/shout/2017-call-for-artists>

SHOUT! For Women Veterans, is a project by *Swords to Plowshares*. *SHOUT!* is a yearly event to celebrate women veteran and was inspired by the notion that the arts encourage expression and healing. This event attracts hundreds of veterans and supporters to share in the artistic expression of women veterans through photography, painting, and spoken word. *SHOUT!* raises awareness about the issues facing women veterans and explores the intersections of art, community, health and healing.

Soldiers Who Salsa

<http://www.soldierswhosalsa.org/>

Soldiers Who Salsa serves wounded, ill, and injured military service members in locations where they may already be receiving treatment or therapy. Our locations are

set up at military medical facilities, and are often coordinated with Physical Therapy, Psychiatry, and Recreational Therapy. Depending on the location, our classes are typically provided through a therapy program though some may be offered on an ongoing drop in basis. Check the calendar for the classes being offered in your area.

When we first began offering classes, our focus was with patients working on balance on coordination with their prosthetic limbs. Therapists quickly saw that the benefits these patients were receiving could also apply to those with traumatic brain injuries (TBI). In addition to balance and coordination, memory recall and multi-function activities became important visible results.

Because salsa dancing is such a social activity, it has also been invaluable to patients with post-traumatic stress (PTS) and post-traumatic stress disorder (PTSD). Common symptoms of PTS/PTSD include an aversion to close contact, avoidance of new activities and new surroundings, and reluctance to meet new people. Our classes provide a safe place for patients to not only learn a new activity, but also work on several of the most common symptoms. It is not uncommon to see patients laughing, smiling, and engaging with new people each week

Survivors Empowered Through Art, Inc.

<http://survivorsempoweredthroughart.blogspot.com/>

Survivors Empowered Through Art, Inc. is a newly formed non-profit founded by Executive Director, Rachel Beauchene. Our mission is to raise awareness about sexual assault, including military sexual trauma, through art and narrative storytelling. We are currently working on two projects: *Speaking Out: Why I Stand* and *Project Retrospect: Flipping the Script on Rape*.

Syracuse Veterans' Writing Group (New York)

<http://wrt.syr.edu/syrvetwriters/>

<https://www.facebook.com/groups/369702424408/>

The *Syracuse Veterans' Writing* group is open to all veterans and their supporters. The focus of our group is on writing nonfiction accounts or "true stories" of life in and out of the military.

Veterans of all ages, branches of the military, and conflicts are welcome. You need not have any prior experience with writing, just a desire to write your stories and share them with others.

The Art Therapy Project (New York)

<https://thearttherapyproject.org/>

The Art Therapy Project is dedicated to helping trauma survivors through the creative process. Centered around challenges of Family, Violence and Health, we are the only nonprofit in New York dedicated solely to providing guided art therapy to those seeking hope and support. We go beyond traditional talk therapy. Our clients and art therapists work together to turn negative energy positive. Some projects include:

- Women and Men Survivors of Sexual Trauma: An ongoing group for women and men survivors of sexual trauma provides participants an opportunity to connect with others and counteract the feelings of isolation that are common for this population.
- Women's and Men's Veterans Groups: Several different groups meet the needs of both male and female veterans confronting issues surrounding re-entry to civilian life, post-traumatic stress, military sexual trauma, substance abuse and homelessness.

The Big Red Barn Retreat (Blythewood, SC)

<http://www.thebigredbarnretreat.org/>

The *Big Red Barn Retreat* is a 501(c)(3) and strives to create a peaceful, nurturing, therapeutic haven in a natural setting to provide a feeling of peace, tranquility and a sense of connection and stability for those in need. We service those suffering from PTSD and other combat related stress issues. We currently offer equine assisted psychotherapy, therapeutic yoga and a healing arts program.

Healing Arts Program - We are honored to have Jim Dukes as our Director of Healing Art Programs at the BRB Retreat! Jim's background was originally in engineering, but he began his art career 3 years ago while recovering from his fifth Traumatic Brain Injury and in therapy for PTSD. Jim was an explosive ordinance disposal technician for a DoD contractor with the United Nations in Iraq and was unfortunately "blown up twice". Now permanently disabled from his injuries and exposures, he dedicates his

energy to providing healing outlets to others in need in order to help them heal from the inside out.

What is Healing Art you ask?

Scientific studies tell us that art heals by changing a person's physiology and attitude. The body's physiology changes from one of stress to one of deep relaxation, from one of fear to one of creativity and inspiration. Through art, a language that talks to the inner process is established and a person is able to access and talk about feelings and thoughts associated with the impact on the physical self, promoting understanding and healing.

Jim facilitates an art program using a multitude of mediums so participants can explore raw emotion and life experiences that are meant to tear them down, so as a group or community, they become stronger.

The Dirty Canteen

www.dirtycanteen.com

The Dirty Canteen is a collaboration of Artists who are part of this generation's Veteran Art Movement.

The Artists involved in *The Dirty Canteen* are actively committed to helping fellow Veterans by providing them with means of expression and support as well as informing and educating the public.

The Graffiti of War Project

www.graffitiofwar.com

Offering a unique, individual perspective, through their eyes and their emotions. Each image represents a moment in time, when an emotion was captured in ink, paint, or pencil, an unconventional historical record of this generation's war.

Our mission is that through sharing these images, we will begin a dialog between soldier and civilian, to bridge this ever-widening divide between those who have endured these wars and the rest of the world that can only imagine the horrors. To bring understanding and true empathy of what these men and women experience during modern conflicts.

Now more than ever, our veterans are becoming homeless faster than compared to those coming home from Vietnam.* According to a recent *CBS 60 Minutes* story, when Vietnam veterans came back, it took 8 to 10 years before they succumbed to homelessness. Now, within a year of separation from the Armed Forces, our warfighters are on the street, homeless. Though some of them are victims of our economy, these staggering statistics point to the increased occurrence of invisible wounds such as mTBI, TBI and PTSD.

The ultimate goal of this project and book is help raise awareness of these invisible wounds of war and with the help of our non-profit partners such as GiveAnHour.org, develop both traditional and non-traditional forms of treatment such as Music and Art Therapy.

The Journal of Military Experience

<http://militaryexperience.org/>

The Journal of Military Experience illuminates veteran culture through creative and scholarly expression, helping veterans heal and society understand.

The Telling Project

<https://thetellingproject.org/>

The Telling Project is a national performing arts non-profit that employs theater to deepen our understanding of the military and veteran experience. Greater understanding fosters receptivity, easing veterans' transitions back to civil society, and allowing communities to benefit from the skills and experience they bring with them. Through this understanding, a community deepens its connection to its veterans, itself, and its place in the nation and the world.

The Veterans Art Foundation

www.veteransartfoundation.org

Our foundation is open to any U.S. Armed Services Veteran and their family members.

Our goals are:

- To ease transition into civilian life for returning vets through different means.

- Allow members to express themselves through art, writing, multimedia, and public speaking.
- To help disabled veterans gain a semblance of order in their life
- To bridge the gap between the art world and veterans.

The Veterans National Entertainment Workshop

www.vnew.org

The purpose of the *Veterans National Entertainment Workshop* helps veterans cope with stress and maintain a level of positive mental health through the incorporation of music, dance, theater, and entertaining productions that they can directly participate in.

This non profit program offers veterans the opportunity to perform their own material for the general public. Those who participate will be afforded the opportunity to work with Hollywood professionals. Those who do not perform will be given the opportunity to work developing sets and helping with the technical aspects of production.

The programs will consist of music, comedy, drama and dance to be performed by the veterans themselves. The shared hope of the program will be to bring laughter, song and positive introspection to vets who oftentimes are faced with high levels of stress.

The Veterans Writing Group (San Diego County, CA)

www.veteranswritinggroup.org

Do you have a story to tell? *The Veterans' Writing Group – San Diego (VWG-SD)* is an awesome, informal group that welcomes Vet Writers of ALL skill levels.

The *VWG-SD* is supported by the *Writers Guild Foundation (WGF)* and mentored by various local professional writers - who help veterans improve their writing skills, develop a creative outlet, share their experiences, and explore the possibilities of a career in writing!

The War Experience Project

<http://www.warep.com/>

The War Experience Project is encouraging artistic expression for current and former military services members: warriors. Through acrylic painting workshops warriors reveal their own unique expression of their experience onto a military uniform blouse, revealing what has been in the uniform but never seen except those who have worn it. This process begins community dialogue on veterans terms through art.

The Wounded Artist Project

<http://thewoundedartistproject.org/>

The Wounded Artist Project is a Michigan-based nonprofit that is sending art kits to war wounded recovering in military hospitals.

We believe *The Project* art kits will provide a welcome diversion from boredom for wounded recovering from traumatic wounds, burns, and amputations when they are in downtime from regular therapy sessions. And while art is a recognized tool for helping people deal with trauma, we want our kit recipients to also use our kits and think about their futures. Somewhere, sometime, someone will look over the shoulder of one our artists and ask, "Wow, you really drew that?" Imagine how encouraging that will be.

We want to build three stages of kits: Beginner, Intermediate and Advanced. Artists will have to send us samples of their work to move into the next stage which will be more to their interests

United States Veterans' Artists Alliance (USVAA)

<http://www.usvaa.org/>

United States Veterans' Artists Alliance (USVAA) is a non-profit, multi-disciplinary arts organization composed of a diverse group of dynamic, extraordinarily talented military veterans and artists located across the United States.

Founded in 2004, *USVAA* seeks to open doors for military veterans to work and thrive in America's creative economy by providing opportunities in the arts, humanities and entertainment industry. With a solid track record of programming excellence in place, *USVAA* works tirelessly with veterans, artists, supportive individuals and organizations within the arts and veterans' communities to find funding and support for individual and collaborative projects in photography, literature, theater, film, television, fine arts and a wide variety of crafts.

In addition to our work with veterans and artists, we strive first and foremost to highlight the talents of military veterans and the history of veterans who have made significant contributions to the arts and humanities since the Revolutionary War. To date we have compiled biographical information on the over 550 military veterans who have made noted contributions to the arts and humanities since the founding of the United States.

As spokespersons in the veteran's community and in our endeavors as artists, we work diligently to highlight issues of concern to veterans and their families. These issues include the transition from military to civilian life, education, employment, the effects of wartime and military service injuries such as PTSD, TBI and Military Sexual Trauma (MST) and homelessness among veterans.

United States Veterans Art Program (USVAP)

<http://usvap.org/>

The *United States Veterans Arts Program* is a Chicago-based non-profit that has melded contemporary veterans issues with community-based support, in order to highlight one of the most crucial concerns of our times: improving the health of the military and veteran population that suffers not only from physical disabilities, but also from PTSD and other mental health needs. *USVAP* believes that art can address many of these issues: for this reason, we provide "Artistic Tools" (musical instruments, paints, photography equipment and other art supplies) to veterans and veterans medical facilities. We also provide employment opportunities and resume/portfolio building to veterans actively involved in music performance and production.

By encouraging and supporting an aesthetic response to the military experience, we hope to emphasize the diversity of the veteran population and to create a new identity of veterans as people who are capable, gifted, and resilient, and also that they often possess the very voice that society needs to hear and to heed.

Vet Art Project

<http://vetartproject.com/>

The *Vet Art Project* provides opportunities for veterans, family, and friends to work with expressive arts therapists and creative media to foster storytelling and attain more personal understanding, awareness, and peace.

Veteran Artist Program

www.veteranartistprogram.org

<https://www.facebook.com/veteranartistprogram>

VAP takes artists, who are also veterans, and propels their works and careers into the mainstream creative arts community through networking, mentorship, collaboration with professional artists, and original productions. We are based in the Baltimore-Washington area and looking forward to connecting with other like-minded organizations and expanding the network of veteran artists throughout the country.

Countless veterans made the brave decision to step away from their art and be part of something larger than themselves and fight for their country. *VAP* provides the resources, tools, and networking necessary to take the intentional artist to the next level. We want you to be part of our work in all the artistic disciplines. We are about collaboration in all genres of art with an emphasis on bringing together the veteran and Artistic communities. We are about the Artist, both veteran and non-veteran, coming together to tell a story.

Veteran Paper Workshop (Peace Paper Project)

<http://www.peacepaperproject.org/veteranpaperworkshop.html>

Veteran Paper Workshop provides veterans with hand papermaking as a vehicle for self-expression and healing. *Peace Paper Project* facilitates Veteran Paper Workshop in collaboration with Art Therapists and Recreation Therapists to ensure that veterans experience the benefits of hand papermaking in supportive environments.

Veterans Art and Farm Therapy (Suffolk, VA)

<http://www.artandfarm.org/>

Our mission is to provide free support for mentally ill veterans and their families using *Stargazer Stables'* farm facilities for therapeutic treatment and reconnecting family units. The farm acts as a catalyst allowing veteran families to work through interpersonal relationships in a less stressful environment using nature as a tool for positive change.

Art Therapy - We inspire hope and contribute to the health and well being of American veterans by providing a positive outlet through multi media artistic endeavors. Family

art activities are available.

Veterans Art Project

<http://www.vetart.org/>

The *Veterans Art Project* is a veteran service organization that offers free bronze and ceramics classes to veterans, their families, and veteran's advocates.

Veterans Art Project (Saddleback College - Mission Viejo, CA)

<https://www.saddleback.edu/ce/veterans-art-project>

An Innovative Ceramics Program Giving Veterans An Outlet For Creativity ~ The program offers artistic exploration and community involvement for military veterans, active duty personnel, and their spouses. Privately funded, the *Veterans Art Project* is being implemented through the support of *Saddleback College*. This class is tuition-free thanks to a generous grant intended to support our vets.

Veterans Art Therapy Program (Southern Arizona Arts and Cultural Alliance)

<https://www.saaca.org/veterans.html>

A partnership between the *Southern Arizona Arts and Cultural Alliance* and the *Veterans Administration of Southern Arizona*.

We believe that the arts can have an impact—physically, emotionally, economically, educationally - on the lives of service members, veterans, families, healthcare providers and the community.

Veterans Outreach Center (Rochester, NY)

<http://www.veteransoutreachcenter.org/programs-and-services/counseling-and-creative-arts-therapy/>

The Center offers Creative Arts Therapy, an established mental health profession that combines traditional psychotherapeutic theories and techniques with an understanding of the creative process. Art therapy utilizes all forms of visual art expression including painting, drawing, ceramics, sculpture, and photography. At VOC art therapy is provided by therapists who are nationally registered (ATR), board certified (BC), and licensed in NYS (LCAT) to practice Creative Arts Therapy and psychotherapy. The program is one of our core supportive services and facilitates referrals for other creative arts modalities including music and dance therapy.

By the very nature of the work, art therapists empower veterans to express their experiences by offering choice to a wide variety of materials, giving control over the therapy process and pace, and creating opportunities to mold, shape, paint, cut, sew, glue, draw, and in the process transform cognitions, emotions, and recollections of combat experiences. Self-esteem increases as veterans are supportive witnesses to each other's struggles and growth.

Veterans Writing Collective (Methodist University - Fayetteville, NC)

<http://www.methodist.edu/writingvets/>

The mission of the *Veterans Writing Collective* is to encourage the art of writing and to provide a workshop environment in which participants offer honest, positive feedback on members' writing. The group is open to writers of all genres—including poetry, fiction, creative nonfiction, memoir, drama, and journaling—and is open to all active-duty military, veterans, and family members.

Veterans Writing Workshop (New York, NY)

<http://www.veteranswritingworkshop.org/>

The *Veterans Writing Workshop* provides free writing workshops for U.S. veterans in the New York Metropolitan area, publishes veterans writing, and promotes dialogue between veterans and civilians.

Visionary Veterans Art Therapy Program (Fort Worth, TX)

<https://www.theartstation.org/>

A 16-week art therapy program offering counseling in a therapeutic group setting for veterans returning from service who may have mental health issues such as depression, anxiety and trauma and/or relationship issues/conflicts as well as stress of finding employment and transitioning home.

Visions for Vets (St. Louis, MO)

<https://www.facebook.com/VisionsforVets>

Visions for Vets offers free Visual Arts workshops to military veterans to help assist in the healing process, provide community and serve through art.

Warriors Journey Home Writing Circle

<http://warriorsjourneyhome.org/warriorswrite.html>

The *Warriors' Journey Home Writing Circle* is a veterans' writing group in which we listen, speak and heal.

Warrior Writers

<http://warriorwriters.org/>

Warrior Writers is a Philadelphia based, national non-profit. Our mission is to create a culture that articulates veterans' experiences, provide a creative community for artistic expression, and bear witness to the lived experiences of warriors.

Woodworking for Veterans (Norfolk Woodcraft)

<http://blog.woodcraft.com/2014/05/norfolk-woodcraft-offers-woodworking-for-veterans-program/>

Woodcraft franchise owners, Bill and Heather Caillet have a new *Woodworking for Veterans* program in place at our Woodcraft store in the Norfolk/Virginia Beach area. Their mission is dedicated to helping the physical and emotional rehabilitation of wounded and injured active military service personnel and veterans through woodworking activities. The program is designed to provide basic woodworking skills and enhance the quality of life for these service members and Veterans. *Woodworking For Veterans* will focus on the abilities of each participant while they grow in their woodworking skills.

Woodworking for Veterans is free to all wounded and injured active military personnel and Veterans.

Wounded in Action Art - An art exhibition of orthopaedic advancements

www.woundedinactionart.org

All of the artists in *Wounded in Action: An Art Exhibition of Orthopaedic Advancements* have explored, both literally and figuratively, their feelings toward the loss of limbs and other musculoskeletal wounds - the majority of which are the result of war. The artists include military personnel who live with orthopaedic injuries and family members who helped them through their recovery process. Orthopaedic surgeons who treat wounded military and civilians and whose lives have been affected by war and their own experience with such injuries are also artists in this exhibition.

None of their relationships to war injuries are simple. Thus, while the artwork can be hopeful, it often disturbs. There is patriotism, but there also is disillusionment. Collectively, it is an acknowledgement that there is real suffering among those with severe war injuries. The exhibition also highlights the need for continued research to improve the ability of wounded warriors to reach their full potential and, hopefully, return to service.

Writers Guild Foundation - The Veterans Writing Group

<https://www.wgfoundation.org/programs/military-veterans-writing-workshop/>

It's the only program of its kind. We pair military vets who have a penchant for wordsmithing with a collection of WGA-enrolled film and television writers. Those writers mentor the vets in two phases: A weekend-long retreat, and a series of regular meetings throughout the following year.

Our vets arrive ready to work hard and get things done. And our mentors represent some of the most beloved movies and television series of the past 30 years.

All military veterans and active duty service members are welcome; typically, we host representatives of all ages from every branch of the armed forces. Other than veteran status, the primary criterion we look for is a sincere passion for writing, although some preference is given to those who have had less access to writing guidance. NOTE: Vets who have attended the workshop in the past are ineligible to attend a second time.

Vets from outside the Los Angeles area may attend, but must provide their own transportation and lodging costs.

Veterans are mentored by professional writers with a variety of backgrounds. Most are television writers or screenwriters, but we also invite journalists, novelists and teachers.

ABOUT BUDGET CUTS: VETERANS & THE ARTS

BUDGET CUTS MISSION:

This is call to action to our community, country and our congress in response to the recent federal

budget proposal:

- **Fund veterans needs before any further spending on war and defense. We cannot send our service members to war when we are not taking care of them when they return.**
- **Save and expand the National Endowment for the Arts, which supports artists and programs that help our veterans.**

CONTACT

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PURPOSE

Breaking Rag is working in partnership with **Cape Fear Indivisible**, the **Unitarian Universalist Congregation of Fayetteville** and **Revolutionary Coworking** to support this important, needed and timely conversation here in Fayetteville. We are reaching out to our local, state, and federal representatives so that you may see the human face of the budget items that you will be voting on. In addition to the invitation to the live event, we created this gift baskets with arts, writing and research from the exhibit, so that you may have this information and perspective as voting on the proposal federal budget begins in May.

By participating, attending and supporting the *Budget Cuts: Veterans & The Arts* campaign, we hope to peacefully and honestly make our representatives hear our voices regarding the recently proposed federal budget. We are highlighting some of the ways in which this budget would impact the veteran and military populations within our community. We hope to bring awareness and shed light on the veteran-arts connection in all its forms.

Budget Cuts began first as an art exhibition and information night of art, storytelling, and conversation about our veterans and their connection to the arts. The conversation continues now as an online gathering of art, storytelling and conversation about our veterans and their connection to the arts.

Budget Cuts continues online at:

www.trishbrownlee.com/budgetcuts

BACKGROUND

Trish Brownlee & Breaking Rag:

Artist, activist, teacher, and veteran Trish Brownlee began the Budget Cuts: Veterans & The Arts awareness campaign by first hosting an exhibit at Revolutionary Coworking on Thursday, April 13, 2017, focusing on the work of veteran artists, writers, performers, and more. The evening included discussion about how veterans benefit from art therapy and other arts practices, formal and grassroots, in the years following their service to our country. This presentation and exhibit was based on Trish's research during her MFA thesis and includes local and national working artists. Trish launched her community art project for veterans in Fayetteville in 2016.

More information: www.trishbrownlee.com and www.breakingrag.works

Cape Fear Indivisible: We the people are dedicated to holding our elected officials accountable to the people of North Carolina and to fighting for inclusive communities and evidence-based public policies.

Unitarian Universalist Congregation of Fayetteville:

The Unitarian Universalist Congregation of Fayetteville NC (UUCF) is a vibrant and growing community whose purpose is to:

- * Meet the spiritual needs of all of our congregants
- * Serve our local, national, and global communities
- * Uphold Unitarian Universalist Principles