

38th Annual National Suicide Prevention Week

# PLEASE HELP US HELP THE VETS COMMUNITY BASED VETERAN OUTREACH



Over 16 Veterans commit suicide each day. At least one person on active duty commits suicide each day.

Experts believe that most suicidal individuals do not want to die. They just want the pain they are experiencing to end.

When suicidal intent or risk is detected early, lives can be saved.

The Daniel Center is dedicated to that goal.

It is estimated that there are over 300,000 vets suffering from [Post traumatic Stress Disorder] PTSD and [Traumatic Brain Injury] TBI, but not receiving proper treatment.

Treatment options for those seeking help usually require going to a VA hospital, most of which are overcrowded and understaffed. The vet often feels intimidated in the VA setting, because PTSD is still not considered a “real injury” by many senior officials. PTSD is all too real. In addition to the PTSD many of these Vets are also suffering from various addictions.

Vets suffering these conditions are at high risk for completing suicide.

Army suicides hit a new single-month record in July, when 38 active-duty and reserve soldiers took their own lives, according to official figures released Thursday.

The toll, up from 24 in June, prompted a wave of renewed anger and frustration among [Pentagon](#) leaders and [veterans](#) advocates.

“I was pretty shocked when I saw the number,” said Tom Tarantino, legislative director for Iraq and Afghanistan Veterans of America. “This has been a continuous problem. This really stems from the military, and the [Department of

Veterans Affairs], for that matter, basically the entire military and veteran community, really coming to this issue several years late.”

“It really wasn’t until 2007-2008, really 2009, that they started thinking about it at the level they need to be thinking about it,” he said.

Despite efforts from high-profile military leaders — including Defense Secretary Leon Panetta, Army Chief of Staff Gen. Ray Odierno, former Joint Chiefs Chairman Adm. Mike Mullen and former Army Vice Chief Gen. Peter Chiarelli — the wider Army is losing this battle, critics say.

Army officials said 187 active-duty and reserve soldiers have committed suicide so far in 2012. Last year’s total was 283. Many of the cases are suspected suicides under investigation and have not been officially classified as a suicide, officials say, meaning the eventual final total could be higher or lower. And the numbers Thursday do not include statistics for former service members.

“As shocking as the Army numbers are, we have no idea what the veteran numbers are,” Tarantino said.

Gen. Lloyd Austin, the Army’s current vice chief, said the military is focused on trying to reduce the stigma associated with asking for help and address the [mental health issues](#) facing U.S. troops after more than a decade of war.

“Suicide is the toughest enemy I have faced in my 37 years in the Army,” Austin said. “And, it’s an enemy that’s killing not just soldiers, but tens of thousands of Americans every year.”

“That said, I do believe suicide is preventable,” he said. “To combat it effectively will require sophisticated solutions aimed at helping individuals to build resiliency and strengthen their life coping skills. As we prepare for Suicide Prevention Month in September, we also recognize that we must [continue](#) to address the stigma associated with behavioral health. Ultimately, we want the mind-set across our force and society at large to be that behavioral health is a routine part of what we do and who we are as we strive to maintain our own physical and mental wellness.”

The Daniel Center was born from the pain of suicide of a very dear friend of Julia Dehn LMSW, our founder. Our highly experienced team of professionals are motivated and ready to develop a facility, in Southern Ulster County NY, and program to help vets suffering from PTSD, TBI and addiction.

First we need to open an outreach office to establish ourselves in the community and solicit referrals from various agencies. We are seeking \$12,000 for one year’s rent and operating capital. As we identify Veterans who require services, we will either provide them or make proper, effective referrals. Once we have established a track record and a sufficient population of Vets needing our help, it is our intent to raise a larger amount of money and purchase a

residential facility. There are many suitable housing facilities for us to purchase at an extremely favorable price.

This facility will be capable of treating a minimum of 15 vets in a residence setting. We have assembled a team of dedicated professionals in the addiction and PTSD field, who are ready to work in our comfortable and private sanctuary, where vets can receive treatment from such emotional and physical conditions without enduring the additional stress of a dismissive attitude toward their very painful conditions.

Our program minimizes prescription drug use and instead, focuses on a holistic approach, including horticulture, physical fitness, animal, music and occupational therapies, and healthy nutrition.

After we have fine-tuned our program, our intent is to share our programs and procedures with others who might want to open similar facilities in their communities.

Thank you so much for your consideration.

Julia Dehn LMSW

**PERKS FOR YOUR CONTRIBUTION**

\$10.00 A heart felt thank you from Julia and the staff

20.00 A Daniel Center Tee Shirt

50.00 A DC tee shirt and quarterly updates and invitations

To all DC events.

100.00 All of the above and your inclusion in our Founders

List.

500.00 All of the above and Charter membership in The

Daniel Center, Inc.