

DEPARTMENT PRESIDENT SPECIAL PROJECT

Volume 23-24 Issue 4

November 2023

Military Sexual Trauma

The same but different

Experiencing Military Sexual Trauma can be different from experiencing other traumas in some ways including sexual trauma in civilian world.

Additional aspects include:

- Having to continue to live and work with the perpetrator and even having to rely on them for essential things like “watching your back”.
- Worrying about damaging the bond of the unit if/when you speak out.
- Living away from family, friends and other support.
- Worrying about being seen as weak or vulnerable.

- Believing that others would not respect you or even blame you.
- Thinking it could hurt your career or ruin chances of promotion.

All these can leave Military Sexual Trauma victims feeling alone.

Recovery is possible through treatment. VA offers free confidential treatment for mental and physical health conditions due to Military Sexual Trauma.

- May be able for VA treatment even if not eligible for for other VA services.
- Do not need a VA service connected disability rating.
- Do not need to have reported the incident when it happened or have documentation that it occurred.

VA believes in MST survivors and stands ready to help in their recovery.

Donations

The goal for donations to Department President's Special Project this year is \$105,000. This donation will be split between the VA hospitals, Bay Pines, James A. Haley, Lake City, Gainesville, Orlando, West Palm Beach and Miami.

Although these facilities are funded through the government, they can use our donations to:

- Support the Women Veterans Programs
- Support outreach initiatives
- Equip women veterans with emergency needs, hygiene products, gift cards for groceries and gas/transportation, back to

school items, and household items.

- Either direct purchases of baby items, car seats, cribs or the purchase of gift cards for the veteran to purchase the items most suitable for their vehicle or life style.

Wooden Flag Raffle

For Dept President's Special Project

\$5 each or \$10 for 3

300 Tickets Available

(Tickets Available at Mid-Winter Conference)

Drawing at June Convention

Approved By:
Department President
Teresa Bachand

Jodi Nerney
Dept. President's Special Project Chairman
canefan@ix.netcom.com