



VETERANS & FAMILY SUPPORT PROGRAM



July 2024-25,

ISSUE 2

DEPARTMENT PRESIDENT'S THEME:

"One Family One Voice! One Team!"



2024
2025

NATIONAL PRESIDENT'S THEME:

*"From Our Roots to Our Branches...
Extending Service to Our Veterans"*

Together, our focus this year is to **Keep Moving For-**

Remember: **REPORT, REPORT, REPORT**

Goal #1- National Veterans Suicide Prevention: Many veterans returning home do so with heavy hearts and minds. It's crucial that we, as an organization, take a stand against the stigma of mental health. Often things we don't think could ever be hurtful cut the deepest. Be mindful of the characteristics associated with thoughts of suicide and be watchful of our veterans' mental health. One veteran lost to suicide, is one veteran too many! Be aware of those around you; especially Veterans and other individuals that are going through challenging times, both mentally, emotionally, and physically. If you see someone in trouble, don't be afraid to **E-N-G-A-G-E**.

- E** Employ the **K-I-S-S** principle: **Keep It Super Simple!** Get a conversation started and show genuine care and concern. Focus on their story, their challenges, their fears.
- N** Note their demeanor, appearance, and behavior. Be kind in your approach. Be a good listener without being judgmental, condescending or overbearing.
- G** Get the person involved in something they like to do. Make time for them. If possible, include them in your activities. Ask them to help at your Post or during Auxiliary activities.
- A** Ask them questions about how they feel, what they are thinking. Watch for signs of depression or sadness. Get them to talk about their experiences, both good and bad.
- G** Get them professional help, if needed. Be knowledgeable about available suicide prevention programs in your area. Let them know they can **Dial 988 then press 1** at any time.
- E** Earn their trust and respect by being a friend. Don't abandon them when they need you the most. Follow up with them, often, and always be reachable.

Goal #2 - Childcare for Active-Duty Service Members: The children of our active-duty military are often overlooked. Adopt a military family. Be part of their lives and activities. Help out when and where you can by offering babysitting duties, a trip to the park, an ice cream outing, or by reading a book to the children. A special focus on this year's Veterans & Family Support Program is giving back to these families.

Goal #3 - Veterans and Military Support Programs: It is our responsibility to ensure that our Veterans and their family members are aware of the aid available to them in times of need, such as financial assistance, vehicle expenses, utilities, food, clothing, and VA benefits. The VFW has financial grants that are available to help with events held by our Auxiliaries and Posts to support and recognize our troops. Learn about them and share with the Veterans in your community.

Approved By:
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