

# DEPARTMENT PRESIDENT SPECIAL PROJECT

## Program Goals:

- Raise funds to support Women Veterans Health Care
- Raise awareness for Military Sexual Trauma Awareness

## DEPARTMENT PRESIDENT'S THEME

*"Stand Up, Speak Out"*

## NATIONAL PRESIDENT'S THEME

*"Banding Together For Veterans"*

This year we will **"Stand Up and Speak Out"** for Military Sexual Trauma Awareness. Military Sexual Trauma refers to sexual assault or sexual harassment experienced during military service. Veterans of all genders, ages, sexual orientation, racial, ethnic background and branch of services experience Military Sexual Trauma.

Although most MST survivors remain silent about their experiences, a 2018 survey found 6.2% of active duty women and .7% of active duty men had experienced sexual trauma in the previous year and 24.2% of active duty women and 6.3% of active duty men have experienced sexual harassment in the previous year. According to the Military Sexual Trauma Fact Sheet published by VA Health Administration, MST Support Team and VA Cares About Military Sexual Trauma, 1 in 3 women and 1 in 50 men say they experienced MST.

In addition to raising funds for assistance to victims of MST, we want to raise awareness. Ways we can do this is:

- Host speakers at public events
- Distribute resources
- Host forums
- Promote legislative actions regarding MST

This year February 11-17 will be celebrated as VFW Department of Florida Military Trauma Awareness week. Each auxiliary is asked to hold a special event with proceeds to Department President's Special Project.

We will **"Band Together for Women Veteran"** Health Care. :Women veterans have special health care needs .

- PTSD – Post Traumatic Stress Disorder – including Military Sexual Trauma
- Chronic Back Pain
- Cardiovascular Issues
- Major Depressive Disorder
- Breast Cancer
- Migraines
- Mental Health
- Gynecological issues
- Maternity care

# DEPARTMENT PRESIDENT SPECIAL PROJECT

We will be banding together to raise funds for our VA Hospitals. Our goal is to raise \$105,000 to be distributed between our 7 VA Hospitals. How can we raise that amount?

- Dinners
- Yard sales, flea markets or bazaars
- Motor cycle runs
- Walk-a-thons, rock-a-thon, bowl-a-thon
- Sock hops, dances, balls
- Bingo, quarter auctions, canteen decorations
- Theme parties

## DEPARTMENT AWARDS FOR AUXILIARIES:

Ally Award	\$250 - 499
Advocate Award	\$500 - \$999
Defender Award	\$1,000 - \$1,499
Champion Award	\$1,500 +

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