

Veterans' Families United Foundation



2010
Annual Report

Veterans' Families United Foundation
2010 Annual Report

Table of Contents

Mission Statement	Page 3
Service Accomplishments	Page 4-6
Board Members and Officers Meetings	Page 7
Financial Information	Page 9-10
Budget for 2011 Fiscal Year	Page 11

Veterans' Families United Foundation 2010 Annual Report

Mission Statement

Empowerment of Veterans' and their Loved Ones in the Healing Process

1. Veterans' Families United will provide referrals for therapies and/or agencies that serve veterans, their families and loved ones. (49%)
2. Veterans' Families United will offer regular retreats, workshops, seminars, presentations and programs for veterans, their families and loved ones to provide opportunities to share experiences, integrate, grow, heal and form community. (18%)
3. Veterans' Families United will promote an awareness of the true experience of veterans both in war and when they return to their homes and communities, and will actively seek to generate improved health care services for veterans, their families and loved ones. (24%)
4. Veterans Families United will develop a web site with resources including articles, books, tools for healing, resources, networks, and information of vital interest and service to veterans, their families and loved ones. (9%)

Veterans' Families United Foundation
2010 Annual Report

Service Accomplishments – 2010

1) Yellow Ribbon Reintegration Events (Mission Item #2 and #1)

- 7 Resource Tables at OK National Guard Yellow Ribbon Events – numbers reflect approx. numbers of attendees and indirect contact

Attendees	March 6	50
	May 1	30
	Nov. 6	50
	Dec. 4-5	800
	Dec. 11-12	600
Total Attendees		1,530

2) VFU Presentations (Mission Item #2)

• Oklahoma Counseling Association (OCA) Mid-Winter Conference Feb. 4-5, 2010	30
• National VA/DoD Mental Health Conference Bethesda, MD July, 2010 “Transiting War Zones Skills Home” with Dr. James Munroe, Boston VA	50
• OCA Mental Health Division Mid-Winter, Dec. 2010	60
Total attendees	140

Service Accomplishments – 2010 con't

3) Meetings (Mission Item #3)

- VFU Board Meetings 3
 - Monday March 29, 2010
 - Monday July 19, 2010
 - Monday November 29, 2010
- Families of Veterans Meeting with Dr. Mines 2
- Meetings with OK Guard for EMDR 4
- OKDHMAS Meetings – Vet Academy 2
- Coordination of EMDR meetings/Crossings 2
- D-Dent Dental Care for Veterans 2

4) Grant and Other Proposals (Mission Item #1 and #3)

- “Healing for Heroes” IMPACT Oklahoma Grant Proposal for collaborative efforts for EMDR training (\$100,000) Not funded
- Devon Energy Corporation Volunteer Grant for Christi Collins work with VFU

5) Fund Raisers (Mission Item #2)

- Memorial Page Donations and Tribute to Veterans

6) Therapeutic Exploration (Mission Item #1 and #3)

- Neuro-biofeedback update (Jack McCallister)
- Puppies Behind Bars (Pete Costilow)
- Coming Home Project Retreats (1)
- Yoga for Vets (Collaboration with local yoga studio For free Yoga for vets and families)
- EMDR training sponsor for OK therapists July 9-11 and Nov. 11-13
- Receipt of 1240 donated tapes from Health Journeys To distribute at the National Guard Pre-Deployment events

Service Accomplishments – 2010, con't

7) **VFU Web-site** (Mission Item #1, #3 and #4)

- Web site Updates 3
- Responded to VFU emails 252

8) **Additional Activities** (Mission Item #1 and #3)

- Letter of support to ODMHSA for Peer-to-Peer Grant for 1.4 million (Grant not received)
- VFU Table at OK MOY Event
- Clark family nominated for AUSA Volunteer Family of the Year by the Oklahoma Thunderbird Chapter
- “Eliminate the Stigma of Mental Health” nomination to OK County NAMI by Dr. Connie Fox
- Request for assistance and support from the OKC Thunder Basketball Team – Paul Sullivan
- Distribution of local Yoga for Vets information to local Service organizations and Veteran Entities
- Revision and printing of 2500 additional “Endless Journey Home” Booklets

Veterans' Families United Foundation
2010 Annual Report

Board Members, Officers and Meetings – 2010

Cynthia L. Collins-Clark, Executive Director/President

2006 Oklahoma Mother of the Year selected for Veterans Initiatives
Mother of a disabled Iraqi War Veteran, Private Practice Counselor

James L. Clark teacher, brother of 2 Vietnam Veterans, Step-dad of OIF
disabled Veteran

Grayford H. Cheshier, Treasurer (Deceased – May, 2010)

Former educator and Korean War Veteran, Navy
Grandfather of a disabled Iraqi War Veteran

Joseph S. Collins, Member

Iraq War Veteran, Army Reserves

Brigadier General Pete Costilow, Member

Oklahoma Army National Guard, Retired, Vietnam Veteran

Irene Costilow, Member

2009 Oklahoma Mother of the Year, Wife of Vietnam Veteran

Tim Fannin, Member

Gulf War Veteran, Marine

Connie Fox, Ph.D., LPC, Member

President of the Oklahoma Counseling Association
Private Practice Counselor

Sara Green, M.Ed., Member

School Counselor
Mother of a disabled OEF Veteran, National Guard

Dorothy Hammert, Member

Former Oklahoma Mother of the Year
Wife of Korean War Veteran

Walter Hammert, Member

Accountant
Korean War Veteran

Jack McCallister, Member

Vietnam Veteran, Marines

Stephanie Mines, Ph.D., Member

Founder, The TARA Approach for the Resolution of Shock and Trauma
Daughter of WWII Veteran

Christi Roney, Member

Marketing Director, Health Supplement Company

Paul Sullivan, Member

Community Member

Board Members, Officers and Meetings – 2010, con't

Advisory Counsel

Nelda Ferguson, Ph.D.

Private Psychologist, Wife of WW 2 KIA

Elizabeth Nichols, P.C., Member

Attorney

VFU Board Meetings – 2010

1. Monday March 29, 2010 (10 members present)
2. Monday July 19, 2010 (8 members present)
3. Monday November 29, 2010 (9 members present)

Veterans' Families United Foundation 2010 Annual Report

Financial Report – 2010

Program Expenses

VFUF is primarily focused education of family, friends and veterans with empowerment-based tools for healing. Educational initiatives include a comprehensive website of information resources, attending and presenting at Yellow Ribbon Reintegration Events, and presentations to civilian and professional populations who work with veterans. VFU is a 100% volunteer organization.

For the fiscal year ending Dec. 31, 2010, VFU's program expenses were:

Referrals to Agencies	16,717.
Providing Presentations/workshops	4,945.
Generate improved health care services	6,680.
Continued development of website	1,480.
Total	29,822.

Fund Raising

Methods Used:

Internet appeals and internet memorial donation appeals were used. Total raised contributions were \$5,375. Fundraising costs related to contributions were 9%.

VFU incurred the cost of 480. for web-site appeals and for internet memorial donations. Of those costs, \$0 was allocated to program expense, \$480. for fundraising expenses and \$0. was allocated to administrative expense.

Tax Status

This organization is tax-exempt under section 501©3 of the Internal Revenue Code. It is eligible to receive contributions deductible as charitable donations for federal income tax purposes.

Financial

The following information is based on VFU's financial statements for the year ending Dec. 31, 2010.

Source of Funds

Contributions, Memorial and internet appeals	\$ 5,375.
In-Kind Services	31,902.
Total Income	\$37,277.

Use of Funds as a % of Total Expense

Programs	77%	Fund Raising	2%	Administrative	21%
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Total Income	\$37,277.
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Program	29,822.
Fund Raising	480.
Administrative	8,112.

Total Expenses	\$38,414.
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Income in Excess of Expenses	\$<1,137.>
Beginning net Assets	\$ 2,089.

Ending net Assets	\$ 952.
Total Liabilities	\$ 0.

Total Assets	\$ 952.
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2010 Annual Report

Budget for FY 2011

Programs

	2010	2011	(Increase)
Referrals to Agencies	16,717.	2,156.	
Providing Presentations/workshops	4,945.	12,720.	
Generate improved health care services	6,680.	11,800.	
Continued development of website	1480.	16,500.	
Total	29,822.	43,176.	(44%)

Income

Contributions, fund raisers, etc.	5,375.	28,156.	
In-Kind	31,902.	25,000.	
Total	37,277.	53,156.	(42%)

Expenses

Program	29,822.	43,176.	
Fund Raising	480.	2,500.	
Administrative	8,112.	5,000.	
Total	38,414.	50,656.	(31%)