

Veterans' Families United
Foundation



2009
Annual Report

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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. (15%)
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. (45%)
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. (18%)
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. (22%)

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Service Accomplishments – 2009

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

- 13 presentations directly to Oklahoma National Guard reaching 821 service members and their families (booths at most events)
- 1 table at OK Air Force reintegration event 150 in attendance

Attendees	Direct at NG presentations	821
	In-direct at Air Force YR	150
	In-direct at NG YR	not known
 Total Attendees		 971

2) VFU Presentations (Mission Item #2)

- | | |
|---|----|
| • Oklahoma Counseling Association, Feb. 2009
"Transitioning War Zone Skills) | 60 |
| • Oklahoma Dept. of Corrections, Mar., 2009
"PTSD in the Workplace" | 75 |
| • Oklahoma Mother of the Year, Mar., 2009 | 75 |
| • Oklahoma University Graduate Class, Apr. 2009 | 15 |
| • "Call to Action" Summit, July, 2009, OKC | 20 |
| • Rose State Okla. State Vets for Higher Ed,
Oct. 2009 | 60 |
| • ISTSS Conference, Atlanta
(Transitioning War Zone Skills) | 50 |
| • OK Legislative Sub Committee – Vet needs | 30 |
| • Friendship House – Homeless Vet Support | 15 |

Total attendees	400
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Service Accomplishments – 2009 con't

3) Meetings (Mission Item #3)

- VFU Board Meetings 3
Monday Feb. 9, 2009
Monday July 27, 2009
Monday Dec. 7, 2009
- ISFAC Meetings
Inter-service Family Assistance
Committee Meetings 4
- ODMHSAS Vet Academy meetings
Oklahoma Department of Mental Health and
Substance Abuse Veteran Academy Meetings 5

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

- Veterans' Family Navigator Project Grant Proposal
Collaboration with Oklahoma Community Health Services
IMPACT OKLAHOMA
- COX Communication Grant Proposal
To additional copies of "The Endless Journey Home"
- Numerous proposals for research/writing of book, Stephanie
Mines, Ph.D. (3 meetings)

5) Fund Raisers (Mission Item #2)

- Oklahoma City Redhawk Ticket Sales
- Donation of 300 Redhawk Tickets to Oklahoma National Guard
- Memorial Page Donations and Tribute to Veterans

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

- Equine Therapy
- Vets Journey Home Retreat
- Coming Home Project Retreats (2)
- CDP (Center for Deployment Psychology) Training on PE
(Prolonged Exposure) and CBT (Cognitive Behavioral Therapy)
- PTSD Webinars, created and given by Stephanie Mines, Ph.D.

Service Accomplishments – 2009, con't

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

- Web site Updates 4
- Responded to VFU emails 400

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

- Created a VFU FaceBook Account
- Listing with the BBB
- Re-instated in the ASY (America Supports You) DoD network
- Listing on AW2 (Army Wounded Warrior) Web site
- Listing on QOL (Quality of Life Foundation) Web site
- Listing submission to OK ISFAC directory
- Table at the OKC VA Hospital "Welcome Home OEF/OIF Veterans" Open House
- Paid postage for 80 Christmas Cards to Active Service Members that were sent from students at Metro Tech
- Support of S. 1963, *The Caregivers and Veterans Omnibus Health Services Act of 2009*, and H. R. 3155, the *Caregivers Assistance and Resource Enhancement Act* and Signatory to Commission
- Donation from AUSA, Thunderbird Chapter
- Donation from Classic Printing of Oklahoma City
- Donations from the Chesher's (VFU laptop), Sullivan's (ISTSS and other) and Costilow's (ISTSS)

9) **Awards and Recognition**

"The State of Oklahoma – Oklahoma National Guard" Certificate of Appreciation for support of the National Guard in the Yellow Ribbon Reintegration Program Workshops 30 January 2009 to 1 March 2009.

U.S. Army Freedom Team Salute Commendation by BG Paul Costilow for contribution to the Army community – awarded to Cynde Collins-Clark, Executive Director VFU, Dec. 2009.

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Board Members, Officers and Meetings – 2009

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, Secretary

Retired teacher, brother of 2 Vietnam Veterans, Step-dad of OIF disabled Veteran

Grayford H. Chesher, Treasurer

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 – 2009, con't

Advisory Counsel

Nelda Ferguson, Ph.D.

Private Psychologist, Wife of WW 2 KIA

Elizabeth Nichols, P.C., Member

Attorney

VFU Board Meetings – 2009

1. Monday Feb. 9, 2009
2. Monday July 27, 2009
3. Monday Dec. 7, 2009

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Financial Report – 2009

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.

For the fiscal year ending Dec. 31, 2009, VFU's program expenses were:

Referrals to Agencies	4,014.
Providing Presentations/workshops	12,044.
Generate improved health care services	4,817.
Continued development of website	5,890.
Total	26,765.

Fund Raising

Methods Used:

Internet appeals, memorial donations and fundraisers to sell baseball tickets were used. Total raised contributions were \$3,930. Fundraising costs related to contributions were 2.5%.

VFU incurred joint costs of \$101. for informational materials and activities that included fund raising materials. Of those costs, \$56. was allocated to program expense, \$45 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, 2009.

Source of Funds

Contributions, sale of tickets, internet appeals	\$ 3,930.
In-Kind Services	25,372.

Total Income **\$29,302.**

Use of Funds as a % of Total Expense

Programs	93%	Fund Raising	.1%	Administrative	6.9%
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Total Income **\$29,302.**

Program	26,765.
Fund Raising	101.
Administrative	2,016.

Total Expenses **\$28,882.**

Income in Excess of Expenses \$ 420.

Beginning net Assets \$ 1,249.

Ending net Assets \$ 1,669.

Total Liabilities \$ 0.

Total Assets \$ 1,669.

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Budget for FY 2010

Programs

	2009	2010	(Increase)
Referrals to Agencies	4,014.	4,415.	(10%)
Providing Presentations/workshops	12,044.	13,850.	(15%)
Generate improved health care services	4,817.	5,298.	(10%)
Continued development of website	5,890.	6,479.	(10%)
Total	26,765.	30,042.	(13%)

Income

Contributions, fund raisers, etc.	3,930.	5,109.	(30%)
In-Kind	25,372.	27,909.	(10%)
Total	29,302.	33,018	(13%)

Expenses

Program	26,765.	30,042.	(13%)
Fund Raising	101.	151.	(50%)
Administrative	2,016.	2,520.	(25%)
Total	28,882.	32,713.	(14%)