

Veterans' Families United Foundation



2013 Annual Report

Veterans' Families United Foundation
2013 Annual Report

Table of Contents

Mission Statement	Page 3
Service Accomplishments	Page 4-9
Board Members and Officers Meetings	Page 10-11
Financial Information	Page 12-13
Budget for 2014 Calendar Year	Page 14

Veterans' Families United Foundation 2013 Annual Report

Veterans' Families United is an all-volunteer organization

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. (10%)
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. (55%)
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. (11%)

Veterans' Families United Foundation 2013 Annual Report

Service Accomplishments – 2013

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

Resource Tables at OK National Guard Yellow Ribbon Events – numbers reflect the approximate number of Guard in attendance at each event.

Benefits: Advised OK National Guard Service Members and Families about local, state and federal resources available to support their families pre, during and post deployment including list of volunteer OK therapists (Give An Hour), free Yoga Warrior classes, VFU website info and resources to help, distributed info for Health Journey's Warrior/Family pack of Guided Imagery for stress and also gave away "Camo Piggy Banks" that encouraged family unity pre, post and during deployment as well as "Quilts of Valor" provided by Eastern OK Quilts of Valor.

Attendees	Nov. 13 90-day post deployment	150
Total Approx. Attendees exposed to VFU's resources		150

2) VFU Presentations (Mission Item #2)

Benefits: Presentations were offered to all entities and were meant to educate mental health therapists and the civilian sector across the state about veteran and family issues and opportunities for healing resources (any honorariums received were donated to retreats for families or for independent specialists who were presenting).

•	March 18, 2013; Combat Veterans Motorcycle Assn. "The Endless Journey Home"; (Okla. City)	30
•	April 6, 2013: "Edmond's Best" Support for Veterans and their Families (Edmond, OK)	15
•	July 18, 2013; UCO Graduate Class "Counseling Needs of Military, Family and Veterans"	17
•	October 5, 2013; OK Dept of Drug and Alcohol Professional Counselors (ODAPCA) "Military, Veterans and Families and The Ethics of Care"	200
Total Attendees		262

Service Accomplishments – 2013, con't

3) Transportation Assistance to Veterans/Families (Mission#1)

100% of Memorial Donations for small one-time emergency transportation assistance)

Benefits: Often, veterans and families are in immediate need of emergency assistance. Most organizations require lengthy application processes that are overwhelming. VFU voted to provide a one-time only \$25. Chase debit card to veterans in immediate need. A few key questions are asked and the card is mailed immediately to the veteran. All cards distributed are logged on an EXCEL spreadsheet to avoid duplication. (50% to OK County)

• \$25. Chase Debit Cards (\$500.)	Individuals	20
Total Veterans/Families Served		20

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

Benefits: Veterans and families are often overwhelmed by the processes and resources available. VFU is dedicated to review and consolidate viable resources onto one site. Recognizing that vets/families may still be too overwhelmed, our home page has 2 buttons “I need help; I’m a Veteran” and “I need help; I’m a family member” which will take them to a comment box which is answered within 24 hours. This site is comprehensive and can serve veterans, families and also sources providing services to them.

• Web Updates (Quarterly)		
• Responses to VFU emails		183
• Visits to website (unique visits)		15,180
• Regular updates of Facebook/Twitter		
• Addition of Quarterly Newsletter		1,100
March 5, 2013		
June 30, 2013		
Sept. 15, 2013		
Dec. 31, 2013		
Total Electronic Reach (unique)		16,463

Service Accomplishments – 2013, con't

5) Program Activities (Mission Item #1 and #3)

Benefits: Items a and b provided tangible support and encouragement directly to service members and families in the OK National Guard and at the CFC Campaign. Item c was created in partnership with another OKC agency to provide ANY interested agency that may benefit veterans and families to network AT NO COST to the agency and to build collaboration between all entities. Items d and e were direct to the mental health community.

a. Prepared and mailed “Woodstock the Camo Pig” to families/children of deploying troops With an idea book designed to promote family Support during the deployment	2
b. Partnered with OK “Quilts of Valor” to distribute Their quilts at Yellow Ribbon events	2
c. Partnered with Central Oklahoma Mental Health Association for “Speed Sharing” Event	35
d. June 7, 2013 – EMDR R-TEP workshop for Mental health clinicians in response to OK tornado and in support of military/veterans/families impacted	50
e. July 9, 2013 – Coordinated EMDR consortium Workshop at UCO (no cost).	25
Total Program Activities Reach	114

6) Direct Therapeutic Support for Veterans and Families (Mission Item #1 and #3)

Benefits: VFU has been keenly aware of the need for support for family members. There are many organizations offering direct assistance to veterans, but few (even at the national level) offer direct assistance to family members. The goal in 2012 was to investigate possible opportunities to support family members. As a result, VFU is offering the first OK retreat for family members of wounded veterans in April, 2013.

- April 5-7, 2013 – “Spring Retreat for Adult Family Members Of Wounded Warriors” – Osage Forest of Peace; including donated services of facilitator (from Soldier’s Heart), Yoga Warrior and the OK Healing Touch Community. No charge to participants (donations accepted) 8

Service Accomplishments – 2013, con't

<ul style="list-style-type: none"> • November 15-17, 2013 – “Fall Retreat for Adult Family Members of Wounded Warriors” – Osage Forest of Peace; Including donated services as before and including MBSR (no cost to participants) 	7
<ul style="list-style-type: none"> • Yoga Warriors Class taught at OKC Veterans Transition Housing weekly from March through Dec. by Dr. Connie Fox and Mike Hoover (OKC participants) 	20
<ul style="list-style-type: none"> • “Homecoming: Simple Hands on Practices for Coming Home to Yourself for Veterans and Families Who Love Them” You Tube Video written and produced by Dr. Stephanie Mines, VFU Board Member 	123
Total Direct Therapeutic Reach	158

7) Fund Raisers (Mission Item #2)

Benefits: As an ALL VOLUNTEER organization, VFU relies on the support of the community to help us to support those who have served. The primary benefit is that proceeds will be used to directly assist veterans and families and the secondary benefit is the visibility that is gained as a result of the fund raising efforts.

- Selected by GW Construction Company as recipient of the Annual Fishing Tournament proceeds. (Okla. City)
- Memorial Page Donations and Tribute to Veterans
- Approved for OKC Local CFC Campaign 2013
- Sandridge Energy Corporation Annual Christmas Tree Competition

8) Meetings (Mission Item #3)

Benefits: Board meetings are for strategic planning and other meetings are to build bridges of care between entities who support veterans and families.

- | | |
|---|-----------------------------|
| <ul style="list-style-type: none"> • VFU Board Meetings (Edmond, OK) | 3 |
| Monday March 19, 2013 | (9 attending) |
| Monday Sept. 9, 2013 | (8 attending) |
| Monday Dec. 13, 2013 | (12 attending – electronic) |
| <ul style="list-style-type: none"> • Central Oklahoma Mental Health Collaborative Meetings | 4 |

- Tulsa Metropolitan Ministry Meeting (Moral Injuries) 1

Service Accomplishments – 2013, con't

- Osage Forest of Peace Planning for Retreats 2
- Attended “Spirituality and Wounds of War” in Muskogee led by Dr. Ed Tick of Soldier’s Heart 1
- Attended Zarrow Mental Health Symposium in Tulsa “Implications of Brain and Biological Research” to obtain more current TBI info and build bridges of care in state (awarded a scholarship for attendance) 1

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

Benefits: VFU has remained all-volunteer since its inception in 2007. It is important to our board to remain transparent in all of our endeavors. While we have operated on very minimal funds, we have made it a priority to assure donors of the stewardship of their resources. Additionally, we make as many efforts as possible to obtain financial resources through targeted campaigns.

- Submitted documentation to the BBB for bi-annual review
- Applied for and received opportunity to participate in the local OKC CFC Campaign
- Applied for “Newman’s Own” Grant to fund retreats - declined

10) Miscellaneous

Benefits: VFU appreciates media coverage and other opportunities which support veterans and families and allows us the opportunity to share our resources (and the resources of hundreds of other organizations) through our website outreach as well as to bring awareness to the civilian community, the needs and situations of veterans and families.

- Harkins PSA announcement in 4 states (ad created and donated by Christine Collins of Redfawkes)
- Distributed 20 “Endless Journey Home Booklets” to ministry in PA
- Distributed 200 fliers in OKC “Gusher Gallop”
- Created at OK EMDR Clinicians Directory and distributed to 70 clinicians across the state in effort to collaborate on trauma based approaches of intervention (July and updated in Dec. 2013)
- OKC FOX 25 News story “Oklahoma Military Suicide Rates Release (Aug. 31)

- USA Today Veterans Tabloid, p. 156 “Coming Home” story of Joe Collins

Service Accomplishments – 2013, con’t

- NYU Langone Medical School Blog of Story of Joe Collins coming home to promote their research on Combat PTSD (Nov. 2013)
- Chesapeake Energy Co. – videotaped interviews with Joe Collins and Cynde Collins-Clark to be edited for updated info on veterans and families and coming home.
- Provided 25 “Endless Journey Home” booklets to OKCCC Veterans Transition Program
- Re application to stay on Community Support Network for the US Army Warrior Transition Command

Veterans' Families United Foundation
2013 Annual Report
Board Members, Officers and Meetings

Cynthia L. Collins-Clark, Executive Director

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

Joseph S. Collins, Member

Iraq War Veteran, United States 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

Connie Fox, Ph.D., LPC, Member

Past President of the Oklahoma Counseling Association
Private Practice Counselor

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

Merradyth McCallister, Member

Wife of Vietnam Veteran

Shane McKinley, Member

Army
OIF Veteran and wife of OIF Veteran

Stephanie Mines, Ph.D., Member

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

Christi Roney, Member

Development Officer, Central OK Habitat for Humanity

Paul Sullivan, Member

Community Member

Board Members, Officers and Meetings – 2013, con't

Former VFU Board Members and Advisors

Grayford H. Chesher (deceased May, 2010)

Founding VFU Board Member
Former educator and Korean War Veteran, Navy
Grandfather of a disabled Iraqi War Veteran

Tim Fannin, Member (Resigned Board March 2013)

Founding Board Member
Gulf War Veteran, Marine

Nelda Ferguson, Ph.D. (deceased Dec., 2011)

Founding Advisor
Private Psychologist, Wife of WW II KIA

Sara Green, M.Ed. (Resigned from Board, May, 2011)

Founding VFU Board Member
School Counselor
Daughter of WW II Veteran
Mother of OEF Veteran, the late and beloved Cody Green

Advisory Counsel

Elizabeth Nichols, P.C., Attorney

VFU Board Meetings – 2013

- | | |
|--------------------------|-----------------------------|
| 1) Monday March 19, 2013 | (9 attending) |
| 2) Monday Sept. 9, 2013 | (8 attending) |
| 3) Monday Dec. 13, 2013 | (12 attending – electronic) |

Veterans' Families United Foundation 2013 Annual Report

Financial Report – 2013

Program Expenses

VFUF is primarily focused education to family; friends and veterans with empowerment based tools for healing and is **an all-volunteer organization**. 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. In calendar year 2013, VFU began to expand efforts to generate improved health care services for veterans and families.

For the calendar year ending Dec. 31, 2013, VFU's program expenses were:

Referrals to Agencies	903.
Providing Presentations/workshops	4,952.
Generate improved health care services	2,128.
Continued development of website	1,021.
Total	9,004.

Fund Raising

Methods Used:

Internet appeals, memorial donations and outside organizational fundraiser were used. Total raised contributions were \$9,670. Fundraising costs related to contributions were 9.0%. Fundraising costs related to total expenses was 7.8%.

VFU incurred costs of \$892 for record keeping and website appeals. Of those costs, \$0 was allocated to program expense, \$892 for fundraising expenses and \$0 was allocated to administrative expense.

Tax Status

This organization is tax-exempt under section 501(c)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, 2013.

Source of Funds

Donations \$9,670.

Total Income \$9,670.

Use of Funds as a % of Total Expense

Programs 79% Fund Raising 7.8% Administrative 13.2%*

Total Income \$9,670.

Program \$9,004.

Fund Raising \$ 892.

Administrative \$1,512.*

Total Expenses **\$11,408.**

Income in Excess of Expenses <\$1,738.>

Beginning net Assets \$5,105.

Ending net Assets \$3,367.

Total Liabilities \$ 0.

Total Assets \$3,367.

*No salaries are included in "Administrative". VFU is all-volunteer. These costs include management, operational and contracted accounting costs.

Veterans' Families United Foundation
2013 Annual Report

Budget for Calendar Year 2014

Programs

	2013	2014
Referrals to Agencies	903.	1,500.
Providing Presentations/workshops	4,592.	25,000.
Generate improved health care services	2,128.	10,000.
Continued development of website	1,021.	25,000.
 Total	 \$9,004.	 61,500.**

Income

Contributions, fund raisers, etc.	\$ 9,670.	75,000.
-----------------------------------	-----------	---------

Expenses

Program	9,004.	61,500.
Fund Raising	892.	2,500.
Administrative	1,512.	2,000.
 Total	 11,408.	 66,000.

*(Focus is providing updated printed and web materials to web-site based on 2013 VFU Board Vote and maximizing reach to veterans and families)

**Acceptance into the CFC Campaign in addition to updated status with BBB allows for significant increase in expected income.