

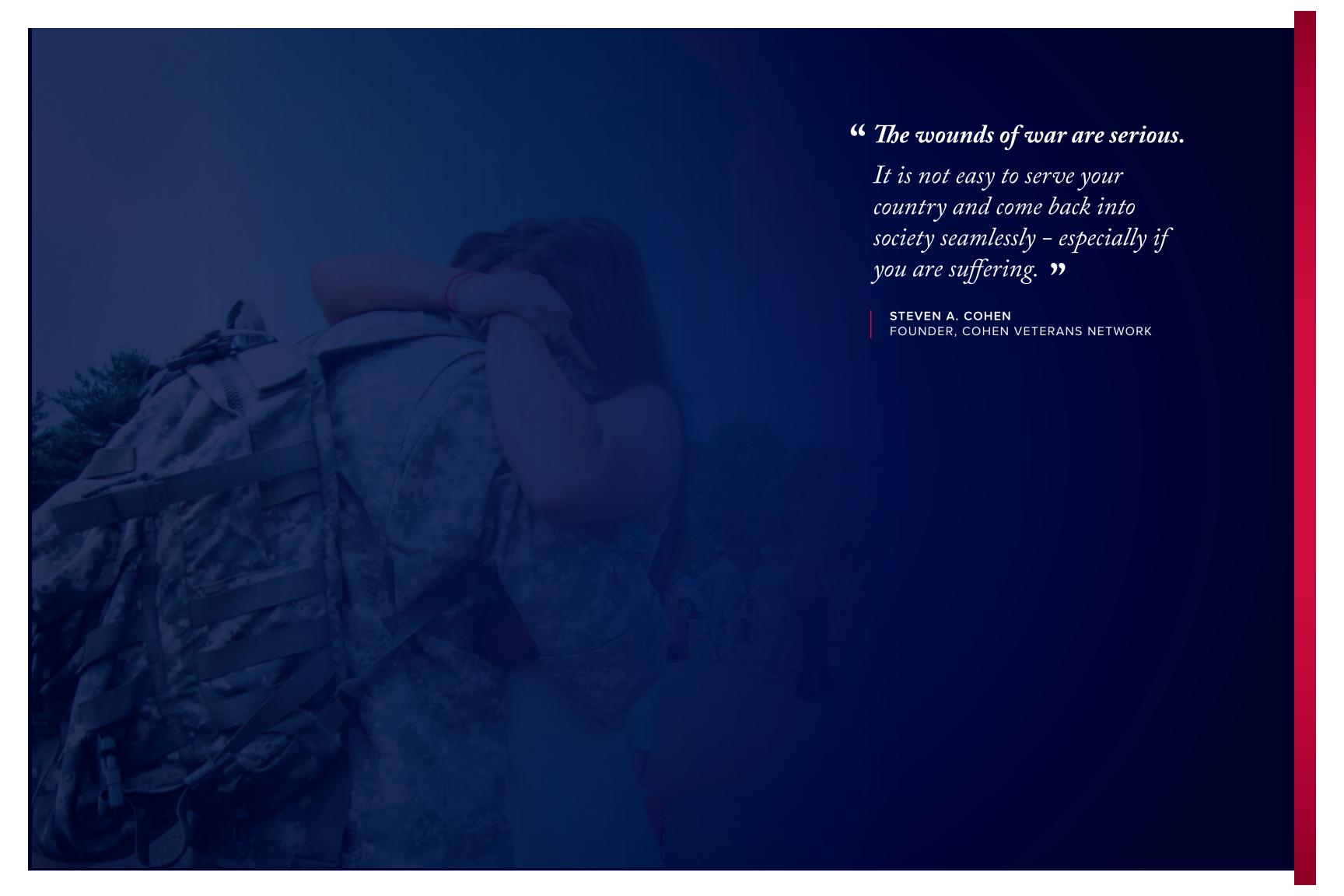
HEROIC MISSION **PATRIOTIC** HONORABLE **DEDICATED** RESPECT DUTY **ALWAYS** SERVICE COUNTRY BRAVE SEMPER READY DEFEND COMMITMENT COURAGEOUS **SELFLESS** INTEGRITY

**VALIANT** 

# Cohen Veterans Network

A CASE FOR SUPPORT

Find out how you can help veteran and military families get back to better.



# SAVING LIVES. SAVING FAMILIES. SAVING FUTURES.

### A VETERAN MENTAL HEALTH CRISIS

There is a veteran mental health crisis in America that needs support in order to increase access to high quality care for our veterans, service members, and their families.

- Since the events of 9/11, hundreds of thousands are transitioning to civilian life each year. After 20 years of war, the demand for mental health services is outstripping supply.
- 40% NOT RECEIVING NEEDED CARE
  Studies conducted by USC's Center for Innovation & Research
  on Veterans & Military Families show that 40% of veterans who
  come home with mental health challenges are not receiving care.
- AS LIKELY TO DIE BY SUICIDE

  Research shows veterans die by suicide at about 1.5 times the rate of non-veterans and the highest rate of suicide in veterans is among the youngest generation: 18-34 year olds.

Despite the sacrifices veterans and their families have made in service to the nation, the mental health services provided to them by government and civilian providers can be difficult to access or inadequate to meet the fundamental needs of veterans and families.



Through our national not-for-profit, philanthropic network of Steven A. Cohen Military Family Clinics, veterans, service members, and their families are eligible for accessible, personalized, and evidence-based mental health care, along with comprehensive referrals for other services such as unemployment, finances, housing, and legal issues.

#### WHO WE SERVE

- \*Post-9/11 Veterans and Service Members
- Anyone who has served or is currently serving in the United States Armed Forces, regardless of role while in uniform, discharge status, or combat experience and including those in the National Guard and Reserves.
- \* MILITARY FAMILY MEMBERS

Family is defined by the veteran or service member and includes parents, siblings, spouses, partners, children, caregivers and others.

#### WHAT WE DO

Our skilled clinicians and staff have been trained to work specifically with veterans, service members, and their families, and many are veterans themselves. Our Cohen Clinics offer targeted, customized therapy for a variety of mental health concerns including:

• PTSD

- anxiety
- relationship and family difficulties

- depression
- stresssleep problems
- anger

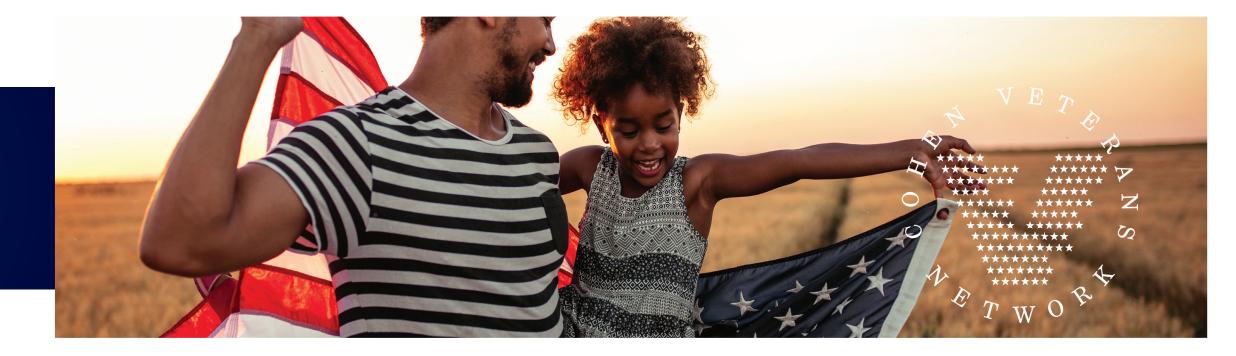
### **OUR MISSION**

• transition challenges

is to improve the quality of life for post-9/11 veterans and service members, including those from the National Guard and Reserves, and their families.

### **OUR VISION**

is to ensure that every veteran, service member, and military family member is able to obtain access to high-quality, effective care that enables them to lead fulfilling, productive lives. Invisible wounds are just as difficult to heal as physical wounds — and treating them is just as important.



### THE CVN DIFFERENCE

### BREAKING DOWN BARRIERS TO CARE

Cohen Veterans Network (CVN) is a 501(c)(3) national mental health system for post-9/11 veterans, service members, and their families.

Our network of customized, outpatient clinics serves veteran and military families in high-need communities, with trained clinicians who deliver holistic evidence-based care to improve mental health outcomes of the people we serve.

### INCLUSIVE ELIGIBILITY

We treat military service members and veterans regardless of role in uniform, discharge status, or combat experience. We also treat family members, as defined by the veteran or service member to include caregivers, siblings, parents, partners, children, spouses and others.

As a result, we can serve many veteran, service members, and family members who do not benefit from or qualify for other services.

### **INNOVATIVE OPTIONS**

Our care is centered on therapy and counseling options that are the current, best practices available, based on research. We leverage best-in-class training programs featuring partnerships with renowned organizations such as the VA, the Beck Institute, and more.

Telehealth, face-to-face video therapy, is one way we are combining top treatments and technology to ensure the strongest mental health outcomes possible.

### EASY ACCESS

We are making it easier for families to get the help they need when and where they need it by offering flexible hours, including some nights and weekends - for those in crisis, clinics will schedule an appointment on the same day they are contacted. Many clinics consider childcare as well.

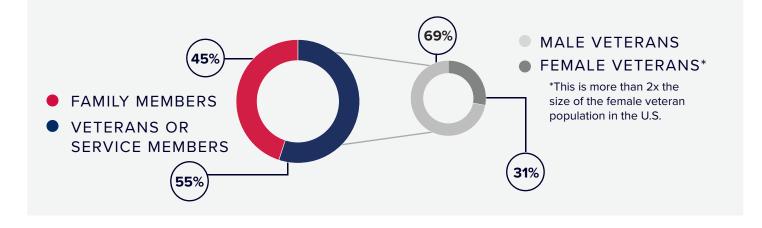
Access is at the heart of our mission. We are committed to breaking down barriers to ensure military families have access to effective care when they need it most.

### **OUR IMPACT** BY THE NUMBERS

**22** MILITARY **FAMILY CLINICS**  70,000+

**VETERAN & MILITARY** FAMILY MEMBERS TREATED DIFFERENT

**STATES** 



OF CLIENTS SURVEYED AFTER TREATMENT

**75%** 

report getting a first appointment "as soon as they wanted it"

agreed or strongly agreed that their needs were met by the clinic

87% would recommend a Cohen Clinic to

friends or family

"Had it not been for the clinic, I would not be here."

ARMY NATIONAL GUARD VETERAN

### GROWING THE NETWORK



Cohen Veterans Network is a national organization with a local footprint. Our mission is ultimately about helping local communities meet the needs of their veterans, service members, and military families.

CVN complements services available in each city from public and private providers and works alongside local government, private, and community providers to help serve as many military families as possible. Clinic locations are selected based on current demand, opportunity, and finding a community organization partner.



"As a veteran and mental health professional, it is my honor to lead this organization.

No veteran or military family member should

suffer alone. We are here to help."

ANTHONY HASSAN, ED.D, LCSW PRESIDENT & CEO, COHEN VETERANS NETWORK



## **EXTENDING** THE **IMPACT**

### OPPORTUNITIES FOR PARTNERSHIP

Cohen Veterans Network has been able to serve more than 70,000 veterans, service members and families, but there are currently 3.2 million post-9/11 veterans in America.

In addition to state grants and insurance, CVN is actively working to secure both local and national philanthropic support as part of a long-term sustainment strategy. Such support will sustain, advance and endow our Cohen Clinics now and into the future, as we open 25 clinics and support additional military families in rural areas.



ELIZABETH A. BOWERMAN SAN ANTONIO CLINIC SUPPORTER

"As a veteran myself, I understand the difficulty veterans and their families face when transitioning back into civilian life. I know that my gift to CVN will directly help my sisters and brothers receive the help they need to recover from the invisible wounds and stresses of war."

### HOW YOUR SUPPORT WILL MAKE A DIFFERENCE



### **AMPLIFY** ACCESS TO CARE

- \* Increase appointment availability
- \* Establish new clinics
- \* Continue existing clinic **operations**



### **EQUIP FUTURE LEADERS**

- \* Train the **next generation** of clinicians
- \* Establish stipends for field placements
- \* Endow fellowship program for advanced post-graduate training



### **ADVANCE** THE FIELD

- \* Collaborate with other scientists and veteran service organizations
- \* Leverage data to improve service delivery
- \* Identify and test **new** treatment approaches



### **ELIMINATE BARRIERS**

- \* Support caregivers
- \* Provide childcare access
- \* Offer inclusive eligibility to serve veterans and entire military families that may not benefit from or qualify for other services



#### **EXPAND TELEHEALTH**

- Deliver online therapy to those unable to travel to the clinics
- \* Extend reach of care in rural areas
- Facilitate technology for telehealth



#### **CULTIVATE LEARNING**

- \* Sponsor **staff training** to continuously improve assessment and treatment
- \* Maintain world-class treatment standards
- \* Educate community via public webinars



### CREATE COMMUNITY

- \* Group Therapy
- \* Attend and host community events
- \* Life skills classes



"Without the clinic, I can't say where I would be right now. This clinic has flexible schedules, warm people, customized treatment, and even marriage counseling - because we bring a lot of this stuff home without even realizing it."



### FURTHER THE MISSION

We welcome the opportunity to discuss partnerships with you.

While we've already achieved significant outcomes, there is much more to do. We invite you to join us in our mission to improve the lives of local veteran and military families.

### LEARN MORE

### CohenVeteransNetwork.org

Anthony Hassan, President & CEO 203-569-0281 | anthony.hassan@cohenveteransnetwork.org 72 Cummings Point Road, Stamford, CT 06902