

USO CAREGIVERS CONFERENCE

Meet. Share. Learn.

2014 Fall USO Caregivers Conference | Embassy Suites Fayetteville/Fort Bragg, N.C.



Warrior and Family Care™

Johnson & Johnson Official Healthcare Partner of the USO

CONFERENCE AGENDA

WEDNESDAY, NOVEMBER 5TH

0530 – 0730 **USO Caregivers Conference Reception**

THURSDAY, NOVEMBER 6TH

0730 – 0830 **Registration & Continental Breakfast**

0830 – 0850 **Opening Remarks**

John I. Pray Jr., USO Executive Vice President & Chief of Staff and Army Colonel
Ron Stephens, Commander, Womack Army Medical Center, Fort Bragg, N.C.

0850 – 1000 *Laughter As Medicine: Using Positive Humor to Restore Your Spirit*
Presenter: Steve Shenbaum, Founder and President, game on Nation, LLC

1000 - 1010 **Break**

1010 – 1100 **Breakout Session**

*Breaking the Barriers to a Healthy Relationship: Communication and Identifying
Ways to More Effectively Interact and Appreciate One Another*
Presenter: Noel Meador, Executive Director, Stronger Families

Caregivers Fighting Compassion Fatigue – A New Battle at Home
Presenter: Marilyn Lash, M.S.W., President, Lash & Associates Publishing/
Training, Inc.

CONNECT with the Positive Physical Approach
Presenter: Melanie Bunn, RN, MS, Bunn Consulting

1100 – 1110 **Break**

1110 - 1200 **Breakout Session**

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1200 – 1300

Lunch

Remarks, Resource Table Introductions and Raffle

John Falkenbury, President and COO for USO of North Carolina

1300 – 1350

Breakout Session (selected session)

Learning Together Through Past, Present and Future Experiences

Moderator: Virginia Peacock, RN, Elizabeth Dole Fellow (South Carolina)

Top Tips to Eat Better, Get Active and Boost Energy Levels!

Presenter: Chris Jordan, MS, CSCS, NSCA-CPT, ACSM HFS/APT, Director, Exercise Physiology, Human Performance Institute

Strategies for Managing Stress

Presenter: Nancy Commisso, MSW, LCSW, Director, Easter Seals Military Family and Wounded Warrior Caregiver Training Program

1350 – 1400

Break

1400 – 1450

Breakout Sessions

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Presenter: Marilyn Lash, M.S.W., President, Lash & Associates Publishing/ Training, Inc.

CONNECT with the Positive Physical Approach

Presenter: Melanie Bunn, RN, MS, Bunn Consulting

1450 - 1500

Break

1500 – 1600

Energy Management for Health, Happiness and Performance in Life!

Presenter: Chris Jordan, MS, CSCS, NSCA-CPT, ACSM HFS/APT, Director, Exercise Physiology, Human Performance Institute

1600 – 1630

Closing Remarks

Ed Shock, Vice President, Warrior and Family Care Programs, USO

SESSION DESCRIPTIONS

LAUGHTER AS MEDICINE: USING POSITIVE HUMOR TO RESTORE YOUR SPIRIT

game on Nation is a nationally recognized leader in confidence, self-awareness and overall communication training for collegiate and professional athletes, teams and corporations. **game on's** innovative program focuses on building self-confidence and effective communication while developing invaluable skills for life. This presentation will help improve teamwork and communication between families and medical support staff. It will also showcase how humor can be utilized to build common bonds and trust while understanding how nonverbal signals impact the meaning of what you say and how others hear it.

ENERGY MANAGEMENT FOR HEALTH, HAPPINESS AND PERFORMANCE IN LIFE!

Energy is our most critical resource and in today's 24/7 connected world, the demands on our energy are nonstop. Without training, these demands outstrip our capacity and compromise our ability to stay healthy, succeed at work, enjoy relationships with friends and family and engage in pursuits outside of work. The Human Performance Institute's, a Johnson & Johnson company, training is based on over 30 years of work with elite performers including Olympic gold medalists, military special operations forces, hostage rescue teams, surgeons and Fortune 500 CEOs, and is built on the sciences of nutrition, exercise physiology and performance psychology. Learn how to manage and increase your energy levels – physically, emotionally, mentally and spiritually – and apply simple rituals to help improve your health, happiness and performance in those things that deeply matter to you.

BREAKOUT SESSION DESCRIPTIONS

BREAKING THE BARRIERS TO A HEALTHY RELATIONSHIP: COMMUNICATION AND IDENTIFYING WAYS TO MORE EFFECTIVELY INTERACT AND APPRECIATE ONE ANOTHER

Military relationships are difficult under normal circumstances. A wound, illness or injury can significantly change your relationship. During this session, you will learn how to improve your relationship through communication, better understand each other's needs, resolve conflict and find renewed hope.

CAREGIVERS FIGHTING COMPASSION FATIGUE – A NEW BATTLE AT HOME

Caregiving is "risky business" because caring too much can be harmful to the caregiver. This session explores the symptoms and impact of secondary traumatic stress or compassion fatigue on caregivers of wounded warriors. By learning how to manage stress and use positive coping strategies, participants will develop a personal wellness plan that addresses their physical, emotional and spiritual health.

CONNECT WITH THE POSITIVE PHYSICAL APPROACH

Many families and caregivers report confusion and concern about unexpected reactions to common situations like conversations, touch and just everyday life. This interactive session will help you learn and practice a new way to approach your family member or person you're caring for. This approach, developed from better understanding of how the brain processes information, is universal and appropriate for those with a variety of physical, cognitive and emotional injuries and wounds.

BREAKOUT ACTIVITY DESCRIPTION

LEARNING TOGETHER THROUGH PAST, PRESENT AND FUTURE EXPERIENCES (MODERATED CAREGIVER DISCUSSION)

Caregiver groups focus on a myriad of needs and shared topics. These include a caregiver supporting a wounded, ill or injured service member, grief, self-help, mental health, parenting and much more. This session helps caregivers share their experiences while addressing the emotional, physical and often spiritual aspects of life as members support each other through a common bond.

TOP TIPS TO EAT BETTER, GET ACTIVE AND BOOST ENERGY LEVELS!

The Human Performance Institute, a Johnson & Johnson company, trains thousands of Fortune 500 executives based on 30 years of work with elite performers, including Olympic gold medalists, military special operations forces, hostage rescue teams, surgeons and Fortune 500 CEOs. The training is built on the sciences of nutrition, exercise physiology and performance psychology. Learn and apply the top tips for eating better and getting more active in this interactive and fun breakout session. Participants will also learn how to exercise almost anywhere, anytime with no equipment and minimal time. They will also receive instructions to download Johnson & Johnson's official 7 Minute Workout app for free.

STRATEGIES FOR MANAGING STRESS

Caregivers make tremendous sacrifices for the well-being of their wounded service members, and sometimes you have to set some boundaries. You must know and understand your personal needs and strategies for managing stress. In a moderated discussion, we will take a closer look at the stressors in your life and what you can do to minimize or at least control these stressors.

USO CAREGIVERS CONFERENCE SPEAKERS

Melanie Bunn, RN, MS is founder of Bunn Consulting, a dementia training specialist for Alzheimers North Carolina and faculty at Duke University's School of Nursing Dementia Grand Challenge curriculum. She recently completed a project with the Durham VA Medical Center, developing programs to improve care of veterans with cognitive impairment. Melanie received her bachelor's degree in nursing from the University of North Carolina at Chapel Hill, a master's from Clemson University and a Gerontological Nurse Practitioner certificate from Duke University.

Nancy Commisso, MSW, LCSW, is a licensed family therapist with more than 21 years of experience as a clinician and manager of clinical programs. She joined Easter Seals DC|MD|VA seven years ago and is now the director of two programs in the Washington area—the Senior+ Program, for seniors throughout Fairfax County, Virginia, and the Military Family and Wounded Warrior Caregiver Training Program. Nancy has conducted more than a dozen caregiver training sessions as part of the Veterans Affairs' National Caregiver Training Program, a partnership between the VA and Easter Seals' national office. She also has conducted numerous caregiver training sessions on behalf of churches and other nonprofit organizations in the Washington, D.C., area.

John Falkenbury was appointed as president and COO of USO of North Carolina in March 2009. He is responsible for planning, organizing and directing the operations of the state headquarters, five USO fixed centers and a mobile center in the areas in and surrounding Jacksonville, Charlotte, Fayetteville and Raleigh-Durham, North Carolina. These base and airport centers provide a full range of services including travel assistance at Charlotte Douglas International, Raleigh-Durham and Fayetteville Airports, deployment and homecoming operations, internet and video link access, military and civilian community outreach programs, fallen and wounded warrior escort services, holiday feasts and morale-boosting activities. With more than 25 years of experience in demanding corporate and military environments, he has successfully created business growth and operational successes through sound business management, organized strategic communications and marketing, and motivational leadership. John served more than 20 years in the U.S. Army, with assignments throughout the United States and in Germany, including director of public affairs at the U.S. Army War College and Carlisle Barracks in Pennsylvania; battalion executive officer, 2nd Armored Division, Fort Hood, Texas; chief of operations and later director of public affairs of the 56th Field Artillery Command in Germany. Upon leaving active service, he returned home to North Carolina to become the president and CEO of Five Oaks Nursing Center in Concord, managing partner of the Falkenbury Family LLC and president of the Stephen D. Falkenbury Jr. Foundation in Charlotte. John Falkenbury established and operated the first North Carolina division of Fleishman-Hillard International Communications, holding the position of senior vice president and general manager and serving as the chair of the North Carolina Advisory Board. He was an adjunct faculty member in the University of North Carolina at Charlotte's Department of Communication Studies. In Charlotte, John served as WBT-AM radio station's on-air military analyst and was a credentialed military consultant and

frequent guest for News14 Carolina. He was also heard on WPTF-AM in Raleigh. John continues to serve on the board of the School of Humanities and Social Sciences at The Citadel in Charleston, South Carolina, and is a board member of the Carolinas Freedom Foundation. John received a bachelor's degree in history from The Citadel and earned a master's degree in management from Webster University, in St. Louis. He is also a distinguished graduate of the Defense Information School and a graduate from both the U.S. Marine Corps Command and Staff College and the U.S. Army Command and General Staff College. Mr. Falkenbury, a former North Carolina Healthcare Facilities Association board member, is a licensed North Carolina nursing home administrator.

Chris Jordan, the director, exercise physiology at the Human Performance Institute, a Johnson & Johnson company, designed and implemented the movement/exercise components of the Corporate Athlete Course, including the widely-known 7 Minute Workout, and is responsible for the development and execution of all corporate fitness programming. As an experienced international keynote speaker and performance coach, he trains hundreds of corporate executives of Fortune 500 companies each year. Chris holds a master's degree in exercise physiology with distinction from the Leeds Metropolitan University in the United Kingdom, and a bachelor's in Applied Biological Sciences from University of West England. Prior to joining Human Performance Institute, a Johnson & Johnson company, he was the fitness program consultant for the U.S. Air Force in Europe, based at Royal Air Force Lakenheath in the U.K., and an exercise physiologist at the British Army Personnel Research Establishment of the Ministry of Defence. Chris co-authored "Energy Every Day, Your Personal Plan for More Energy and Better Health" with Ron Woods and is a contributing author to "The Corporate Athlete Advantage." He has published research in the Journal of Sports Sciences, and has written over 50 articles for U.S. Air Force publications, the 'Army Health Connection' newsletter, Florida Tennis, Men's Health Magazine, Shape Magazine and Best Life magazine. Chris is a certified strength and conditioning specialist and certified personal trainer through the National Strength and Conditioning Association (NSCA) and a certified health fitness specialist and advanced personal trainer through the American College of Sports Medicine (ACSM), and a certified performance enhancement specialist through the National Academy of Sports Medicine. He also holds pre- and post-natal Exercise certifications through the American Council on Exercise (ACE) and Desert Southwest fitness and is an American Red Cross-certified first aid/CPR/AED instructor. He is a full member of the NSCA, ACSM, British Association of Sport and Exercise Sciences and the United Kingdom Strength and Conditioning Association. Chris designed a practical body weight circuit workout that is became known in the media as the "7 Minute Workout." He and Brett Klika co-authored the peer-reviewed article "High-Intensity Circuit Training Using Body Weight" in the American College of Sports Medicine's Health & Fitness Journal which led to the Gretchen Reynolds' blog "The Scientific 7-Minute Workout" in The New York Times and generated significant media coverage. Chris has been interviewed about the workout by "ABC World News" with Diane Sawyer, NPR, CNN, Sirius XM's Doctor Show, The Laura Ingraham Show, Men's Journal, Women's Health, Shape, and more

Marilyn Lash, M.S.W. knows about traumatic brain injury from both sides – personally and professionally – in civilian and military communities. Her special interest is the emotional trauma of brain injury on families, given her experiences as a sibling and spouse of an injured family member. As founder of Lash & Associates Publishing/Training in North Carolina, she has conducted retreats for over 500 women who are caregivers of wounded warriors with Hope for the Home Front over the past three years. Her special interest is helping caregivers understand the complex interactions of TBI and PTSD while stressing the importance of self-care and personal wellness to prevent compassion fatigue.

Phil Martinez was born in Los Angeles and raised in southern Colorado. Growing up in a lower income neighborhood, he learned early on that hard work and a strong dedication to doing something you love would be his winning formula to achieving success. Phil is the director of the USO Colorado Springs. In addition, Phil has been in the concert, voice work, radio and live entertainment arena for years, producing award-winning commercials, narratives and television voice-overs for Fortune 500 companies in English and Spanish. Phil has emceed and worked with some of the biggest names in Hollywood and the music industry.

Noel Meador serves as executive director, Stronger Families in Seattle. In this role, he is dedicated to strengthening families and marriages and ultimately affecting the community at large. He has been a part of marriage outreach, pastoral counseling and marriage education since 2001. He is the lead author of the Oxygen for Your Relationship seminar, which provides couples with tools and resources that help promote authenticity and renewed vitality in their relationships. He received his master's degree in education and is trained in many relationship enrichment and counseling tools, like Prepare/Enrich and PREP for Divorce Prevention and Marriage Enhancement. He has helped develop and produce two major relationship programs, which have been taught to thousands of couples throughout the northwest. Currently, he is working with wounded, ill and injured military couples at various military installations and medical treatment facilities in partnership with USO Warrior and Family Care. He lives in Seattle with his wife, Karissa, and their sons Drew, Noah and Myles.

Virginia Peacock's husband David, a combat flight medic, was hurt in Afghanistan, and his injuries – other than severe shoulder problems – were not immediately obvious. Only later did these “invisible wounds” manifest. Soon, a litany of issues recognizable to the universal military caregiver family arose: memory issues, suicidal thoughts, fatigue, balance problems and more. With assistance from her local caregiver community, Virginia and David are making progress and focusing on transition steps that allow David greater independence. In her role as an Elizabeth Dole Foundation fellow, Virginia hopes to shed more light on the mental health issues faced by caregivers and their families, especially children. Along with military caregivers, more and more of the offspring of wounded warriors are reporting feelings of anxiety and depression. As Virginia notes, it takes a village to get through this life. The primary goal of this career registered nurse is to help our wounded warriors and the entire wounded warrior community heal.

John I. Pray, Jr. joined the senior staff team in 2009 and was selected USO executive vice president and chief of staff, responsible for providing executive level leadership and management in the planning and execution of day-to-day operations and activities throughout the organization. John currently oversees the USO Entertainment and Programs departments, delivering spirit-lifting programming to hundreds of thousands of troops and their families every year. In addition, John oversees our Information Technology division and the Marketing & Communications department, which is responsible for internal and external communications, brand management and marketing. Prior to coming to the USO, John served as the executive vice president for the Systems and Proposal Engineering Company. John has more than 27 years of experience in military operations, having commanded Air Force units at the squadron, group and wing levels. He also served as the director of the White House Situation Room. John retired from active duty as a brigadier general in 2007, when he was selected as the executive secretary of the National Security Council. John holds a bachelor's of science degree from the U.S. Air Force Academy and master's degrees from Embry-Riddle Aeronautical University, the School of Advanced Airpower Studies and the Air War College. He has also completed senior executive programs at the Columbia University Graduate School of Business, Harvard Business School and the Wharton School of the University of Pennsylvania.

Steve Shenbaum is a classically trained actor/comedian and the president and founder of game on Nation, LLC, a nationally acclaimed communication firm. Steve and his staff have worked with some of the most recognizable athletes, colleges, professional sports teams and businesses in the world. They are innovators in the use of improvisation and game dynamics and he is considered one of the industry's leading experts in presentation skills, team-building, and communication training. Steve has worked with nine No. 1 overall draft picks and over fifty first-round NBA, NFL, and NHL draft picks as well as numerous Fortune 500 companies and college and professional athletic teams. Some of his recent clients include: NASCAR, Pittsburgh Pirates, Dallas Mavericks, Cleveland Cavaliers, USO, TD Waterhouse, Florida State football, Alabama football, United States Olympic Committee and the 2012 gold medal-winning U.S. Olympic Women's Soccer Team. Steve has been featured in Sports Illustrated, Sporting News, New York Times, The New Yorker, Los Angeles Times, BBC Network, Big Ten Network, ESPN's "Outside the Lines", ESPN News, ESPN The Magazine and ABC News. In his past career as an actor, Shenbaum was featured in "American Pie 2", "EDTV", "Space Jam," "The Third Wheel" with Matt Damon and Ben Affleck, "Will & Grace", "Dharma and Greg," "Married with Children," "Beverly Hills 90210," and more than 50 national commercials. Steve graduated from Northwestern University with a degree in theater and performance studies and also trained at the British American Drama Academy in Oxford, England.

Ed Shock is vice president of USO' Warrior and Family Care programs, supporting our nation's warriors and families as well as our wounded, ill and injured service members, their families and caregivers. His responsibilities include providing a variety of programs and services to support the morale, welfare, social and entertainment needs of troops and their families. He is also responsible for building collaborative partnerships with many of the high-quality programs and services that exist in both the public and private sectors to improve the quality of life for these deserving men and women by helping them to build their hope and confidence along their recovery journey. From deployed locations to stateside garrison support, and from healing and recreation programs to those in the employment and education arenas, USO Warrior and Family Care offers a centralized point of access to these critical programs and services for our nation's warriors, wounded and their families – from the battlefield to the community. Prior to joining the USO, Shock served as the director of strategic accounts for a global corporation developing hardware and software solutions for the hospitality industry. Prior to that, he served 27 years in the Air Force with multiple command assignments, where he was responsible for the quality of life and morale, welfare and recreation for thousands of military members and their families. He served at various installation and major command-level assignments, up to the Pentagon, where he was responsible for policy development and oversight. Ed deployed multiple times in his military career supporting Operation Desert Shield/Desert Storm, Operation Southern Watch, Operation Enduring Freedom and Operation Iraqi Freedom. His professional awards include Field Grade Officer of the Year for the United States Air Force, Curtis E. LeMay Award for Best Squadron in the United States Air Force, and Field Grade Officer of the Year for Air Combat Command. Shock holds an undergraduate degree in rehabilitation from Indiana University of Pennsylvania, a master's in management from Webster University, and a master's in strategic resourcing from National Defense University. Ed, his wife Mary Ann, and their six children – Emery, Hayden, Meredith, Madison, Austin and Logan – live in Burke, Virginia.

Colonel Ron Stephens began his service with the Georgia Army National Guard as an infantryman. While in the Guard, he attended North Georgia College after receiving the Georgia Military Scholarship. Upon graduating magna cum laude with a bachelor's degree in chemistry, he was commissioned a second lieutenant in the Medical Service Corps. Subsequently, Col. Stephens attended the Medical College of Georgia under the Health Professions Scholarship Program, graduating in 1990. After completing a transitional internship at Eisenhower Army Medical Center, he spent a year at Fort McClellan, Alabama, as a general medical officer. He then completed a three-year residency at Walter Reed Army Medical Center. From there, he was assigned to Womack Army Medical Center, Fort Bragg, North Carolina, where he served as the chief of physical medicine and rehabilitation for more than three years, then chief of the Department of Orthopaedics and Rehabilitation for the next year and a half. During his five-year tenure at Fort Bragg, Col. Stephens filled a PROFIS position with the 18th Field Artillery Brigade (Airborne). Upon completion of the Command and General Staff Officer's Course (CGSOC) at Fort Leavenworth, Kansas, he was assigned as the division surgeon for the 25th Infantry Division (Light) at Schofield Barracks, Hawaii. While in this job, he deployed as the Task Force Eagle

surgeon in support of Operation Joint Forge in Bosnia-Herzegovina. Subsequently, Col. Stephens served for 15 months as the Deputy Commander for Clinical Services (DCCS) at Ireland Army Community Hospital, Fort Knox, Kentucky. Next, he commanded the BG Crawford F. Sams U.S. Army Health Clinic, Camp Zama, Japan. He then served as the command surgeon for the National Defense University at Fort McNair, Washington, D.C. While in this job, he deployed to Iraq as the squadron surgeon for 1/167 Cavalry in support of Operation Iraqi Freedom. After graduating from the Industrial College of the Armed Forces (ICAF), Col. Stephens commanded U.S. Army MEDDAC-Alaska, Fort Wainwright, from 2008-2010. Then, in 2010, he deployed to Iraq as the DCCS for the 86th Combat Support Hospital. After six months in theater, he assumed the role of U.S. Forces-Iraq command surgeon until December 2011. Upon redeployment to Fort Bragg, Col. Stephens served as the XVIII Airborne Corps surgeon. In July 2012, he relocated to the Pentagon to work as the assistant deputy for medical affairs in the Office of the Assistant Secretary of the Army for Manpower and Reserve Affairs. On May 27, 2014, he assumed command of Womack Army Medical Center. Col. Stephens is board certified in physical medicine and rehabilitation and is a licensed acupuncturist. He has made numerous presentations at the local, national and international levels. His military schooling includes the AMEDD Officer Basic and Advanced Courses, CGSOC, ICAF, the AMEDD Executive Skills Course, and the Interagency Institute for Healthcare Executives. Colonel Stephens is a member of the Order of Military Medical Merit, and served as the consultant to the Surgeon General for Physical Medicine and Rehabilitation from 2004 to 2008. Col. Stephens' awards and decorations include the Legion of Merit, the Bronze Star Medal, the Defense Meritorious Service Medal, the Meritorious Service Medal, the Army Commendation Medal, the Army Achievement Medal, the Army Reserve Component Achievement Medal and others. He has earned the Expert Field Medical Badge, the Parachutist Badge, the Air Assault Badge, and the Airborne wings of the French and German armies. Col. Stephens and Debbie, his wife of more than 24 years, are blessed with 7 children.

MILITARY SUPPORT ORGANIZATIONS

USO WARRIOR AND FAMILY CARE

USO Warrior and Family Care offers program support for wounded, ill and injured troops, their families and caregivers, as well as families of the fallen. This support provides a continuum of care that helps give wounded, ill or injured warriors hope and confidence to sustain their journey toward a full and rewarding life. The program presents the best opportunity for our heroes to heal with honor. It also supports the troops' families and caregivers throughout the recovery process, as well as providing assistance to families of the fallen.

Working with best-in-class partners, the USO's support of wounded, ill and injured troops, their families and caregivers has expanded to encompass many critical facets of life, including physical and recreational activities, behavioral health support, family strengthening, education and employment training and community reintegration support.

See more at: USO.org

BOULDER CREST

Boulder Crest Retreat for Military and Veteran Wellness is a country retreat that provides free accommodations, activities and programs for our nation's combat veterans and their families to reconnect and recover from visible and invisible wounds through rest and reconnection time, nontraditional and recreational therapies and reintegration training. Located in the beautiful rural setting of Bluemont, Virginia, the 37-acre retreat offers private cabins, peaceful surroundings and a variety of activities and resources to support physical, emotional, spiritual and economic well-being. Boulder Crest Retreat, a 501(c)(3) nonprofit organization, is supported by donations, grants and in-kind contributions by private donors, foundations and organizations from around the country. The Retreat provides all services and support at no cost to these deserving military families through generous donations from individuals and organizations across the country.

See more at: bouldercrestretreat.org

EASTER SEALS

For nearly 100 years, Easter Seals has provided life-changing solutions to the people of our country. From children and adults living with disabilities, to military families looking to serve their communities, Easter Seals is committed to creating a world of inclusion, dignity, empowerment and independence. We personalize solutions for individuals with autism and intellectual and physical disabilities through innovative therapy, training, education and support services. Recognizing the new and unmet needs of so many returning from Iraq and Afghanistan, we are also addressing serious gaps in service by mobilizing our national network of community-based services through Easter Seals Dixon Center. At Easter Seals, our professional staff of 27,000 is equipped to serve thousands of individuals and military families across our 70-plus affiliates, 550 nationwide service sites and 40,000 local volunteers.

See more at: www.easterseals.com

EAGALA

EAGALA is the world's largest and most professionally respected association for equine-assisted psychotherapy and personal development, with over 4,200 members in 49 countries, and more than 600 treatment programs worldwide as part of the certified EAGALA Network. EAGALA Military Services is an earned designation exclusively for those members of the EAGALA Network who have specialized training and experience in the military community and who continuously upgrade their skills and treatment techniques to better serve service members and their families. To learn more about EAGALA Military Services and the growing use of horses as a powerful model to address mental health and personal development goals in the military community, go to eagala.org

See more at: eagala.org

ELIZABETH DOLE FOUNDATION

Our mission is to uplift American military caregivers by strengthening the services afforded to them through innovation, evidence-based research and collaboration. We believe our nation's military caregivers need and deserve robust, effective support in light of the mental, physical and financial challenges they face in caring for wounded warriors suffering from physical injuries, invisible wounds of war, or both. Our approach is to assist the organizations and agencies that serve caregivers – spouses, parents and others – responsible for an injured military member. Our efforts are designed to better align lifeline services for wounded warriors, promote synergy between the public, private and nonprofit communities and raise awareness about the critical needs facing caregivers today. We are not here to reinvent the wheel.

See more at: elizabethdolefoundation.org

GAME ON NATION, LLC

Since its founding in 1997, game on Nation has become one of the most respected firms in communication, leadership, team-building and character development training for the world's most demanding and recognizable audiences. Clients include NASCAR, the NFL Players Association, Pittsburgh Pirates, Dallas Mavericks, Sacramento Kings, U.S. Olympic Committee, USA Swimming, Florida State football, Alabama football, Kentucky basketball, Honda, TD Waterhouse, Ernst & Young, Edward Jones and the Gatorade Sports Science Institute, to name a few. Delivered by expert coaches with more than 50 years of collective experience presenting at the highest level, game on gets results through a series of laughter-filled games and exercises. With its ground-breaking curriculum fueled by the power of game dynamics, game on uses Mystery, Incentive, Laughter and Empowerment to help clients go the "Extra MILE" when achieving their goals. This highly interactive and entertaining program brings authentic smiles, increased confidence and valuable skills development for all aspects of life. Ready... set... game on!

See more at: gameonnation.com

HIRE HEROES USA

Hire Heroes USA (Hire Heroes) is dedicated to creating job opportunities for U.S. military veterans and their spouses through personalized employment training and corporate engagement. As a 501(c)(3) nonprofit organization, Hire Heroes' services are provided at no cost to the veteran. Headquartered in Alpharetta, Georgia, Hire Heroes USA has built a national reputation of excellence for its success at helping unemployed veterans find jobs – currently at the rate of 17 veterans confirmed hired every week. Our team is comprised of military veterans – many with combat experience in Iraq and Afghanistan – and business veterans. That mix of military and civilian experience has proven essential to effectively training veterans in the skills of self-marketing, then networking them into good jobs with great companies. The hallmark of the program is a personal approach where each veteran receives dedicated assistance from a highly-trained staff member in order to help them overcome barriers to employment.

See more at: hireheroesusa.org

HUMAN PERFORMANCE INSTITUTE

The Human Performance Institute, Division of Wellness & Prevention Inc., a Johnson & Johnson company, is the pioneer in delivering a science-based energy management training solution to achieve sustained high performance. The Institute's Corporate Athlete® training is based on over 30 years of proprietary research and working with elite performers, including Olympic gold medalists, military special operations forces, hostage rescue teams, surgeons and Fortune 500 CEOs. Led by co-founders Drs. Jim Loehr and Jack Groppel, the Human Performance Institute's measurement-based training uses a multidisciplinary approach built on the sciences of performance psychology, exercise physiology, and nutrition to create lifelong behavior change. By training to expand and manage energy levels both personally and professionally, leaders can ignite their full potential and achieve high performance in work and life.

See more at: hpinstitute.com

LASH & ASSOCIATES PUBLISHING/TRAINING

Lash & Associates Publishing/Training is a leading source of information and training on brain injury, blast injury and post-traumatic stress disorder in youths, adults and veterans. Find practical and informative books, tip cards, manuals, tool kits, attention training and cognitive rehabilitation programs developed for survivors, veterans, families, clinicians, educators and caregivers at lapublishing.com.

See more at: lapublishing.com

MILITARY ONESOURCE

Military OneSource is a confidential Department of Defense-funded program providing comprehensive information on every aspect of military life at no cost to active duty, National Guard, and reserve members, and their families. Information includes, but is not limited to, deployment, reunion, relationships, grief, spouse employment and education, parenting and childhood services. It is a virtual extension to installation services.

See more at: www.militaryonesource.mil

OUR MILITARY KIDS

Our Military Kids supports the children of wounded service members by awarding grants that pay for participation in sports, fine arts and academic tutoring programs. Activities help children cope with stress and anxiety in a positive way while parents recover from severe service-related injuries.

See more at: ourmilitarykids.org

RIDE2RECOVERY

Ride2Recovery (R2R) is produced by the Fitness Challenge, a 501(c)(3) organization that partners with the military and Veterans Affairs Volunteer Service Office to benefit mental and physical rehabilitation programs for 'wounded veterans and healing heroes and features cycling as its core activity. Held in partnership with the Fitness Challenge Foundation, R2R raises money to support cycling programs at military and VA locations around the U.S. to help healing heroes overcome obstacles they face. Cycling is an important part of the recovery process because it's an activity everyone can do – no matter the disability – and cycling helps speed the recovery process.

See more at: ride2recovery.com

THE COMFORT CREW FOR MILITARY KIDS

The Comfort Crew for Military Kids is a nonprofit organization that supports thousands of military kids each year through programs and advocacy events designed to strengthen their social and emotional resilience. Founded in 2007, The Comfort Crew creates a world where kids feel supported while managing the challenges of today's military life; challenges which include deployment, reintegration, moving, visible and invisible injuries and grief. In partnership with the USO, co-founder Trevor Romain and The Comfort Crew work directly with military children on and off bases all over the world. Military kids and their families are offered a wide variety of comfort kits and educational resources customized to meet their specific needs and let them know we are With You All the Way!

See more at: comfortcrew.org

STRONGER FAMILIES

Stronger Families currently offers a portfolio of products and services that positively impact marriage health in the United States. It uses marriage and family life education and resources to deliver wisdom, insight and encouragement. In 2013, more than 90 percent of Oxygen for Your Relationships graduates said the information they learned would become an important part of their relationship and their relationship would be strengthened as a result. Stronger Families is working in 28 states across the country. More than 600 facilitators are certified to deliver the Oxygen for Your Relationships seminar in their own communities and more than 5,000 couples have graduated from the Oxygen program. Stronger Families partners with law enforcement and first responder chaplains, USASOC, the USO, the YMCA and other national organizations to promote marriage and family values and offer marriage education and long-term support.

See more at: strongerfamilies.org

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Warrior and Family Care™