

Center for Warriors

Veteran Corrections Complex

Center for Warriors VCC Programs

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Center for Warriors VCC Programs

The CFW Veteran Corrections Complex programs will consist of the following:

- 6 months of transitional care prison programs
- 24 Months rehabilitation services in Helena VCC

Target Programs

Duration: 6 Months
Target Group: Veterans living in a prison for Pre-Release Center
Duration: 24 Months
Target Group: Veterans living in Pre-Release Center
Target Group: Veterans Prison Determent Program
Target Group: Veterans Homeless Rehabilitation Center
Duration: 6 - 24 Months
Target Group: Veterans Outpatient Care Apartments
Duration: 45 days - 2 Months
Target Group: Veterans Drug & Alcohol Treatment
Duration: Varies
Target Group: Veterans Court (live in apartments or off campus)

Key Components

1. **Initial Assessment and Intake**
    - Comprehensive physical and mental health assessment
    - Substance use evaluation (if applicable)
    - Individualized treatment planning
2. **Medical and Psychological Support**
    - Regular medical check-ups
    - Access to mental health professionals (psychiatrists, psychologists, therapists)
    - Medication management for mental health conditions
3. **Therapeutic Interventions**
    - Individual therapy sessions (weekly)
    - Group therapy sessions (bi-weekly)
    - Seeking Safety sessions (individual and group)
    - Cognitive Behavioral Therapy (CBT)
    - Dialectical Behavior Therapy (DBT)
    - Trauma-focused therapy (e.g., EMDR)
    - **Marriage and Family Therapy (if needed)**
4. **Substance Use Treatment (if applicable)**
    - Detoxification services (if needed)
    - Medication-Assisted Treatment (MAT)
    - 12-step programs or alternative support groups (e.g., SMART Recovery)

- Relapse prevention planning.

5. **Life Skills and Vocational Training**

   - Job readiness workshops
   - Resume building and interview skills.
   - Financial Literacy classes
   - Time management and organizational skills

6. **Peer Support and Community Building**

   - Peer support groups
   - Community activities and outings
   - Family therapy sessions (if applicable)
   - Building a support network

7. **Recreational and Wellness Activities**

   - Physical fitness programs (yoga, gym access, walking groups)
   - Art therapy, music therapy, and other creative outlets
   - Mindfulness and meditation sessions

8. **Educational Workshops**

   - Mental health awareness
   - Nutrition and healthy living
   - Substance use education (optional for those in need)

9. **Crisis Intervention and Safety Planning**

   - 24/7 crisis hotline
   - Crisis intervention team on-site
   - Safety planning for suicide prevention and overdose prevention

10. **Regular Monitoring and Evaluation**

    - Monthly progress reviews
    - Adjustments to individualized treatment plans
    - Feedback sessions with participants

Detailed Monthly Breakdown

Month 1: Foundation and Stabilization

- **Week 1-2: Intake and Assessment**
  - Complete all initial assessments and create individualized treatment plans.
  - Introduce participants to the program structure and resources.

- **Week 3-4: Building Trust and Establishing Routines**
  - Start individual and group therapy sessions.
  - Introduce Seeking Safety sessions.
  - Introduce life skills workshops and recreational activities.
  - Begin medical and psychological support sessions.

Month 2: Intensive Treatment and Support

- **Week 5-8: Deepening Therapeutic Work**
  - Continue individual and group therapy with a focus on identifying triggers and developing coping strategies.
  - Engage in Seeking Safety sessions.
  - Participate in peer support groups and community activities.
  - Start trauma-focused therapy sessions for those with trauma histories.
  - Begin Marriage and Family Therapy sessions if needed.

Month 3: Skill Development and Empowerment

- **Week 9-12: Vocational and Life Skills Training**
  - Intensify job readiness and financial literacy workshops.
  - Continue therapeutic interventions, including Seeking Safety and peer support.
  - Continue Marriage and Family Therapy sessions if needed.
  - Introduce family therapy sessions if applicable.

Month 4: Strengthening Recovery and Building Resilience

- **Week 13-16: Relapse Prevention and Wellness**
  - Focus on relapse prevention techniques and safety planning (for those with substance use issues).
  - Increase participation in physical fitness and mindfulness activities.
  - Continue with all ongoing therapeutic and medical support.

Month 5: Community Integration and Future Planning

- **Week 17-20: Preparing for Independence**
  - Emphasize building a support network and community integration.
  - Conduct advanced vocational training and job placement support.
  - Continue educational workshops and recreational activities.
  - Continue Marriage and Family Therapy sessions if needed.

Month 6: Transition and Sustained Support

- **Week 21-24: Transition Planning and Set Butte Facility Goals**
  - Develop a detailed aftercare plan with each participant once relocated to Butte.
  - Ensure connection to ongoing support services (e.g., outpatient therapy, support groups).
  - Conduct final assessments and gather feedback for program improvement.

Program Staff and Roles

- **Program Director:** Oversees the program, ensures quality and compliance.
- **Clinical Psychologists/Therapists:** Provide individual and group therapy, including Seeking Safety sessions.
- **Psychiatrists:** Manage medication and mental health conditions.
- **Substance Use Counselors:** Guide substance use treatment and recovery (for those who need it).
- **Vocational Trainers:** Conduct job readiness and skill-building workshops.
- **Peer Support Specialists:** Facilitate peer support groups and community activities.
- **Case Managers:** Coordinate services and support individual participants.
- **Recreational Therapists:** Lead recreational and wellness activities.
- **Marriage and Family Therapists:** Provide therapy for couples and families as needed.

Measurement and Evaluation

- **Monthly Progress Reports:** Track individual progress and program outcomes.
- **Participant Feedback Surveys:** Gather insights to improve the program.
- **Outcome Metrics:** Monitor metrics such as sobriety rates (for those in substance use treatment), employment rates, mental health improvements, and participant satisfaction.

Center for Warriors VCC Programs

24 Month Rehabilitation Program Overview

Duration: 24 Months
Target Group: Unhoused Veterans needing permanent housing and rehabilitation services
Focus Areas: Substance use recovery (for those who need it), mental health support, skill development, and community building

1. Initial Assessment Service

No Veteran should be without a place to call home. VA Homeless Programs

- Conducting coordinated outreach to proactively seek out Veterans in need of assistance.
- Connecting homeless and at-risk Veterans with housing solutions, health care, community employment services and other required supports.
- Collaborating with federal, state, and local agencies; employers; housing providers, faith-based and community nonprofits; and others to expand employment and affordable housing options for Veterans exiting homelessness.

Supportive Services for Veteran Families (SSVF) Homelessness Prevention Screening Tool Companion Guide Published September 2021 SSVF_HP_Screening_Companion_Guide.pdf (va.gov)

A. Eligibility Verification

VA eligibility requirements for homeless vets VETERANS' PROGRAM LETTER NO. 06-24 (https://www.dol.gov/sites/dolgov/files/VETS/files/HVRP-VPL-06-24-Requirements-Functions-20240923.pdf)

Homeless Veterans may be eligible for a wide variety of benefits available to all U.S. military Veterans. VA benefits include disability compensation, pension, education and training, health care, home loans, insurance, vocational rehabilitation and employment, and burial. See our Veterans page for an overview of the benefits available to all Veterans.

B. Intake Excellent Pdf Veteran-Program-Referral-Quick-Guide.pdf (usich.gov)

C. Tri-care/Tri-west Insurance or Medicare/Medicaid or grants/vouchers

- Veteran Eligibility & Covered Services (triwest.com)

2. Mental Health

A. Behavioral Health Assessment

The purpose of this assessment is to create a tailored, holistic treatment plan that integrates faith-based principles with evidence-based psychological practices. This helps ensure that the veteran receives comprehensive support addressing mental health, trauma, and spiritual needs. By incorporating a Christian-based approach, the program can offer guidance that aligns with the individual's beliefs, fostering a sense of purpose, hope, and community as part of the healing process. The assessment informs treatment strategies such as counseling, group therapy, pastoral care, and other supportive services that contribute to the veteran's holistic well-being.

B. Mental Health Programs

These programs emphasize holistic care by addressing the body, mind, and spirit. They aim to provide a safe space where veterans can explore their trauma, gain practical coping tools, and foster spiritual growth, thus creating a comprehensive pathway to recovery and well-being.

- **Individual and Group Therapy**: Sessions may focus on trauma recovery, PTSD management, coping strategies, and emotional well-being, integrating both faith-based counseling and evidence-based therapeutic methods.
- **Spiritual Counseling and Pastoral Care**: Spiritual support from chaplains or faith leaders helps veterans connect their experiences with their beliefs, promoting healing through prayer, scripture, and reflection.
- **Peer Support Groups**: Faith-oriented group meetings that foster camaraderie, shared experiences, and mutual support among veterans, enhancing a sense of community and shared faith.
- **Holistic Interventions**: Programs may incorporate mindfulness, meditation, or prayer-based practices to help manage stress and improve mental resilience.
- **Reintegration Support**: Assistance with transitioning back into civilian life, which may include job training, social skills development, and connecting veterans with community and faith-based resources.
- **Family and Marital Counseling**: Providing support for the veteran's relationships, helping family members understand and navigate challenges together, often with a focus on maintaining faith as a foundation for resilience.

C. Treatment Planning

Key elements are:

- **Comprehensive Assessment Review**: The initial evaluation thoroughly examines the veteran's history of substance use, including the types, frequency, and impact of substances on their life, alongside their psychological, emotional, and spiritual profile.
- **Substance Use Evaluation**: This step identifies any underlying causes of substance use, such as trauma, PTSD, depression, or anxiety, and examines triggers and patterns of use.
- **Goal Setting for Recovery**: The veteran, along with therapists and spiritual counselors, sets specific, realistic goals for sobriety, emotional wellness, and spiritual growth. Goals may include achieving milestones in recovery, developing coping mechanisms, and enhancing life skills.
- **Personalized Treatment Plan**:
  - **Individual Counseling**: Incorporates cognitive-behavioral therapy (CBT), motivational interviewing, and trauma-informed care to address both mental health and substance use.
  - **Group Therapy**: Faith-based support groups offer a platform for shared experiences, encouragement, and collective faith-centered healing.
  - **Spiritual Guidance**: Regular sessions with pastoral counselors integrate faith-based discussions, scripture, and prayer to support spiritual resilience and encourage reliance on faith as a source of strength.
  - **Relapse Prevention Strategies**: The plan includes training in coping skills, managing triggers, and developing healthy habits. Veterans learn to rely on both practical strategies and their faith to prevent relapses.
  - **Holistic and Wellness Interventions**: Mindfulness practices, meditative prayer, exercise, and nutrition support a balanced lifestyle that strengthens both mental and physical health.
  - **Family and Community Involvement**: Engaging family members through education and counseling fosters a supportive home environment and helps rebuild relationships impacted by substance use.

- **Progress Monitoring and Adjustments**: Regular evaluations track the veteran's progress in both substances use treatment and overall mental health. Treatment plans are adjusted as needed, ensuring that therapy remains effective and spiritually meaningful.

  This approach ensures that the veteran receives comprehensive care that aligns with their faith and values while addressing the complexities of substance use. The aim is to support the veteran in achieving lasting recovery, emotional stability, and spiritual growth.

3. Medical Monitoring

Medical monitoring is a critical component of the Center for Warriors' mission to help unhoused veterans achieve lasting recovery and independence. Our in-house team of health professionals will work collaboratively to address addiction recovery, mental health challenges, and overall well-being through individualized care plans and consistent support.

A. Comprehensive Medical History Records

- **Personalized Health Documentation:**

  - Each resident will have a detailed medical history maintained by our in-house team. This allows us to track progress, adjust treatment plans, and ensure a thorough understanding of each resident's unique needs.

  - A secure system will ensure all medical records are updated and accessible for seamless coordination across our care team.

- **Collaborative In-House Approach:**

  - Our medical, mental health, and addiction recovery teams will work together to set clear goals for each resident's recovery journey, ensuring an integrated and consistent approach to care.

B. Individualized Treatment Programs

- **Tailored Recovery Plans:**

  - Each resident will have a customized treatment program designed by our in-house providers. These plans will address addiction recovery, mental health support, and other therapeutic needs, ensuring a holistic path toward independence.

- **Therapeutic Interventions:**

  - Our programs will prioritize evidence-based therapies, group and individual counseling, and structured recovery activities to build resilience and foster mental and emotional well-being.

C. Medication Assessment and Management

- **Responsible Medication Reduction:**
  - Our medical staff will carefully evaluate the necessity of psychotropic and other mind-altering medications, reducing or eliminating their use where appropriate, while introducing alternative therapeutic methods to support recovery.
- **Medication Adherence:**
  - Residents will be closely monitored to ensure medications are taken as prescribed, with regular check-ins to address any concerns and promote safe, effective treatment.

4. Therapy

A. Occupational Therapy

Mission: To restore function, independence, and a sense of purpose to veterans by addressing physical, emotional, and cognitive challenges through a Christ-centered, holistic approach. Through personalized therapeutic techniques, veterans will be empowered to reintegrate into civilian life, manage PTSD symptoms, and foster self-reliance.

Steps for Occupational Therapy:

- **Initial Assessment and Spiritual Inventory**
  - **Objective:** Assess the veteran's physical abilities, mental state, emotional health, and spiritual well-being.
  - **Action Steps:** Conduct an intake evaluation, including a detailed review of the veteran's service history, injuries (physical or psychological), current functional capabilities, and spiritual needs. Discuss how their faith in Christ can be integrated into the healing process.
- **Goal Setting & Personalized Treatment Plan**
  - **Objective:** Establish specific, achievable goals that align with the veteran's personal values, faith, and lifestyle.
  - **Action Steps:** Create a customized treatment plan with short-term and long-term goals that combine improving functional independence (e.g., returning to work, resuming hobbies) and emotional healing through Christ.

- **Stress and Anxiety Management**
  - Implement mindfulness and relaxation techniques to reduce anxiety and stress.
  - Incorporate cognitive-behavioral therapy (CBT) principles to challenge negative thought patterns and develop coping strategies for managing PTSD symptoms.
  - Offer sensory integration techniques to help veterans re-establish a sense of control and reduce hyperarousal.
- **Skill Development and Adaptive Techniques**
  - **Objective:** Rebuild life skills and provide adaptive tools to help the veteran thrive in daily activities.
  - **Action Steps:** Work on enhancing fine and gross motor skills, self-care activities, and cognitive tasks. Introduce adaptive devices or techniques that assist with tasks like cooking, driving, or household chores, with the mindset of restoring dignity and independence. Introduce faith-based mindfulness and prayer to incorporate spiritual peace into the process.
- **Workshops and Group Activities**
  - **Objective:** Foster community, encourage bonding, and support emotional growth.
  - **Action Steps:** Offer group workshops where veterans can share experiences and healing stories in a safe, supportive, Christian-centered environment. Focus on creating a space for group activities that integrate faith and rehabilitation, such as Bible study, art therapy, woodworking, or gardening, depending on interests and goals. Use scripture to provide strength, such as Philippians 4:13 (“I can do all things through Christ who strengthens me”).
- **Restoration of Purpose and Vocational Counseling**
  - **Objective:** Help veterans rediscover their sense of purpose, rebuild social connections, and navigate social environments through meaningful engagement and potential career paths.
  - **Action Steps:** Work with veterans to explore vocational options that fit their capabilities and passions. Offer vocational training and job-readiness programs that provide skills for re-entering the workforce, managing workplace stress, and improving overall performance and confidence in work-related tasks.
  - Integrate a Christian worldview, showing how God’s purpose for their life can continue even after their military service. Explore volunteer work, part-time employment, or other ways to contribute to society, while encouraging veterans to view their work as a calling and part of their Christian mission.

- **Family Support and Community Reintegration**
  - **Objective:** Assist veterans in re-engaging with their families and communities with a restored sense of purpose.
  - **Action Steps:** Facilitate family therapy sessions where veterans and their loved ones can learn to support each other through the healing process. Encourage participation in local church activities, social groups, and community service projects that reinforce the veteran's sense of belonging and purpose.
- **Spiritual and Emotional Support**
  - Incorporate elements of spiritual care, recognizing the importance of personal meaning, purpose, and faith in healing.

B. Physical Therapy

Mission: To support physical healing and rehabilitation in veterans by addressing the musculoskeletal and neurological challenges of service-related injuries. Physical therapy will not only promote physical recovery but also strengthen the spirit, providing veterans with the tools they need to rebuild their bodies and lives through faith in Christ.

Steps for Physical Therapy:

- **Initial Physical Assessment and Treatment Planning**
  - **Objective:** Thoroughly evaluate the veteran's physical condition to create a targeted rehabilitation plan.
  - **Action Steps:** Conduct a full assessment of the veteran's physical injuries, pain levels, mobility, and overall functional capacity. Integrate a prayerful approach to assess a PT plan that addresses each veteran's specific needs, goals, and physical limitations, asking for God's guidance in identifying the best healing path. Establish the link between physical recovery and spiritual well-being—using scriptures like 1 Corinthians 6:19-20 to remind the veteran that their body is a temple of the Holy Spirit.
- **Pain Management and Healing Techniques**
  - **Objective:** Alleviate pain through both conventional physical therapy methods and spiritually informed approaches.
  - **Action Steps:** Introduce exercises that reduce pain, improve mobility, and build strength, using modalities such as manual therapy, heat/cold therapy, stretching, and strengthening exercises. Encourage veterans to also reflect on God's healing power through prayer and meditation, using scriptures like Psalm 147:3 ("He heals the brokenhearted and binds up their wounds") to provide comfort.

- **Exercise Programs for Strength and Endurance**
  - **Objective:** Rebuild physical strength, endurance, and functional independence.
  - **Action Steps:** Develop personalized exercise programs that promote cardiovascular health, muscle strength, flexibility, and balance. Consider incorporating group fitness classes like yoga or stretching that emphasize body awareness, mindfulness, and mental well-being. Integrate scripture-based affirmations and encourage veterans to thank God for each milestone, whether big or small, as they progress in their recovery.
- **Trauma-Specific Rehabilitation**
  - **Objective:** Address specific injuries resulting from military service, such as blast injuries, amputations, or spinal cord injuries.
  - **Action Steps:** Tailor physical therapy plans to address these specific injuries, whether through prosthetic training, scar tissue mobilization, or neuromuscular re-education. Integrate trauma-sensitive practices that acknowledge the physical and emotional impact of the veteran's service. This approach helps to create a safe environment where veterans feel empowered to engage in therapy.
  - Use adaptive equipment to improve the veteran's quality of life and help them achieve greater independence. Prayerfully encourage perseverance, citing Philippians 4:13 as a reminder of God's strength in their journey.
- **Spiritual Healing and Emotional Support**
  - **Objective:** Foster emotional healing through the physical rehabilitation process.
  - **Action Steps:** Recognize the deep connection between physical pain and emotional distress. Integrate faith-based counseling and encourage veterans to meditate on the healing power of Christ while participating in physical therapy. Use Christian imagery (like the healing of the paralytic in Mark 2:1-12) to inspire hope, reminding veterans that healing, both physical and emotional, is possible with God's help.
- **Holistic Approaches for Wellness**
  - Include complementary techniques such as yoga, tai chi, or meditation and prayer to reduce stress and promote relaxation, which in turn can improve physical healing.
  - Foster a connection between the body and mind by integrating exercises that promote body awareness and self-care routines.
  - Educate veterans on the importance of nutrition, rest, and physical activity as part of their healing journey, addressing both body and mind.

- **Community Engagement and Support**
  - **Objective:** Encourage veterans to find support through community and family in the process of rehabilitation.
  - **Action Steps:** Hold group therapy sessions where veterans can share physical challenges and successes, providing mutual support and encouragement. Invite family members to be part of the therapy process, helping them understand the physical and emotional journey their loved one is on. Integrate local church or community activities that promote physical activity, like group hikes or volunteering for service projects.

Conclusion:

By integrating physical therapy and occupational therapy within a Christ-centered healing framework, the center will not only address the physical and emotional wounds veterans carry, but also help them discover renewed purpose and connection to both their bodies and their faith. As veterans walk through their recovery process, they will be encouraged to rely on Christ's strength, His healing touch, and the support of their community as they rebuild their lives and find peace and purpose again.

5. Therapeutic Interventions (PTSD etc.)

A. Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)
B. Prolonged Exposure Therapy
C. Eye Movement Desensitization and Reprocessing (EMDR)
D. Spiritual Counseling
E. Cognitive Behavioral Therapy (CBT)
F. Interpersonal Therapy (IPT)
G. Behavioral Activation
H. Faith-Based Support Groups
I. Exposure Therapy
J. Mindfulness and Meditation
K. Chaplain Care
L. Dialectical Behavior Therapy (DBT)
M. Solution-Focused Brief Therapy (SFBT)
N. Psychoeducation
O. Motivational Interviewing (MI)
P. 12-Step Programs with Faith Integration
Q. Relapse Prevention Therapy
R. Holistic Wellness Approaches (prayer, physical exercise, nutrition)
S. Family Systems Therapy
T. Emotionally Focused Therapy (EFT)
U. Psychoeducational Family Support

6. Substance Use Treatment

A. In-patient (Rocky Mountain Treatment Center)
B. Programs (AA Meetings, Counseling etc.)

C. **Outpatient substance use treatment**
The Veterans in CFW program is designed to provide structured, ongoing support while allowing individuals to maintain daily responsibilities such as work and family life. Key components include:

- Flexible Treatment Structure
- Individualized Therapy
- Faith-Based Group Support
- Spiritual Counseling
- Relapse Prevention Planning
- Holistic Wellness Practices
- Family Involvement
- Ongoing Evaluation

7. Employment Strategies

A. Career Choices

- Career research using no-cost online tools (Montana Career Information System, O*Net Online, Myers-Briggs testing)
- Meeting with Employment Specialists (Job Service, other employment, or community agencies), Student Counselors or Advisors, VA Employment Programs staff.
- Informational interviews with potential employers. Researching company websites.
- Temporary agencies and jobs – opportunity to try out.

B. Training

- Veterans training programs and funding through VA and contract agencies.
- Financial assistance (GI Bill, Scholarships, State and Federal Employment and Training Programs)
- Traditional training – 4-year college degree, 2-year college degree focusing on vocational training.
- Apprenticeships - Union or state sponsored.
- Other vocational training – Specialized short-term training i.e., Commercial Driver's License, Heavy Equipment, Coding.
- Work experience and On the Job Training (generally available through state and federal agencies).
- Online training and courses

C. Preparing to Work – Life Skills

- Sleep schedule and managing time.
- Keeping a calendar and recording events or contacts
- Hygiene and grooming
- Apparel Prep (Clothing clean and pressed, shoes clean or polished, etc.
- Positive approaches – Confidence vs. Arrogance
- Taking courses regarding success in the workplace, soft skills, etc. are sometimes available through community agencies, or state, federal and VA programs.

D. Job Search

- Tools for work search – Resume building, cover letter preparation.
- Finding work – job posting websites, word of mouth, job fairs, Employment Specialists, checking company website employment opportunities.
- Survival jobs – Taking a job to show current employment even though not related.
- Interview preparation – Understanding types of interviews (traditional vs. behavioral), practicing and mock interviews, learning the S.T.A.R. method.
- Questions to ask at interview.
- Researching employer prior to interview
- Asking for the job!

8. Financial Tutoring

A. Introduction to Financial Literacy

- **Purpose of Financial Literacy**
  - Financial literacy equips participants with essential skills to make informed decisions, improving both their quality of life and financial independence. For veterans, understanding these concepts is critical to managing the unique financial challenges they may face during recovery.
- **Setting Financial Goals**
  - Setting short-term and long-term financial goals creates a roadmap for stability and future success. Clear, realistic goals provide motivation, allowing participants to track their progress and celebrate small wins that lead to greater achievements over time.

B. Understanding Banking

- **Types of Bank Accounts**
  - Exploring different bank account types—checking, savings, and specialized accounts for veterans—helps participants choose the best options for managing and safeguarding their finances. Each account type offers unique benefits, from secure access to funds to interest-earning potential.

- **How to Open and Maintain a Bank Account**
  - This section covers the step-by-step process for opening a bank account, including required documentation. Emphasis is placed on maintaining a positive balance to avoid fees and promote fiscal responsibility.
- **Online Banking and Mobile Apps**
  - Participants will learn to leverage online and mobile banking platforms for easy, secure access to their accounts, helping them to monitor balances, track spending, and manage finances from anywhere.

C. Budgeting Basics

- **Creating a Personal Budget**
  - A comprehensive guide to building a personal budget will cover tracking income and expenses, helping participants understand their cash flow. This is a foundational skill for managing finances effectively and avoiding unnecessary debt.
- **Fixed vs. Variable Expenses**
  - This section breaks down fixed (essential) and variable (non-essential) expenses, enabling participants to prioritize spending and adjust based on their financial situation.
- **Adjusting the Budget**
  - Participants will learn techniques for modifying their budget as circumstances change, allowing for flexibility while keeping financial goals on track.

D. Understanding Income and Taxes

- **Types of Income**
  - An overview of various income sources, including employment wages, disability income, and veterans' benefits, helps participants understand the foundational role of stable income in achieving financial recovery. Recognizing and accessing these sources can support participants in building a sustainable path out of homelessness and toward long-term financial readiness.
- **Estimating Tax Responsibilities**
  - Basics of income taxes, including deductions and credits available to veterans, will be discussed to empower participants with the knowledge needed to minimize their tax burden legally and effectively.
- **Net vs. Gross Income**
  - Understanding the difference between gross (total) and net (take-home) income is essential for realistic budgeting and planning, particularly when assessing available funds for essential expenses.

E. Managing Credit

- **Understanding Credit Reports and Scores**
  - This section explains the importance of credit, how it influences financial opportunities, and the steps to obtain free credit reports. Knowing one's credit score and understanding its impact are critical to responsible credit use.
- **Building and Maintaining Good Credit**
  - Strategies for establishing and improving credit scores include making timely payments, managing credit utilization, and maintaining a good credit mix. These practices pave the way for better financial opportunities.
- **Using Credit Responsibly**
  - Participants will learn about the differences between good and unmanageable debt, interest rates, and fees, gaining insights into when to use credit and how to avoid common pitfalls.

F. Debt Management

- **Types of Debt**
  - Differentiating between secured (e.g., mortgages) and unsecured debt (e.g., credit cards) helps participants understand the risks and implications associated with each type.
- **Strategies for Paying Off Debt**
  - Two primary methods for debt reduction, the snowball and avalanche approaches, will be explored, providing participants with structured ways to prioritize and pay off debt.

1) **Snowball Method**: In the snowball approach, participants pay off their debts starting with the smallest balance first, regardless of the interest rate. Once the smallest debt is fully paid, they move to the next smallest debt, adding the amount they were paying on the previous debt to the payment for the next one. This method builds momentum as participants see debts eliminated quickly, which can be motivating and help maintain commitment to debt reduction.

2) **Avalanche Method**: The avalanche approach focuses on paying off debts with the highest interest rate first, regardless of the balance size. This strategy minimizes the amount of interest paid overtime, helping participants save money overall. Once the highest-interest debt is paid off, they move to the next highest-interest debt, continuing until all debts are cleared.

- **Seeking Help**
  - Participants are introduced to available resources for debt counseling and management programs, enabling them to seek support if debt becomes overwhelming.

G. Emergency Funds and Savings

- **Importance of an Emergency Fund**
  - Emergency funds serve as a safety net, helping participants avoid financial crises during unexpected expenses. Building this fund is a priority for stability and peace of mind.
- **Setting Up a Savings Plan**
  - Practical steps for setting up a savings plan, even on limited incomes, ensure that participants can start building their financial safety nets and prepare for larger goals.
- **Long-term Savings Goals**
  - Long-term goals such as retirement, education, and investments provide a vision for the future. Participants will learn the importance of these goals and the steps to achieve them.

H. Financial Planning for the Future

- **Investment Basics**
  - Introduction to basic investment options, account types, and risk management allows participants to start planning for wealth accumulation with an understanding of potential returns and risks.
- **Retirement Planning**
  - Emphasizing the importance of retirement planning and resources specifically for veterans, this section provides insight into retirement accounts, benefits, and other tools for a secure future.
- **Estate Planning Basics**
  - Understanding estate planning concepts such as wills, trusts, and beneficiary designations ensures participants can protect their assets and provide for their loved ones.

I. Resources and Support Systems

- **Community Resources**
  - This section introduces local and national resources that offer financial assistance and education, giving participants a range of support options to turn to when needed.

- **Veteran-Specific Financial Resources**
  - Specialized resources, benefits, and programs designed exclusively for veterans will be covered, helping participants access the financial support available to them.
- **Support Networks**
  - Participants are encouraged to build a community of support, including peers and mentors, to stay motivated and accountable in their financial journey.

J. Culmination and Personal Action Plan

- **Creating a Personal Financial Action Plan**
  - In this last step, participants will outline actionable steps based on what they have learned, fostering a personalized approach to financial readiness.
- **Accountability Partners**
  - Establishing accountability partners provides participants with ongoing motivation, support, and a network to rely on as they work towards their financial goals.

Conclusion

- **Review of Key Concepts**
  - This summary reinforces the importance of financial literacy, budgeting, credit management, and long-term planning, underscoring how each element contributes to personal independence and recovery.
- **Next Steps and Continuous Learning**
  - Encouragement for continued education and staying informed about financial matters ensures that participants remain engaged in their financial wellness journey, fostering lifelong financial resilience.

9. Peer Support

A. Building community support

- **Connect Veterans with Trained Peer Mentors**
  - Match veterans with mentors who have similar experiences, fostering relatability and trust.
  - Hold regular one-on-one and group meetings to discuss challenges and provide mutual support.

- **Create Regular Peer Support Groups**
  - Establish small support groups where veterans can share firsthand experiences and coping strategies.
  - Offer specialized groups focused on specific challenges (e.g., transitioning to civilian life, coping with trauma).
- **Host Community-Building Events**
  - Organize gatherings like coffee hours, fitness groups, or skill-building workshops to foster camaraderie.
  - Encourage families and friends to join, expanding the supportive community network.
- **Develop Online Community Spaces**
  - Create secure online forums or social media groups for veterans to connect outside in-person meetings.
  - Provide 24/7 access to support through moderated chats and virtual meetups.
- **Establish a Buddy System**
  - Pair veterans as accountability buddies to check in with each other regularly.
  - Use this system to bridge gaps between larger meetings and provide continuous support.

B. Community service

- **Identify Service Opportunities that Resonate with Veterans**
  - Work with local organizations to create volunteer opportunities relevant to veterans' skills and interests.
  - Highlight opportunities that give back to other veterans, families, or at-risk community members.
- **Organize Group Volunteer Events**
  - Plan group activities like park cleanups, veterans' home visits, or food bank volunteer days.
  - Emphasize team building, resilience, and purpose through shared service.
- **Encourage Skill-Sharing Workshops**
  - Host workshops where veterans can teach or learn skills (e.g., woodworking, mechanics, gardening).
  - This position is to build confidence and provide service by sharing valuable skills with others.

- **Celebrating and Reflecting on Service**
  - Acknowledge the impact of veterans' community service through awards or recognition events.
  - Create space to reflect on the positive outcomes and personal growth resulting from community involvement.
- **Create Partnerships with Local Organizations**
  - Develop ongoing partnerships with charities, schools, or veteran-centered non-profits to offer sustained service opportunities.
  - Provide veterans with ways to become advocates and liaisons, strengthening their ties within the community.

10. Song Writing Healing Camps

- **Group Discussion & Journaling**
  - The first challenge is to speak up. Veterans and national recording artists sit together and discuss the struggles they are facing in life to find common ground. Working together on finding solutions to real-life issues, they learn how writing in a journal can bring them healing beyond the camp. Each mission will provide a different location and challenge: living in the wilderness of Alaska, traveling to Ireland on tour, riding in a tour bus between two major cities, etc. **Create Partnerships with Local Organizations**
- **Breakout Song Writing Sessions**
  - We pair the national artist with a veteran to help lead them through the songwriting process and bring to life their story through writing the lyrics, theme, and music for their individual song.
  - These intimate songwriting sessions bring the viewer through the process of pulling what is inside the veteran onto paper through melody and lyrics. The healing can be visually seen taking place.

11. Song Performances

- **Live Performance Session**
  - Facing the ultimate challenge of performing live on stage, the veteran and national artist introduce the song, reveal the story behind it, and perform it live.
  - The viewer and live audience get to witness a healing experience. We can begin to understand the heart and mind of the veteran through their song.
  - They will record their songs in a major recording studio and capture a music video to complete the program.

12. Recreational and Wellness Activities

A. Introduction to Recreational and Wellness Activities

- **Purpose of Recreational and Wellness Activities**
  - Recreational Activities equip our participants with tranquility and peace yet challenges the mind. In most cases, we can teach our veterans that there is more to life. Our Recreational Activities are designed to sharpen the mind with new experiences.
  - Wellness Activities equip our participants with new experiences and give each veteran tools to not only face the darkness in their lives but also provide new tools to deal with those darknesses.

B. Recreational Activities

- **Hunting Camps**
  - Our Archery Elk Camp 2025 was an extraordinarily successful camp. It changed the lives of all our participants. We run our elk camps differently than any other elk camp. We have a variety of programs throughout the day and the week. In 2026, we expect to more than double our programs that are tailored to eliminate Broken Warrior Syndrome and Moral Injuries.
- **Expansion of other Activities**
  - We have many other programs in the infancy stage. Other programs include fishing camps, hiking and trail grooming through contracts,
- **Permanent Camp – CAMP ENDURING HOPE**
  - The use of a beautiful home on the Missouri River at 29 Seibold Lane outside of Cascade Montana was donated to our foundation for retreats, fishing and so much more.

C. Wellness Activities

- **Equine Therapy**
  - We have established a strong connection with Brenda Westwood of Horse Sence Equine Therapy during our Archery Elk Camp 2024 and will continue with her in Archery Elk Camp 2025. There will also be many other times throughout the year. Especially if we work out the deal with the permanent campsite.
- **Other Wellness Activities**
  - As we grow, we will be adding more programs like song writing healing camps and much more.

D. Financial Support

- **Sponsors**
  - We have already established connections with over forty local businesses who have supported us financially and will continue supporting us.

- **Grants**
  - We have multiple organizations that provide our Foundations with grants. We are in the process of applying for several of them. We are currently applying for a $750,000 Fox Grant.

E. Future of our Programs

- **Center for Warriors Foundation**
  - We are a 501(c)3 and are one of the fastest growing Veteran Organizations in the state of Montana. Our growth in the past 13 months have included services to Green Star Families (Families of Veteran Suicide), 2 Archery Elk Camps, Programs for battered women and children because of PTSD. We are also on a solid path to the opening of a Veteran Homeless Rehabilitation Center in Butte Mt, 8 TCU centers and a 140,000 SQ Ft Veteran's Center in Sheridan Mt.

13. Educational Workshops/Outside Resources

- Training objectives for the workshop
- Determination of Knowledge, Skills & Abilities (KSA) required of the person getting trained.
- Determine where the student is at educationally or skillset before training.
- Determine the (KSA) skill sets the student will have after the training.
- Based on the end results desired, establish the length of training Break down length of training per segment (if butt is sore, no thinking going on)
- Determine the credentials or skill sets the future instructor needs to provide such training.
- If state or federal certification is required, what would those be?
- Determine, equipment, props, materials needed and costs to help the student become proficient in the training.
- Determine the kind of classroom or environment necessary for successful training.

14. Crisis Intervention (see Policies and Procedures)

15. Regular Monitoring and Evaluation

Monitoring the efficacy and evaluating programming in a Christian-based veteran mental health and substance use treatment program involve several key strategies to ensure continuous improvement and effective care:

R**egular Progress Assessments**: Veterans' progress is tracked through periodic evaluations, including self-reported feedback, clinical assessments, and therapist observations. This helps measure changes in mental health status, substance use behavior, and spiritual growth.

- **Outcome-Based Metrics**: The program uses specific outcome measures such as reduction in substance use, improvement in mental health symptoms (e.g., decreased PTSD, anxiety, or depression scores), and enhanced quality of life. Success in achieving personal goals set during treatment is also monitored.

- **Feedback Mechanisms**: Veterans provide regular feedback through surveys, interviews, and group discussions. This helps capture their experiences, highlight strengths of the program, and identify areas for improvement.

- **Clinical Staff Reviews**: Regular meetings among therapists, counselors, and pastoral staff ensure that treatment approaches remain effective and align with best practices. Peer reviews and case consultations support continuous professional development and program alignment.

- **Spiritual and Psychological Integration Checks**: Evaluations consider how well the integration of spiritual and therapeutic practices is working for each veteran. This includes assessing whether faith-based components provide meaningful support and motivation.

- **Relapse Tracking and Prevention Review**: The program records data on relapse rates and uses it to identify patterns, refine prevention strategies, and implement interventions that strengthen veterans' long-term recovery plans.

- **Family and Community Impact Assessments**: The program looks at improvements in family dynamics and community reintegration to ensure veterans are supported beyond treatment. Success in family counseling sessions and participation in community or church activities are considered.

- **Program Adjustments Based on Data**: Collected data and feedback are analyzed to inform program adjustments. This includes modifying treatment plans, adding or enhancing therapeutic activities, and adapting group or spiritual support to better meet veterans' needs.

- **Long-Term Follow-Up**: Post-treatment follow-up is conducted to assess ongoing recovery and well-being. Veterans may participate in periodic check-ins and aftercare programs to ensure they maintain progress and receive continued support.

- **Reporting and Transparency**: Regular reports summarize the findings of program evaluations, including efficacy data and veteran testimonials. These reports help maintain transparency with stakeholders and inform decision-making for program enhancements.