



Make a difference

Your contributions help A4TH reach Wisconsin veterans with RRPMV programs, like the one at Milwaukee's Vets Place Central (pictured).

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A4TH.org

Artists for the Humanities

a 501(c)(3) non-profit charity

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The Return & Recovery Program for Military Veterans (RRPMV), established in June of 2009 by the nonprofit Artists for the Humanities, combines expressive art and group counseling to help military veterans and their families confront unresolved service-related trauma, grief, substance abuse and homelessness; identify how the adverse psychological effects of military service have limited them; embrace personal growth to improve their condition; and, successfully reintegrate into civilian life.

RRPMV Progress and Message of Hope Shared with WI Social Workers



On October 19, 2015, the Wisconsin Chapter of the National Association of Social Workers held the annual conference featuring many presenters on various aspects of improving mental health. Tim Mayer, Jerry Schwan, and George Kamps shared examples of art by some of the more than 2,300 veterans who have participated in the RRPMV since 2009. In addition to the powerful drawings of trauma, Post-traumatic growth was also discussed as an important aspect of surviving trauma.



A primary goal for the RRPMV is to alter the survivor's cycle of distress (trauma recollection → emotional distress → avoidance). Drawings that depict soul wounds, in a safe environment of acceptance, often lead to a different outcome for the veteran. The cycle of distress can be interrupted. Fear conditioning can be changed to a healthier counter-conditioning and results.

This positive message was well received by the mental health professionals in attendance, many of which also counsel veterans.

VETERANS TREATED IN THE RETURN & RECOVERY PROGRAM FOR MILITARY VETERANS (through October, 2015)						
YEAR	VA-BASED		COMMUNITY-BASED		TOTAL SESSIONS	TOTAL VETS
	Group Sessions	Attendees	Group Sessions	Attendees		
2009	0	0	10	61	10	61
2010	28	149	14	68	42	217
2011	52	350	12	65	64	415
2012	58	389	11	70	69	459
2013	52	319	15	121	67	440
2014	50	281	25	137	75	418
2015	38	196	23	128	61	324
TOTAL	278	1,684	110	650	388	2,334

Mayer Attends Americans for the Arts Conference



A4TH Executive Director Tim Mayer attended the 2015 Americans for the Arts Conference in St. Paul, MN, which brought together non-profit and humanities-focused organizations predominantly from the Midwest to discuss how art impacts and reflects community. Breakout sessions provided Mayer with the opportunity to discuss how our program uniquely uses and positions art in the veterans' community, and to connect with individuals who expressed interest in exploring how to expand our mission beyond Wisconsin's borders.

Reflections on the Return & Recovery Program for Military Veterans

"Participating in expressive art sessions through the RRPMV by Artists for the Humanities has become a regular and integral part of the activities I need to successfully deal with PTSD. Mind, body, and spirit are healthier now."

Darryl Johnson
Sergeant, U.S. Army Forward Observer
Vietnam, 1968-1969



RETURN & RECOVERY PROGRAM FOR MILITARY VETERANS

YES! I'm willing to support Artists for the Humanities with:

- a tax-deductible **individual** gift of \$ _____
- a tax-deductible **corporate** gift of \$ _____

Individual Name or Corporation (include contact person)

Phone

Email

Mailing Address

City/State/ZIP

- Add me to your mailing list.

Mail to: Artists for the Humanities
P.O. Box 882
Appleton, WI 54912-0882

Donations Make a Difference

This holiday season give a gift that has a true, lasting impact all year.

To date, the RRPMV has provided more than 2,300 veterans and family members with a safe place to explore their painful memories, confront their feelings, and express themselves visually and verbally on a journey to healing—and peace.

By contributing to Artists for the Humanities, a 501(c)(3) non-profit charity, you **ensure that our important healing work continues without cost for veterans and their families.**

Please use the coupon provided to send your tax-deductible individual or corporate contribution today.

Thank you!