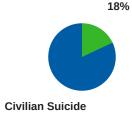
### AN EPIDEMIC

On average, 20 Veterans commit suicide everyday. Our staff is trained to react. You may not be. Please keep the number to the Veterans Crisis Line handy in case if you feel a Veteran is contemplating suicide. Even one is too many.

Veteran Suicides



82%

In 2014, Veterans accounted for 18% of all deaths from suicide among U.S. adults, while Veterans constituted 8.5% of the US population.



"After my husband was home for a short while, I began to notice he was struggling to adapt to civilian life. I wish there was an organization that helped me understand what he was going through. I had no idea what Post Traumatic Stress was, or how I could help him cope. This was all foreign to me."

-Wife of a Combat Veteran





## **HOW YOU CAN HELP**

**Donating your time**– We don't pay our staff because we feel at this point, the money brought in would better serve our Combat Veterans.

Volunteers will ALWAYS be our backbone.

**Donating your treasure**— Because we received such generous support, we provide over 500 opportunities for engagement and education this past year. We were also able to add three new programs as well. There is still more work to do!



Tax-deductible donations can be mailed to:

# A Combat Veteran's Hope

P.O. Box 8004, Visalia, Ca 93290 (559) 799-2548 • info@acvhope.org

### Our office is located at:

121 E Main St. Suite 108 Visalia, Ca

A Combat Veteran's Hope is a 501(c)3 Charitable organization.
Tax ID #47-5360583
Our Promise California #29072





Welcome Home.

#### **OUR MISSION**

To empower Combat Veterans through engagement with each other and their local community.

## **OUR VISION**

To ensure every generation of Combat Veteran successfully integrates back into their family and local community.

# WHO WE SERVE

We proudly serve all generations of Veterans who have served in combat and their families.

## WHY WE ARE NEEDED

The current generation alone accounts for 400,000 service members who struggle with Post Traumatic Stress. The difficulty that comes with the transition from a life of fighting for our Country, to life back at home can potentially be problematic for not only the service member but the family as well. With help from local communities, ACVH is providing the resources and support our Heroes and their families deserve. There is no cost to our Combat Veterans to become a member of ACVH, our Warfighters paid enough on the field of battle.



#### **PROGRAMS**

**Engagement-** Through various events around the Valley, we give our Combat Veterans and their family the opportunity to be around one another. Our free events include softball, golf, hiking, BBQ's, bowling, family events and much more.



Peer Mentoring Program- When needed, our Warfighters are given a mentor to be an ear, help develop a plan of action and follow up with them if they need encouragement to move forward. Our mentors have all undergone mentor training which includes Applied Suicide Intervention Skills Training (ASIST)

**H.O.P.E Program-** H.O.P.E. stands for Help Our Patriots Endure. We connect Warfighters with members of their community to check-in, say hello and ask how everything is going. Through engagement with people from the community, Warfighters can begin to feel, more than ever, that people care about them.

Family Support- We offer Post Traumatic Stress (PTS) 101 classes to family members to educate them on triggers and coping skills, so they can better understand and help their Warfighter. We also offer activities for loved ones to encourage networking. Peer support is also available.

### PROGRAMS CONT.

Resource Referral- With the right resources, a Warfighter has a better chance for a seamless transition to their civilian life. Homelessness, joblessness, suicide, mental health, physical health, and integration continue to be an issue for those returning home from combat. We will help connect those that need further support with other non-profit organizations or government agencies.

**Financial Assistance-** This year, we have begun to help with monetary help to assist those who need help with unforeseen circumstances. This year alone, we will give up to \$12,000. Next year will be even more, thanks to our communities around the valley.



**Female Warfighter Program-** Women account for 10% of California's Veteran population. We provide engagement opportunities specifically for them, ensuring that they have all the support they need.

**Outdoor Program-** From fishing, archery, hunting to hiking, we are proud to facilitate adventures for our Warfighters to experience together to form new bonds with others who have served in combat.