



Resilience Grows Here Steering Committee Meeting

Developing a Theory of Change – Part 1

Long Term Outcome (LTO): A community that fosters the health and resilience of veterans across their lifespan

LTO Definitions

- **Community:** Includes multiple dimensions of people; groups of identity (e.g., veterans); and geographic space
- **Foster:** Plant, create, grow, nurture, sustain, educate
- **Health:** Mental, physical and total well-being
- **Resilience:** Able to deal with whatever comes your way; adjust and adapt and reach out to ask for help
- **Lifespan:** Cradle to grave; children, youth/adolescents, adults, older adults, families
- **Veterans:** Individual (men and women) who has served this country, whether or not in combat (e.g., reservist)

Pre-Conditions

Community Support

- Community support and understanding of veterans
- Veterans and their families being welcome/valued in the community
- Community that embraces veterans and works to improve mental health
- Therapeutic relationship between vets, families and community
- Reduce veteran isolation

Services and Access

- Accessibility to services for veterans
- Financial advice
- Remove bureaucracy
- Guided access to services
- Working through the system to know what services are out there

Curb Vet Suicides

Resilience Grows Here is made possible through funding from the Movember Foundation.



- Reduce veteran suicides
- Curb suicide rate

Vet Space/Center

- A well known central location for veterans (most members of the community know where the “veterans’ center” is)
- Safe space for veterans
- Feeling welcome to the “group”
- Veteran activity center for all ages
- Provide community physical location to allow social interaction
- Therapeutic effects of garden – a gathering space, nurturing
- Safe spaces for healing
- Veteran clearinghouse for activities
- Place to go for support

Mental Health/Stigma

- Open communication about veterans’ mental health
- Alternative approaches to address PTSD and mental health issues for vets and families
- Doing more for veterans’ mental health
- Mental illness de-stigmatized in the community
- Good mental health and quality of life for veterans and their families
- Make mental health a community responsibility
- Address care of body and mind as defense against depression (e.g., healthy food, meditation)
- Improved mental health and acceptance in the community
- Address mental health stigma for youth/boys in school

Substance Use/Abuse

- Drug abuse
- Alcohol abuse

Peer-to-Peer Support

- Connecting younger and older veterans
- Support network for similar experiences

Understanding Vet Needs and Sacrifices (Experiences): Understanding and satisfying the needs of veterans

Interventions

Service Dog: Service dogs for veterans in need

Suicide Prevention

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- QPR – Question, persuade, refer
- Develop workshop for friends/families on suicide prevention; goal to curb suicide in vets in community

Mental Health: Create or have a comprehensive list of mental health services for veterans in community

School Programs: Have programs in all schools for kids to talk/learn about vets and RGH