



Strategic Plan

ASK: No veteran with a disability left to re-engage in society without being served through inclusive sport and recreation.

NEED: There are approximately 23.2 million military veterans in the United States with roughly 5.5 million reporting any type of disability. Of those, 1.8 million veterans report mental health problems. This work group was established to enable our injured soldiers, sailors, airmen and other veterans with disabilities to exercise and participate in sport and recreation again while providing hope and health on a variety of levels.

GOALS:

- Develop a central hub where veterans with disabilities can seek information on sport, fitness, and recreation
- Provide networking opportunities for veterans and a forum for communication about experiences with programs in the fitness, sport and recreational arena
- Support the VA's charge on mental health by developing awareness materials to reduce social stigmas associated with PTSD and other mental health issues
- Facilitate healthy caregiving by gathering resources to support healthy and active lifestyles for caregivers working with a veteran with a disability

PRIORITY TASKS:

- Network with veteran organizations that provide services for veterans with disabilities pertaining to sport, fitness, and recreation
 - Create a resource page list and running list of events
 - Market the hub to veteran service organizations
- Develop a communication forum and market to veteran service organizations
- Create a resource page on mental health affecting veterans and develop marketing materials for reducing social stigmas which may be associated with mental health
- Gather resources on healthy caregiving and develop resources specific to caregivers regarding veterans with a disability

This workgroup meets via bi-monthly conference calls. Please contact Michael Paul, Workgroup Chair at m-paul@hotmail.com for more information and to join the group.