

**WARRIOR  
HEALING CENTER  
101**

We do NOT support veterans;

We FIGHT for veterans



WHC

Providing hope,  
belonging & purpose  
for veteran families

# WHO's Behind WHC?

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## Dr. Tim Kirk, Col (Ret)

Served 25 years in USAF

Served 3 years in Afghanistan

2015 was a year full of TRAUMA

Suffers from PTSD, Survivor's Guilt and Depression, among other injuries

Understands what it's like to be at the end of your rope

Mission is to care for the troops; this mission doesn't end when you leave the service

Find your pain, find your purpose

There is a lot of work left to do

Serves daily as Chief Clerk at WHC

## Catherine Goodman, RN

Civilian; worked extensively in health care and fundraising

Father served in Vietnam; never talked about it

Met Tim in 2017; joined him in Sierra Vista after he purchased the property to create indoor training space for Soldier's Best Friend

Jumped into director position as purchase meant scope explosion

Did not understand the challenges veterans face until serving at WHC

Passionate about informing & educating the public about the realities of veteran suicide

It takes COMMUNITY to engage and give veterans the HOPE so many have lost

## Beth Weathers

Military spouse of 6 combat tours and veteran caregiver of 30 years

Experienced in daily challenges presented by invisible injuries, such as Post Traumatic Stress Disorder (PTSD) & Traumatic Brain Injury (TBI)

Victim of lack of effective post-military assistance while caring for severely disabled combat veteran

Felt passion to create safe space where veterans and family members could expose the real struggles with those who walked the same path

Believe strongly that those suffering need to be heard and understood by genuine people who care

Thankful to be able to share lessons learned and to provide guidance to lighten another's burden

# MEET OUR TEAM



Cathie Goodman, RN  
President



Beth Weathers  
Secretary



Leslie Bryant  
Director



Stu Carter  
Director



Jeff Davenport  
Director



Clara Pimple  
Advisor



Tom Reardon  
Director



David Russell  
Director



Phyllis Stroud  
Director



Tim Kirk, PhD  
Chief Clerk

See [www.WarriorHealingCenter.org/about](http://www.WarriorHealingCenter.org/about) for BOD Bios

# WHC Basics

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- ▶ **Mission:** To unify, coordinate and mobilize veteran and community support organizations
- ▶ **Vision:** Prevent veteran suicides with Right Treatment, Right Time, Right Place
- ▶ **Motto:** Stand Up and FIGHT!
- ▶ WHC is 100% Volunteer-Run
- ▶ **Nobody gets paid;** WHC relies on this amazing community to help make tangible improvements in the daily lives of veterans
- ▶ WHC is **Grass Roots** and only exists in Sierra Vista, AZ
- ▶ **Center is Open** with Front Desk staffed M-F 8:30 am-4 pm
  - ▶ WHC is often open until 8 pm Tu-Th
  - ▶ There is often activity at WHC 8 am-noon Saturdays
  - ▶ Center is available to WHC teammates for use ad hoc - whenever meetings are scheduled
- ▶ WHC's phone is answered 24/7

1838 Paseo San Luis | Sierra Vista, AZ 85635  
520-221-4093 | [vets@WarriorHealingCenter.org](mailto:vets@WarriorHealingCenter.org) | [www.WarriorHealingCenter.org](http://www.WarriorHealingCenter.org)

# WHY?

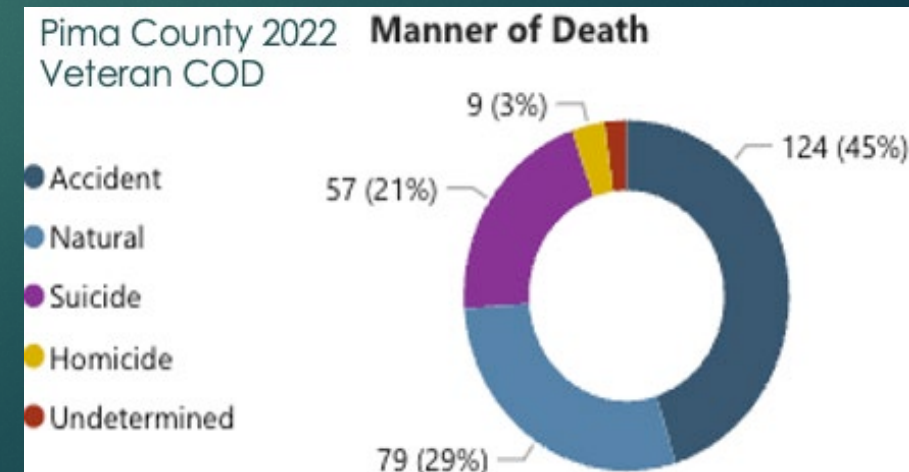
- ▶ Experience and research have definitively demonstrated that **suicide is NOT a mental health problem**
  - ▶ 50-year study shows **no correlation** between mental health and suicide attempts (*see notes for source*)
  - ▶ VA has consistently treated veteran suicide as a mental health issue
    - ▶ Treating exclusively with medications and therapy
    - ▶ Wrong. Completely wrong. Devastatingly wrong.
- ▶ **WHC View: Suicide problem is far more complex than mental health and yet far simpler to resolve**
  - ▶ There is a difference between mental illness and psychological/emotional detachment/isolation
  - ▶ **Veteran suicide is a product of psychological/emotional disruption**
  - ▶ This disruption can only be resolved through effective crisis intervention during the lead-up to suicidal ideation
    - ▶ It takes **COMMUNITY** that cares and generation of **HOPE**

# WHY?

- ▶ 22 a Day represents veteran suicide in USA
- ▶ Truth is that the number is MUCH GREATER than this (ask me why!)
- ▶ VA reporting is misleading and scientifically reckless
  - ▶ <https://www.mentalhealth.va.gov/docs/data-sheets/2022/2022-National-Veteran-Suicide-Prevention-Annual-Report-FINAL-508.pdf>
  - ▶ VA draws wrong conclusions/misreads data
  - ▶ 2022 VA Report celebrates small decrease in total number of veteran suicides in 2020
    - ▶ Ignored: Rate of suicide increased from 23/100k in 2001 to 31/100k in 2020
    - ▶ Glossed over: Age 18-34 suicide rate was 46/100k in 2020
  - ▶ Yet overall veteran population decreased 24.6% from 2001 to 2020
  - ▶ The truth: over 120,000 veteran suicides in 20 years according to VA Report
    - ▶ More fatalities than: Vietnam + Korea + Desert Storm + Iraq + Afghanistan combined (101,847)

## ▶ Cochise County/Pima County

- ▶ [https://webcms.pima.gov/government/medical\\_examiner/](https://webcms.pima.gov/government/medical_examiner/)
- ▶ 35 veteran suicides in 36 months: 2019-2021 – Cochise
- ▶ No County Coroner in Cochise; we use Pima ME
- ▶ Pima County started tracking veteran COD in 2022
- ▶ 21% of veteran deaths in Pima in 2022 were suicide (>1 in 5)



# WHAT Does WHC Provide?

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- ▶ **Command & Control - Absent in 2018**
  - ▶ Sierra Vista
    - ▶ <https://stacker.com/military/cities-most-veterans>
    - ▶ #1 city in AZ for veteran population density
    - ▶ #3 city in USA for veteran population density
  - ▶ Lots of veteran service orgs (VSOs) in SV
  - ▶ Little collaboration/information sharing
- ▶ WHC created **One Stop Shop**
  - ▶ One database shared among VSOs
  - ▶ One copy of veteran's DD214 & Intake form
  - ▶ Lots of resources working together
- ▶ WHC currently serves 1,700+ veterans
- ▶ Important: **Psychological First Aid (PFA) Crisis Intervention**

## #3. Sierra Vista, AZ

Estimated civilian population 18+ years: 29,042

Estimated total veterans: 8,041 (27.7% of civilian population)

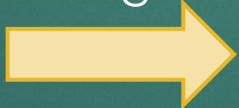




# PSYCHOLOGICAL FIRST AID (PFA)

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Must treat **Psychological/Emotional Health** with same alacrity that we treat Physical Health

- ▶ **Right Treatment, Right Place, Right Time**
  - ▶ **Stabilize the Crisis:** Resource applications to help stop bleeding
  - ▶ **PFA Kit:** contains local resources needed to relieve crisis (knowledge & rolodex)
    - ▶ \$200 applied to crisis up front can save \$396,669 of treatment necessary after suicide attempt (*see COST of Veteran Suicide slide*)
    - ▶ Ex: Someone is going to have power turned off because unable to cover the electric bill, compounded with other stressors/integrators creates shame and loss of hope for veteran which leads to no options they can see, which leads to suicide --- easily prevented by intervention and resource application
  - ▶ **Anyone can provide PFA** with the right kit and training (just like physical basic first aid)
- ▶ **Time, Training and Experience**  **EMT level of Crisis Response**
  - ▶ This is what we expect at WHC, the local PFA station
- ▶ **Psychological/Emotional Health Ambulance**
  - ▶ WHC is called on site by SVPD & CCSO on occasion to assist when veterans are in psychological crisis

# IMPACT on Veteran Suicide

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- ▶ WHC can reasonably conclude that the efforts put forth in Cochise County have had a positive impact on veteran suicide prevention
- ▶ [www.WarriorHealing.vet/stats](http://www.WarriorHealing.vet/stats)
- ▶ 2019, 2020, 2021: 12.3 veteran suicides average per year
- ▶ 2022: 9 veteran suicides
  - ▶ This is a 27% reduction in veteran suicides in Cochise County
- ▶ 2022: WHC had 61 veterans present as a threat to self or others
  - ▶ Those 61 are still working with WHC and have NOT harmed self or others

# COST of Veteran Suicide

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- ▶ \$490 billion total cost in 2019 of all suicide in USA - <https://www.cdc.gov/suicide/facts/index.html>

## Suicide has far-reaching impact.

Suicide and suicide attempts cause serious emotional, physical, and economic impacts. People who attempt suicide and survive may experience serious injuries that can have long-term effects on their health. They may also experience depression and other mental health concerns.<sup>8</sup> The good news is that more than 90% of people who attempt suicide and survive never go on to die by suicide.<sup>9</sup>

Suicide and suicide attempts affect the health and well-being of friends, loved ones, co-workers, and the community. When people die by suicide, their surviving family and friends may experience shock, anger, guilt, symptoms of depression or anxiety, and may even experience thoughts of suicide themselves.<sup>8</sup>

The financial toll of suicide on society is also costly. In 2019, suicide and nonfatal self-harm cost the nation nearly \$490 billion in medical costs, work loss costs, value of statistical life, and quality of life costs.<sup>10</sup>

- ▶ 1,235,286 suicide non-fatal outcomes & completions in 2019 – <https://suicidology.org/wp-content/uploads/2021/01/2019datapgsv2b.pdf>
  - ▶ 47,511 fatal suicides in 2019 in USA
  - ▶ 1,187,775 suicide attempts (non-fatal outcomes) in 2019 in USA
- ▶ Estimated cost per non-fatal attempts + suicide: \$396,669
- ▶ 2019-21 Cochise County estimated cost of veteran suicide:  $(12.3 * \$396,669) = \$4.8 \text{ M/year}$
- ▶ Suicide is 10th leading COD in Arizona - [www.cdc.gov/nchs/pressroom/states/arizona/az.htm](http://www.cdc.gov/nchs/pressroom/states/arizona/az.htm)
  - ▶ But drug overdoses are 2500 of 5400 accidents in Arizona – NOT included in the suicide count (Deaths of Despair)

# IMPACT of WHC

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- ▶ 2022 Stats:
  - ▶ Over 8,000 unique visits to WHC recorded
    - ▶ (We know several are not recorded)
  - ▶ 574 new veterans made over 1,190 requests for assistance addressed by WHC volunteers
  - ▶ 61 of these reported themselves as "danger to self or others" when reporting their stress level on intake form
    - ▶ These 61 veterans continue to work with community resources and WHC programs and have not harmed self or others
  - ▶ Over 1,700 veterans are served through WHC follow-up program
    - ▶ No veteran assistance case is ever "closed" at WHC
    - ▶ Volunteers reach out regularly as part of our RONA program (Responsive Outreach Network Alliance) to provide buddy checks to veteran families

# IMPACT of WHC

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- ▶ 2022 Stats continued:
  - ▶ WHC worked with 95 veterans facing homelessness in 2022 and assisted them with immediate and long-term housing solutions
  - ▶ WHC created a list of 90+ local veteran-owned small businesses and has created a framework for them to network and collaborate
  - ▶ WHC donated space to AARP & VITA who were able to complete 1200+ income tax filings for the local community at no cost

# IMPACT of WHC

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- ▶ VA Veteran Benefits Upgrade Initiative Results in 2022
- ▶ 113 veterans upgraded, 62 upgraded to 100%
- ▶ 199 veterans being worked currently
- ▶ 113 completed received lump sum of **\$1.6 million** back pay
- ▶ Additional tax-free compensation from VA in Cochise County is **\$500,000** per month
  
- ▶ This equals an extra **\$6,012,192** per year for our veteran families and our community

# WHC Intake Temperatures

INTAKE TEMPERATURES	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	YTD
Green - No Crisis; everything is cool	15												15
Amber - I feel flight or fight; relationships are stressed	13												13
Orange - I need support. I have panic attacks; I may hurt myself or someone else	4												4
Red - I am in immediate danger; drop everything and get me some help right away!	0												0
<b>Total New Intakes</b>	<b>32</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>32</b>
2022 Green - No Crisis; everything is cool	17	12	28	32	24	12	9	40	39	24	25	26	288
2022 Amber - I feel flight or fight; relationships are stressed	19	10	13	28	21	16	17	32	22	15	14	18	225
2022 Orange - I need support. I have panic attacks; I may hurt myself or someone else	3	1	3	9	5	3	1	4	4	8	3	4	48
2022 Red - I am in immediate danger; drop everything and get me some help right away!	0	1	1	3	2	3	0	1	1	0	0	1	13
<b>2022 Total New Intakes</b>	<b>39</b>	<b>24</b>	<b>45</b>	<b>72</b>	<b>52</b>	<b>34</b>	<b>27</b>	<b>77</b>	<b>66</b>	<b>47</b>	<b>42</b>	<b>49</b>	<b>574</b>

# WHC Assistance Requests

ASSISTANCE	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	YTD
Financial	15												15
Housing	8												8
Food	6												6
VA Claims/Benefits	15												15
Camaraderie	6												6
Home Repairs	2												2
Transportation	2												2
Legal Assistance	8												8
Medical	6												6
Employment	7												7
Mental Health	2												2
<b>Total Requests for Assistance</b>	<b>77</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>
2022 Financial	16	5	6	16	15	13	14	21	18	10	10	15	159
2022 Housing	16	8	7	14	12	17	10	18	11	8	7	11	139
2022 Food	10	2	3	14	10	8	6	13	12	5	8	13	104
2022 VA Claims/Benefits	20	6	26	35	24	11	12	33	29	15	15	21	247
2022 Camaraderie	8	8	12	10	9	9	7	15	5	11	14	6	114
2022 Home Repairs	3	2	2	4	4	0	1	3	0	1	1	0	21
2022 Transportation	3	1	5	6	10	4	4	11	7	2	2	9	64
2022 Legal Assistance	9	5	9	15	9	12	5	10	14	9	6	7	110
2022 Medical	11	1	6	16	10	9	3	11	8	10	1	6	92
2022 Employment	6	3	4	7	4	6	7	7	5	4	4	6	63
2022 Mental Health	5	3	1	13	12	7	5	10	10	7	2	4	79
<b>2022 Total Requests for Assistance</b>	<b>107</b>	<b>44</b>	<b>81</b>	<b>150</b>	<b>119</b>	<b>96</b>	<b>74</b>	<b>152</b>	<b>119</b>	<b>82</b>	<b>70</b>	<b>98</b>	<b>1192</b>



# WHC Funding

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- ▶ WHC is a **Qualified Charitable Organization**
  - ▶ Donations to QCOs by Arizona tax payers qualify for \$ for \$ state tax refund
- ▶ WHC relies on **grants & private donations**
- ▶ WHC's fundraising campaign:
  - ▶ [www.22toEnd22.com](http://www.22toEnd22.com)
  - ▶ Currently: 74 Guardians participate
  - ▶ Goal: 500 Guardians to donate \$22/month
    - ▶ Keeps the doors open
    - ▶ Provides emergency financial support to local veterans in crisis
  - ▶ This donation is equivalent to purchasing a cup of coffee a week for a veteran

**WHC needs this community to Join the FIGHT!**

How to Join the FIGHT with WHC:

Become a Guardian (buy a cup of coffee a week for a vet): [www.22toEnd22.com](http://www.22toEnd22.com)

Become a volunteer: [www.WarriorHealing.vet/volunteer](http://www.WarriorHealing.vet/volunteer)

# WHC Take Aways

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1. Veterans need this community to Join the FIGHT!
2. WHC provides support and services that no one else can
3. Veteran suicide is not a mental health problem
4. WHC utilizes innovative psychological first aid (PFA) methods coupled with community building, purpose driving and hope generating activities to achieve unprecedented results
5. 27% reduction in veteran suicides when funded by the State of Arizona
6. Suicide is expensive: in tragic loss, social and medical costs, and a multitude of other community costs
7. With PFA we can save lives & save millions of dollars per year on average
8. Veteran suicide rate increased 26% while the overall veteran population fell by 24% in the past 20 years -- This problem won't go away if we ignore it
9. WHC's work in 2022 to get veterans the benefits they've earned resulted in an additional \$6 million annually in tax free federal income -- We are on track to keep growing this initiative

# WARRIOR HEALING CENTER

1838 PASEO SAN LUIS | SIERRA VISTA, AZ 85635

vets@WarriorHealingCenter.org | 520-221-4093



## Why: Veterans need someone to fight for them

### What: WHC \*fights\* for veterans every day

### How: Below are the core lines of effort in this fight

Operational Effort	Effect
Housing Solutions	<ul style="list-style-type: none"> <li>• WHC curates short and long-term housing solutions for Cochise County veterans and their dependents in need of permanent housing</li> </ul>
Employment	<ul style="list-style-type: none"> <li>• WHC works hand-in-glove with ARIZONA@WORK's Disabled Veterans Outreach Program providing intensive services that result in employment for veterans in need of work</li> </ul>
Benefits Navigation	<ul style="list-style-type: none"> <li>• WHC works to get veterans the benefits they have earned, resulting in greater federal dollars of compensation to support the veteran families in Cochise County who desperately need it</li> </ul>
Financial Assistance	<ul style="list-style-type: none"> <li>• WHC works closely with national, state and local organizations, and at times the local community to deliver immediate financial relief to veterans who are struggling to pay their bills</li> <li>• WHC provides long term training options that result in veterans capable of managing their money</li> </ul>
Mental Health	<ul style="list-style-type: none"> <li>• WHC continuously studies "Veteranology"—the science of understanding problems unique to veterans—to innovate common-sense solutions that result in veterans better equipped to work through their pain when they are suffering</li> <li>• Collaborating closely with local mental health resources, WHC helps veterans struggling with everything along the spectrum of lack of understanding, lack of direction, isolation, personal loss, lack of purpose and lack of hope</li> <li>• WHC provides resources such as art, music and meditation classes and opportunities for veterans to center themselves and learn new skills—all options for improved mental well-being</li> </ul>
Addiction Recovery	<ul style="list-style-type: none"> <li>• WHC understands that many veterans with invisible injuries (e.g.: PTSD, MST, depression, anxiety) self-medicate to manage their pain; this self-medication can lead to addiction which can quickly become crippling</li> <li>• WHC works with local rehab facilities to provide veterans who want to be free of drug and alcohol abuse the help they need</li> </ul>
Service Animals	<ul style="list-style-type: none"> <li>• WHC provides an indoor training center and services for veterans in need of a service animal to manage living with disabilities</li> </ul>
Physical Health	<ul style="list-style-type: none"> <li>• WHC works closely with medical professionals who believe in holistic healing alternatives to pills and cognitive behavioral therapy (CBT) ; while meds and CBT can certainly help some veterans, these are not a one-size-fits-all solution that best serves the veterans of Cochise County</li> <li>• WHC's work results in more options available for veterans to find the best fit for their needs</li> </ul>
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"I came to the center in October 2019. I was living in a field and planning my end game. Beth found me and told me about WHC. I truly feel they saved my life. They helped me in so many ways - it's hard to count. Now I volunteer there because helping veterans is helping me. They truly care about all veterans and do all they can to support them."  
 - PN, USAF Veteran

"WHC's philosophy relies on the notion that while the VA's ideas may have a role in the healing process, the core problem to solve is a veteran's loss of hope. WHC provides that hope locally and quickly, by connecting veterans in need with other veterans who can - and do - help. WHC member organizations collectively provide hope for veterans in need and hope for their families too. WHC uses the Love + Faith = Hope model to help veterans heal. It just works. I know from experience in this community, and as a combat veteran from my 30 years active duty during two wars, that the WHC team smartly and quickly helps "our" local veterans."  
 - SC, USAF Combat Veteran

"This is my go-to place. You always make me calm down and organize my thoughts."  
 - CK, USA Combat Vet

"Because of my upgrade to 100%, I'm no longer living paycheck to paycheck."  
 - LH, USA Combat Veteran



## VETERAN TESTIMONIALS

"Has anyone ever told you you're like an angel?"  
 - TR, USN Veteran

"The Warrior Healing Center saved my life; these wonderful people are the epitome of fighting for our Veterans."  
 - EW, USA/USMC Combat Veteran

"WHC is the first place I've come to since getting out of the military where I don't feel the fight or flight response."  
 - SO, USA Combat Veteran

"I am expressing immense life-changing gratitude toward the Warrior Healing Center. I was in crises mentally, physically, financially and homeless. I became physically ill by an unknown condition that put me in a wheelchair unable to walk with numbness from my back to my feet. Doctors recommended surgery but VA would not schedule it without a place for physical rehab. I was homeless in Baltimore. The head radiologist put me in contact with his friend, Tim Kirk. Within two weeks WHC paid for my flight to Arizona, helped me with food, housing, and helped me schedule surgery. I am now walking and have endless hope for my future. The crew at WHC saved my life and changed my life in ways I couldn't imagine. I witness regularly their continued effort in helping other veterans in crisis and veterans just needing a place for safety and direction."  
 - TW, USA Combat Veteran

"I served 2.5 years in prison for selling heroin. I struggled with and self-medicated with methamphetamine. My father died while I was in prison. By the grace of God, I found you guys, thanks to my girlfriend. I came in to WHC two days after being released and have kept going since. I have a full-time job now and I volunteer at the Center as well. I've been sober since 2018, and I just bought a house last year."  
 - KA, USAF Combat Veteran



# THANK YOU

[www.WarriorHealing.vet/intake](http://www.WarriorHealing.vet/intake) – to find your crew!

[www.WarriorHealing.vet/volunteer](http://www.WarriorHealing.vet/volunteer) – to volunteer!

[www.22toEnd22.com](http://www.22toEnd22.com) - to donate!

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"I came to the Center in October 2019. I was living in a field and planning my end game. Beth found me and told me about WHC. I truly feel they saved my life. They helped me in so many ways - it's hard to count. Now I volunteer there because helping veterans is helping me. They truly care about all veterans and do all they can to support them."

– PN, USAF Veteran

"WHC's philosophy relies on the notion that while the VA's ideas may have a role in the healing process, the core problem to solve is a veteran's loss of hope. WHC provides that hope locally and quickly, by connecting veterans in need with other veterans who can - and do - help. WHC member organizations collectively provide hope for veterans in need and hope for their families too. WHC uses the Love + Faith = Hope model to help veterans heal. It just works. I know from experience in this community, and as a combat veteran from my 30 years active duty during two wars, that the WHC team smartly and quickly helps "our" local veterans."

– SC, USAF Combat Veteran

"This is my go-to place. You always make me calm down and organize my thoughts."

– CK, USA Combat Vet



## VETERAN TESTIMONIALS

"Because of my upgrade to 100%, I'm no longer living paycheck to paycheck."

– LH, USA Combat Veteran

"Has anyone ever told you you're like an angel?"

– TR, USN Veteran

"The Warrior Healing Center saved my life; these wonderful people are the epitome of fighting for our Veterans."

– EW, USA/USMC Combat Veteran

"I am expressing immense life-changing gratitude toward the Warrior Healing Center. I was in crises mentally, physically, financially and homeless. I became physically ill by an unknown condition that put me in a wheelchair unable to walk with numbness from my back to my feet. Doctors recommended surgery but VA would not schedule it without a place for physical rehab. I was homeless in Baltimore. The head radiologist put me in contact with his friend, Tim Kirk. Within two weeks WHC paid for my flight to Arizona, helped me with food, housing, and helped me schedule surgery. I am now walking and have endless hope for my future. The crew at WHC saved my life and changed my life in ways I couldn't imagine. I witness regularly their continued effort in helping other veterans in crisis and veterans just needing a place for safety and direction."

– TW, USA Combat Veteran

"WHC is the first place I've come to since getting out of the military where I don't feel the fight or flight response."

– SO, USA Combat Veteran

"I served 2.5 years in prison for selling heroin. I struggled with and self medicated with methamphetamine. My father died while I was in prison. By the grace of God, I found you guys, thanks to my girlfriend. I came in to WHC two days after being released and have kept going since. I have a full-time job now and I volunteer at the Center as well. I've been sober since 2018, and I just bought a house last year."

– KA, USAF Combat Veteran