



# One-Stop for Veterans & Military

July 2021 | Issue #32

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By Bob McLaughlin, COO

Independence Day is a time to celebrate and reflect on the ideas that make America the country we love – life, liberty, and the pursuit of happiness. At Mt. Carmel, as we celebrated our nation’s 245th birthday, we took time to remember our military and veterans whose patriotic service has protected our nation and allowed the freedoms we all enjoy. This milestone filled our hearts with gratitude and fortified our resolve to continue to serve our local military and veteran community to the best of our abilities.

We are also looking forward to the Mt. Carmel 5th Anniversary Community Celebration with great anticipation. Since its inception, Mt Carmel has grown to become a “beacon of support” in the community, delivering integrated programs and supporting creative partnerships to make a lasting difference in the lives of local military, veterans and their families. As I reflect on the incredible effort over the past five years, I’m grateful for the support of a wonderful community, devoted partners, and a dedicated team.

Mt. Carmel Veterans Service Center has always been ahead of its time, filling a critical gap in services to provide support for Colorado’s military, veterans and their families. We look with anticipation to the opportunities ahead, but we also reflect on an issue that is of critical importance. September is National Suicide Awareness Month and we will shed light on the often-stigmatized topic of suicide. Suicide has hit our veterans hard. We will take this time to reach out to those



Bob McLaughlin

affected by suicide, to raise awareness, and to connect individuals with suicidal ideation to treatment services. It is important to ensure that individuals, friends, and families have access to the resources they need to address suicide prevention.

I am grateful to every member of our team for their resilience and determination. I am also thankful to our partners who continue to support Mt. Carmel and share our commitment to meeting vital needs in our community. Finally, I’d like to thank this great community for its confidence in our team, our goals, and our future. Without the team effort from our Mt. Carmel family, we would not have been able to support over 60,000 client visits and offer the full menu of support services we provide. I am also remembering that, in 2020, our center never closed its doors. In the first half of 2021, as we continue to recover from a global pandemic, we have served nearly 1,400 clients and are pursuing an ambitious plan to expand in both Pueblo and Trinidad to build on these achievements. ■

Bob McLaughlin





#### STAFF:

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Facilities Coordinator

## Scarves

Limited edition Mt. Carmel scarves have arrived! Mt. Carmel Veterans Service Center is the official military nonprofit of the Switchbacks. The scarf can be purchased in the merchandise store at the stadium. It can also be purchased online at [www.weidnerfield.com/collections/scarves](http://www.weidnerfield.com/collections/scarves). Every year, the design will change, and there are only a limited number of scarves, so don't delay!



## Partner Spotlight Veteran Yoga Project

**VETERANS  
YOGA  
PROJECT**  
Mindful Resilience



Certified yoga instructor Lynne Prouhet fell in love with yoga following her first "hot yoga" class 14 years ago and it sparked her inspiration to create a safe environment for veterans to experience the same strength and peace she enjoyed. She developed a grant for a yoga program at the Colorado Springs VA Clinic and took many veteran-specific training courses for trauma-informed yoga and began leading classes seven years ago at the VA Clinic. Three years ago, Lynne transitioned her classes to Mt. Carmel Veterans Service Center, which offers a beautiful atmosphere to practice yoga with its large windows and serene mountain views.

Lynne is passionate about creating a

safe space to practice yoga. Her classes allow veterans personal freedom and adaptation in moving through postures with an emphasis on breathing technique. Breathing is what separates yoga from exercise. In working with the breath, concentration and focus are developed. Veterans are coached how to experience stress with less psychological and physiological cost while gaining piece of mind. Her classes teach veterans how to take yoga off the mat and be more present in their lives.

**Classes are offered every Tuesday at 5:00 p.m. at Mt. Carmel VSC. They are free and open to active military, veterans and their families. If you're interested in joining, please call 719-309-4758.**



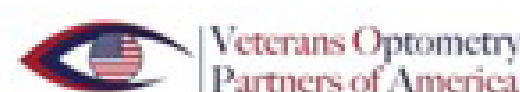


## Senior Health and Wellness Fair



**SAVE THE DATE: Saturday, 28 Aug 2021, 10 am – 2 pm**

**Attend this fair and connect with experts in areas critical to seniors: Healthcare, Medicare insurance, estate planning, long term care, home care, financial planning, and more!**



Bill and Susan Hall, Long Term Care Case Manager  
Even Ramsey Endorsed Local Provider  
(719) 579-0011

A representative will be present with information and applications. For accommodations of persons with special needs call 719-719-208-8295 TTY 711. Calling the numbers above will direct you to a licensed health insurance broker.

## VFR Update

Veterans and Family Resources would like to welcome Madison to the team. Madison came to us while completing her internship for her Masters in Social Work. She was a natural at assisting our clients from the start and was a wonderful fit to the team. After only a month of interning we were happy to offer her a full time home as a Supportive Services Case Manager.



Madison is a proud military spouse and has lived in Colorado for a little over a year and a half after living in Florida all of her life. She received her Bachelors in Psychology (BS) from the University of Central Florida in May 2018 and will receive her Masters in Social Work (MSW) from Florida State University in

August 2021. Madison works hard and puts her whole heart into advocating for her clients as well as connect veterans, and their families, with the resources that they need. When Madison is out of the office, she is spending time with her

husband and son exploring the beautiful state of Colorado that she now calls home. Welcome to the team and the Mt. Carmel family, Madison!

In other exciting news, we have teamed up again with Progressive Auto Insurance for their annual Keys to Progress event. Every year Progressive celebrates veterans by rewarding vehicles to veterans in need across the nation. If you are a veteran or know of a deserving veteran please reach out to our VFR team to get an application submitted.

Please adhere to the following eligibility:

- Be able to provide a DD214
- Have a valid driver's license
- Have a clean driving record – no major infractions in the past seven years
- Be able to insure and maintain the vehicle
- Not own a vehicle currently or show a hardship with current vehicle
- Be able to cover recipient legal obligations and liabilities, including vehicle title transfer fees, all applicable sales tax and fees after one year of vehicle ownership, and insurance coverage after the first six months of vehicle ownership





# Behavioral Health and Wellness

The months of July, August, and September were full of training opportunities for our behavioral health team. We choose trainings based on the needs of our clients. We also ran statistical measures to ensure we are providing best practices, and clinical care. We continue to engage in suicide prevention measures throughout Mt. Carmel and community collaborations. In addition, we

started a LGBTQ+ group and music program to increase services. We were asked to join a pilot program with the SHARP team on Ft. Carson to increase effectiveness of their SHARP advocates. We have seen increase behavioral health needs in our community and continue to work hard connecting people with care whether here at Mt. Carmel or within the community.



# Transition and Employment

August 17th	Manufacturing and Food Service Hiring event
August 18th	Ft. Carson Resource Fair
August 25th	Creating your best Resume workshop
September13th-17th	Prepconnect 360 Workshop
September 15th-16th	11th Annual Peak Cyber Symposium
September 21st	Law Enforcement and Security Hiring Event
September 22nd	Ft. Carson Resource Fair

Patriot Day Flyer here