

VFW Mental Wellness Campaign

A Day to Change Direction – October 28th, 2017

Why should the Department of Oregon, Districts and Posts participate in this program?

- A staggering 20 veterans commit suicide every day, and the VFW is committed to helping change the narrative and stigma surrounding mental health in America.

How can we help our fellow veterans in need of care?

- In order to raise awareness, foster community engagement, improve research and provide intervention for those affected by invisible injuries and emotional stress, the VFW has teamed up with the nationwide organizations [Give an Hour](#) and [the Campaign to Change Direction](#), [One Mind](#), [PatientsLikeMe](#) and the [Elizabeth Dole Foundation](#) to combat this critical issue.

What is the National VFW Organization asking us to do?

- On October 28, 2017, the [VFW](#) and [Give an Hour](#), the lead organization for the Campaign to Change Direction, are partnering for the Second Annual **A Day to Change Direction**, a national day of service and action to change the dialogue on mental health for America's veterans and American communities. VFW Posts are encouraged to host events that will educate your community about the Five Signs of Emotional Suffering and the Healthy Habits of Emotional Well-being. You can choose to host a screening of the documentary [Into the Light](#) followed by a group discussion or you can participate in or host a community service event. Collectively, we believe in gathering together veterans and their families, community members, and clinicians to connect in a positive environment. Furthermore, we want to use this as an opportunity to encourage all Americans to pay attention to their emotional well-being as well as the emotional well-being of others.

What should a Post and Auxiliary do to understand and host an event?

- **Step One:** VFW Posts and Auxiliary interested in participating will identify a central point of contact and report this to Lynn Rolf at LRolf@vfw.org. If you want 5 Signs Cards or Mental Wellness flyers please identify a POC and mailing address.

Step Two: Identify & plan a screening of the documentary *Into the Light* or identify a community service project.

- **Step Three:** Prepare for the event by using the tools below to market your event and educate yourself on the Five Signs of Emotional Suffering and the Healthy Habits of Emotional Well-being.
- **Step Four:** Host *A Day to Change Direction*.

What and where can we find resources?

- Step by step resources and ideas can be found at <http://www.changedirection.org/vfw-service-project/>.
- Accessing this site provides marketing & tools, how to post photos and measure your impact and VFW impact worldwide.
- 5 Signs Cards or Metal Wellness Flyers LRolf@vfw.org.

Having trouble identifying a community based partner? Here are some potential partners for you:

- Walgreens
- VA Vet Centers

At your event.

Have participants sign into a simple registration form that includes their names and email addresses.

Show the documentary *Into the Light* followed by a group discussion, using the discussion guide included with the DVD.

Distribute the [Five Signs Talking Points](#) and the [Healthy Habits Talking Points](#)

Hang this poster at your VFW Post – [Change Direction poster with VFW logo](#)

Post photos of your screening and service project on Facebook, Twitter or Instagram using #ChangeMentalHealth and #VFWPostPride.

It is vital that our Post and Auxiliaries get involved in A Day to Change Direction. We need to slow down and halt veteran suicides. Please join the Department of Oregon and me in hosting “A Day to Change Direction” on October 28th, 2017.

If you have any questions, please call me at 541-678-3895 or email me at wrinkle4108@gmail.com.

John R. Wrinkle
State Junior Vice Commander