



# IMPACT REPORT

## ADDRESSING THE MENTAL HEALTH CRISIS: A CALL TO ACTION

The United States faces a silent crisis—a profound mental health challenge that affects countless lives. Among those most affected are our veterans, first responders, and their families, who bear the invisible scars of service and often struggle with mental health issues. In response to this national crisis, the Disabled Veterans National Foundation (DVNF) has stepped forward to provide vital programs.

### THE MISSION POSSIBLE PROGRAM

**Total Participants:** 1,772 veterans, first responders, and family members have registered for the program.

**Active Engagement:** Currently, 1,250 participants are actively enhancing their mental health.

#### Branch Breakdown:

1. US ARMY Veteran	830
2. USN Veteran	349
3. USAF Veteran	291
4. USMC Veteran	143
5. Veterans Family Member	120
6. USCG Veteran	31
7. First Responders	19
Grand total	1,772



MISSION POSSIBLE

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Mission Possible

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Search by lesson title

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How To Use Mission Possible0/1

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Welcome To Mission Possible0/1

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Lesson 1 :Reconnaissance Ready: Discovering Your Observer0/1

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Lesson 1 : Get Back: Finding Your ObserverVIDEO · 12 MIN

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Lesson 2: Operation Serenity: Cultivating Calmness0/2

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Lesson 3: Mental Garden Clearing: Weeding Out Negativity0/1

Lesson 1 : Get Back: Finding Your Observer

MARTIN ROSSMAN, MD

The Healing Mind

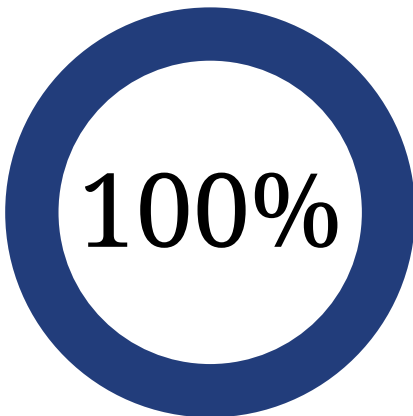
Watch the Lesson 1 video, “Get Back: Finding Your Observer”, and listen to the Observer Exercise process, then write in your Journal about what you experienced. Listen to it a few times if you’re not sure what it’s about, and read about it in your Worry Solution book.

COMPLETE & CONTINUE

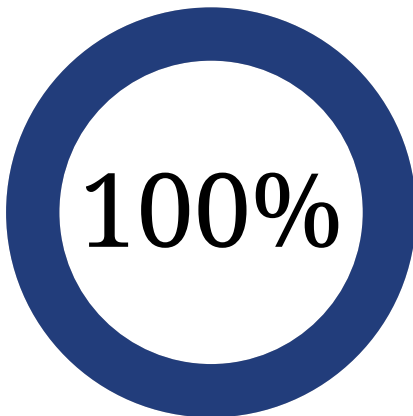
REAL STORIES OF TRANSFORMATION:

MISSION POSSIBLE

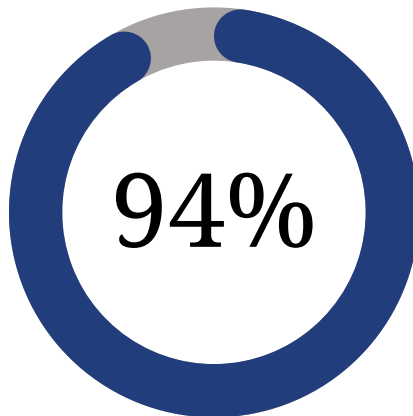
TESTIMONIALS FROM PARTICIPANTS



Participants that are being able to experience more relaxation and mindfulness with Mission Possible.



Participants that would use Mission Possible techniques to help themselves dial down worry, stress and anxiety.



Participants that believe these exercises helped them understand the unconscious housekeeping of their body

**Stacy Johnson**  
60 years old, Oregon



"Extremely helpful. I especially like that it is active meditation, and active imagery. It's not just letting thoughts float in and out, but the specific guided visualizations have helped to shape my decisions as well as lessen my worry and stress levels. Thank you so much! I appreciate that this course was free to family members of military and firemen. It has made an impact on my life, at the present time and moving forward. Thank you again."



**Brian Flanner**  
39 years old, Mississippi

"I am more relaxed now that I have these tools to utilize that I learned from this course. I will tell my fellow veterans that this course has helped me and that they need to take it to learn how to deal with their stress and anxiety in a healthy way."

**Pierre Elzie**  
47 years old, Tennessee



"The program influenced my mindset and life by allowing me time to refocus on my goals and stress. I am more relaxed from only a few sessions, and it helped me create a different plan for my future success journey."



**Jessica Kennedy**  
35 years old, Pennsylvania

"I improved my outlook on life."



**Mackenzie Torgerson**

27 years old, North Dakota



"It helps with strategies to relax and focus. I liked how you can do it at your own pace."

# DR. MARTY ROSSMAN'S IMPACTFUL ZOOM SESSIONS

During the program, Dr. Marty Rossman conducted engaging Zoom sessions, addressing participants' questions and concerns:

"I recently started working with a therapist to address past trauma. We will be starting EMDR therapy soon. Does that work well with these lessons? I am also treating active cancer. The breathing exercises have helped me get through medical procedures, but I'm struggling to stay calm during long waiting periods."  
- Lynne Gull

"My PTSD has ruined my life. I spent most of my life in war from 2001 until 2021. I then got out of the military and went into the police academy. However, my high adrenaline serves no purpose in civilian life. How can I learn to manage this transition?" - Anonymous Attendee

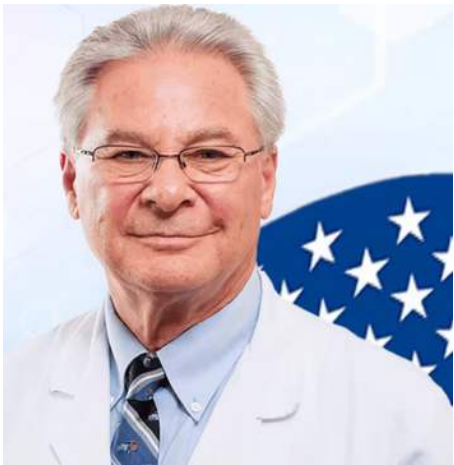
"My problem is my anxiety when amongst large groups (stores, etc.) has me ready to run out of the store, or I'll freeze. How can I manage this automatic response in real-time? Imagine being in the store trying to breathe while people are looking at you; like what is wrong with this guy."  
- Greg Short

"After years of being on antidepressants post-military, I've decided to recently come off. I've been off for nearly a year and a half, but I still don't feel "normal". How can I navigate this transition?" - Erik

"I was interested in possibly hearing more about using mindfulness to cope with chronic pain. I am in the process of recovering from addiction and sometimes it's difficult for me to establish myself in the present moment because of physical discomfort."  
- Amanda Reid

## ABOUT DR. MARTY ROSSMAN

Dr. Martin Rossman, is a distinguished physician, author, speaker, researcher, and consultant. His mission with "The Healing Mind" is to raise awareness about the power of high-quality Mind-Body self-care tools in health professions. Dr. Rossman's illustrious career includes:



- Graduating from the University of Michigan Medical School in 1969.
- Pioneering the practical importance of attitudes, beliefs, emotions, and Mind-Body practices in medicine and health.
- Teaching mind/body self-healing methods to over 10,000 health professionals.
- Inspiring hundreds of thousands of people through talks, writings, recordings, PBS specials, and online courses.

# WAYS TO BOOST MENTAL HEALTH

Focusing on good mental health empowers individuals to:

- Reduce Anxiety
- Increase Self-Awareness
- Decrease the Risk of Depression

Here are some effective ways to boost mental health:

- Make Social Connections
- Practice Relaxation Techniques
- Stay Physically Active
- Prioritize Quality Sleep
- Set Meaningful Goals

## PROGRAM COMPONENTS

The "Mission Possible" program offers a comprehensive set of resources to support participants on their mental health journey:

- Structured Journal
- Seven Video Lessons
- Seven Guided Imagery Experiences
- Dr. Rossman’s "The Worry Solution" Book
- Access to Six Online Live Q & A Sessions with Dr. Rossman



## DR. ROSSMAN & THE HEALING MIND REVIEWS

Esteemed professionals in the medical field have praised Dr. Marty Rossman's contributions to Mind-Body medicine:

Dr. Larry Dossey: "Dr. Marty Rossman turns worry upside down and shows how it can actually be beneficial if handled wisely. THE WORRY SOLUTION may be the last book on stress management you'll ever need to buy."

Dr. Rachel Naomi Remen: "Dr. Rossman, the earliest pioneer of mind/body imagery, is one of the great healers of our generation."

Dr. Andrew Weil: "Dr. Marty Rossman is a gifted practitioner and teacher of guided imagery and mind/body medicine. I highly recommend his CDs and audio programs for learning how to use your mind/body connection for healing."

Dr. Dean Ornish: "Martin Rossman, M.D., is one of the pioneers in developing the field of imagery. My colleagues and I have used his tapes in our clinical research and found them to be very useful. Highly recommended."



# ADDITIONAL BENEFITS

In addition to the comprehensive program, participants receive valuable free gifts:

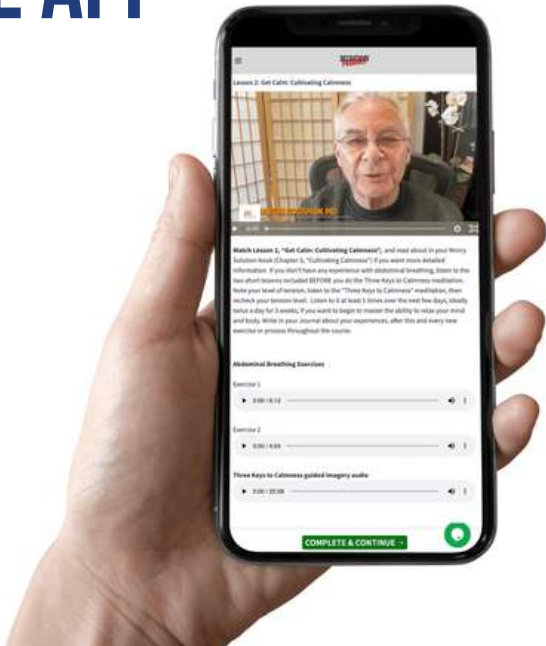
- A FREE copy of "The Worry Solution" Digital eBook
- A StressBuster audio download to listen to at their convenience.

# INSTANT ACCESS TO THE MISSION POSSIBLE APP

## Track Your Mission Progress

The Mission Possible program now features a user-friendly app, allowing you to easily access guided imageries and complete the comprehensive mind/body program right from the palm of your hand.

The Mission Possible app is simple to use and gives you 24/7 unlimited access to your course from anywhere!



At DVNF, we acknowledge the gravity of the national crisis and remain unwavering in our commitment to providing essential services to those who have sacrificed for our nation. The "Mission Possible" program stands as a beacon of hope, offering practical tools to combat the mental health crisis among our heroes. With your support, we can continue to make a profound impact on the lives of veterans, first responders, and their families.

**Enroll in the Mission Possible Program** and join us in our mission to transform lives and build a brighter future for those who have given so much for our country. Together, we can make this mission not only possible but successful.

