



MISSION POSSIBLE

IMPACT REPORT

ALL LIFE CHALLENGES CAN BE MANAGED

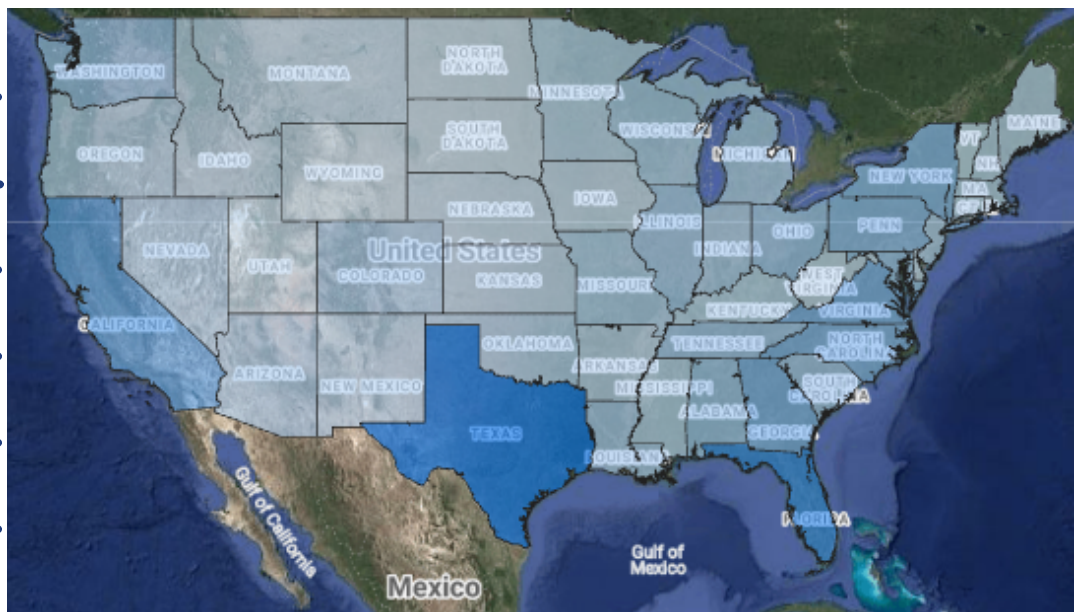
Veterans, first responders, and their families often face unseen challenges that significantly impact their lives. From navigating life after service to addressing emotional struggles, these heroes deserve meaningful support. DVNF stands beside them, providing easily accessible life-changing resources and guidance to help them overcome obstacles, find stability, and rebuild their futures with confidence and resilience.

THE MISSION POSSIBLE PROGRAM

Total Participants: 3,745 veterans, first responders, and family members from all 50 states have registered for our online program.

Branch Breakdown:

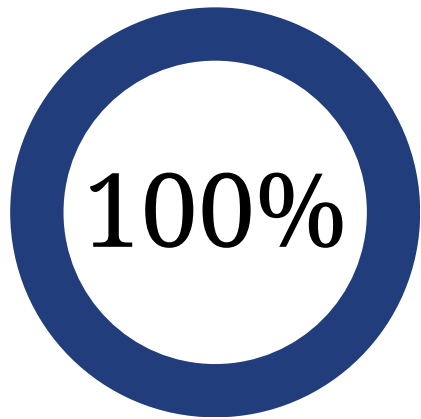
1. US ARMY Veteran	1,707
2. USN Veteran	728
3. USAF Veteran	622
4. USMC Veteran	298
5. Veterans Family Member	298
6. USCG Veteran	45
7. First Responders	47
Grand total	3,745



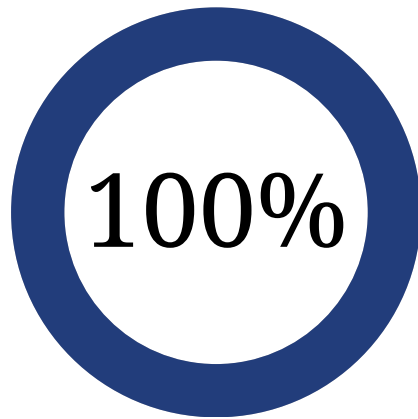
The screenshot shows the 'Mission Possible' program interface. On the left is a sidebar menu with a search bar and a list of lessons. The main area displays 'Lesson 1 : Get Back: Finding Your Observer' with a video player featuring Dr. Martin Rossman, MD. Below the video is a text prompt to watch the video and complete an exercise, followed by a 'COMPLETE & CONTINUE' button.

Lesson Title	Progress
How To Use Mission Possible	0/1
Welcome To Mission Possible	0/1
Lesson 1 :Reconnaissance Ready: Discovering Your Observer	0/1
Lesson 1 : Get Back: Finding Your Observer	VIDEO - 12 MIN
Lesson 2: Operation Serenity: Cultivating Calmness	0/2
Lesson 3: Mental Garden Clearing: Weeding Out Negativity	0/1

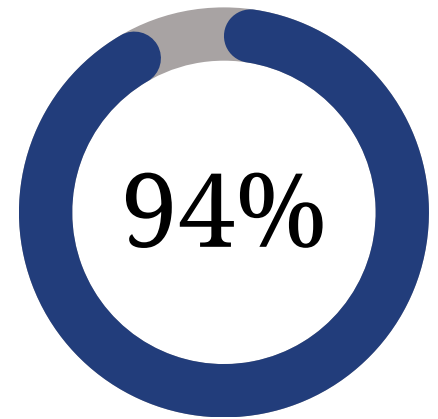
REAL STORIES OF TRANSFORMATION: MISSION POSSIBLE TESTIMONIALS FROM PARTICIPANTS



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

Jill S.

53 years old, California



“I ESPECIALLY APPRECIATE having that soothing, sensible friendly voice of reason come in loud & clear ...reminding me...about my inner wisdom, having my visualization there just before I get active on a trigger- I get messages to remind me---i have other options today. Thank you. :) This has helped me in my grief journey too. I tell people about this often actually.”



Kenric L.

52 years old, Illinois

This course was amazing. The material was presented in an easy and digestible way. I loved the guided meditation sessions and plan to use them on a regular basis when sitting on my porch. Making them downloadable was a plus.

Karen D.

53 years old, New Hampshire



“I appreciate learning new tools on how to handle stress. Also on identifying if it’s something I can change or something I can’t change and how to focus my energy and prioritize my worries.”

Caroline T.

27 years old, North Dakota



“I liked Dr. Rossman's kind, caring demeanor, and the examples he used when explaining the various techniques”



Heather M.

44 years old, Pennsylvania

“I have realized that the guided imagery is a very effective tool in my personal life to calm down in a high-stress situation. ”

Denise W.

70 years old, West Virginia



“This program has been absolutely amazing. I am using techniques from the course and has made a definite difference in my daily life.”

ABOUT DR. MARTIN 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.



ALL LIFE CHALLENGES CAN BE MANAGED

The DVNF Mission Possible Podcast is an extension of our Mission Possible program, giving veterans, first responders, and their family members free access to practical tools and resources for improving wellbeing. Through conversations with inspiring guests and fellow veterans, it's a place to find connection, learn, and discover real stories of resilience and hope.

Podcast Impact at a Glance

- Episodes Released: 11
- Key Guests: Dr. Martin Rossman, Joseph VanFonda, Montel Williams, Dr. Rory Cooper, Emanuel Simmons, Dr. Frank Bourke, Modesto De La O, and other thought leaders sharing transformative insights.
- Audience Reach: People across all 50 states



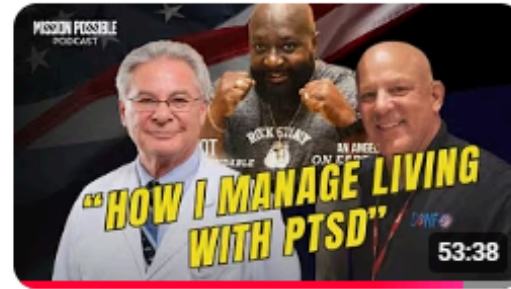
Empowerment and Innovation w/ Special Guest Dr. Rory Cooper
60 views • 4 weeks ago



RTM Protocol and the Reverse Engineering of PTSD w/ Special...
102 views • 2 months ago



Turning Worries Upside Down | Mission Possible Podcast
43 views • 3 months ago



Weeding Your Mental Garden w/ Special Guest Emanuel (Manny)...
169 views • 4 months ago



Military Transition w/ Special Guest Montel Williams
79 views • 5 months ago



Building Resilience w/ Special Guest Josh Jabin
54 views • 6 months ago



Veteran Suicide Prevention w/ Special Guest Nick Howland
45 views • 7 months ago



Regrets and Self-Judgment w/ Special Guest Modesto De La O
83 views • 8 months ago



Empowering Veteran Stories, Military Transition, Life Challenges...
40 views • 8 months ago



Overcoming Moral Injury | Mission Possible Podcast
44 views • 9 months ago



Goal-Setting for Veterans: USMC SgtMaj Ret. VS. Mind-Body Expert
60 views • 9 months ago

ALL LIFE CHALLENGES CAN BE MANAGED

Joining forces with likeminded veterans organizations to expand services for veterans across the nation

Guests Recognized with DVNF Awards:

- Modesto “Mo” De La O: Founder of [Foxhole](#), a nonprofit empowering veterans through martial arts and stress management. DVNF proudly awarded Foxhole a \$10,000 grant to further its mission of enhancing veterans' well-being.
- Joshua Jabin: Chief Operating Officer of the [Travis Manion Foundation](#), which received a \$10,000 award to fund a veteran’s participation in the Spartan Leadership Program, promoting leadership and community engagement.
- Emanuel “Manny” Simmons: Founder of [Rock Steady Boxing](#), received a \$10,000 award to establish the Ring of Resilience program, fostering mental health and discipline through boxing for veterans, first responders, and their families.
- Dr. Frank Bourke: Founder of the [PTSD Research and Recognition Project](#), Dr. Bourke developed the groundbreaking RTM Protocol, bringing healing to veterans and trauma survivors. With DVNF's \$10,000 support, his work continues to transform lives through innovative PTSD treatments.
- Dr. Rory A. Cooper: Founding director of the [Human Engineering Research Laboratories \(HERL\)](#) at the University of Pittsburgh. Honored with a \$10,000 award to support advancements in mobility and assistive technologies.



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:

- Seven video lessons with Guided Imagery experiences
- A FREE copy of Dr. Rossman's "The Worry Solution" audiobook
- A StressBuster audio download to listen to at their convenience.
- Structured journal
- Access to live podcasts with Dr. Marty Rossman and special guests

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."