



IMPACT REPORT

ALL LIFE CHALLENGES CAN BE MANAGED

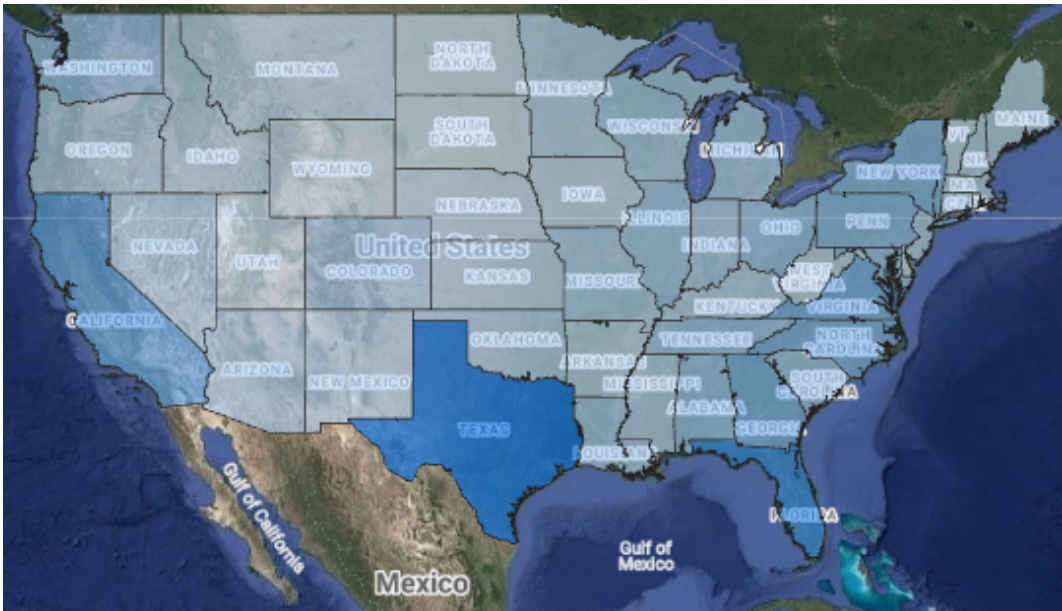
Veterans, first responders, and their families face real challenges—many of them invisible, but deeply felt. The path after service isn’t always clear. That’s why DVNF created Mission Possible: to provide free, practical tools that support emotional well-being and help every participant move forward with purpose. Each month, new podcast episodes open the door to real conversations about trauma, resilience, and rebuilding a meaningful life after service.

THE MISSION POSSIBLE PROGRAM

Total Participants: 3,962 veterans, first responders, and family members from all 50 states have registered for our online program.

Branch Breakdown:

1. US ARMY Veteran	1,809
2. USN Veteran	784
3. USAF Veteran	677
4. USMC Veteran	322
5. Veterans Family Member	354
6. USCG Veteran	48
7. First Responders	61
Grand total	4,055



MISSION POSSIBLE

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Mission Possible

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How To Use Mission Possible0/1

Welcome To Mission Possible0/1

Lesson 1 :Reconnaissance Ready: Discovering Your Observer0/1

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

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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

Jodie M.

53 years old, Maryland



"I am actually dealing with some life experience that fit the situations discussed. This lesson actually affirmed my approach to addressing. The Serenity Prayer is very helpful here. The courage to change the things I can applies to the positive worrying about matters that I can actually impact for the better. I believe I am moving in the right direction; therefore, I not only feel more relaxed, I actually feel empowered."



Patricia F.

62 years old, Florida

"This course is fantastic to me because of all of the steps that can be completed in baby steps to better understand and persistent with it. Relaxation and mindfulness are definitely more present in my life now. Thank you...."

Howard B.

65 years old, Virginia



"Helps me stay focused on the things that I can control and focus on regardless of the situation , outcome or circumstances."



Jesus E.

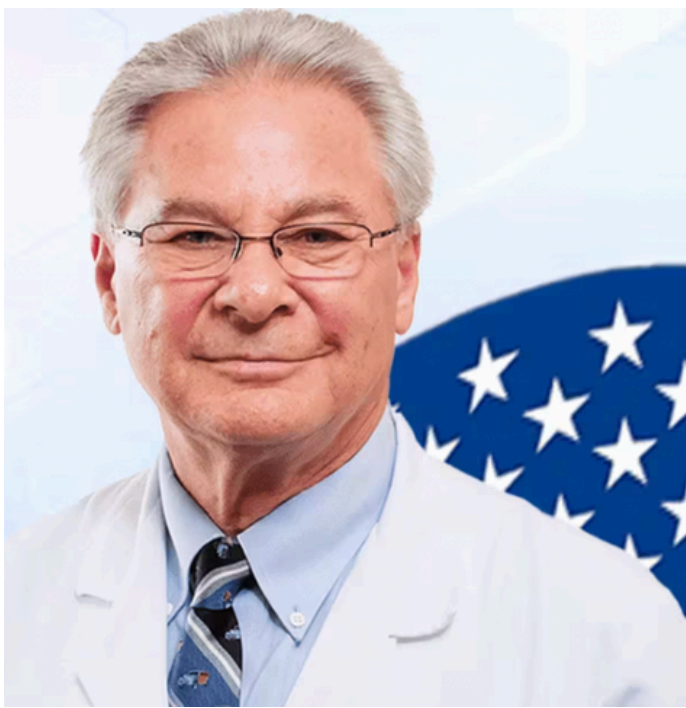
35 years old, Pennsylvania

"My life is less stressful now that I have started to get past my negative thoughts and feelings. "

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.



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."

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

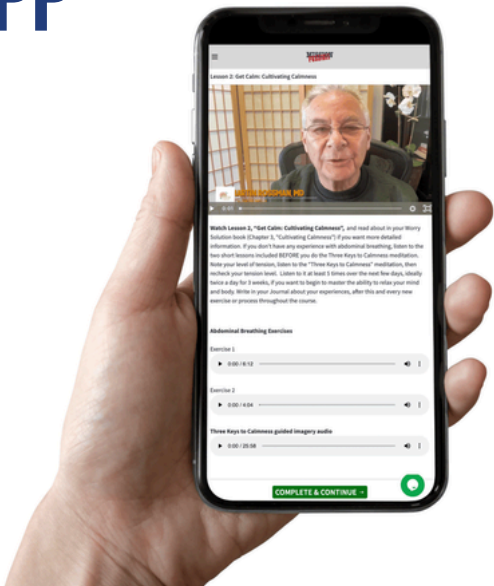
The Mission Possible program offers a comprehensive set of resources to support participants on their mental health journey:

- Seven video lessons with Guided Imagery experiences
- Dr. Rossman’s "The Worry Solution" audiobook
- Structured journal
- Access to live Q & A webinars each month

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 anytime, right from the palm of your hand.



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. Mission Possible 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.