



MISSION POSSIBLE

IMPACT REPORT

ALL LIFE CHALLENGES CAN BE MANAGED

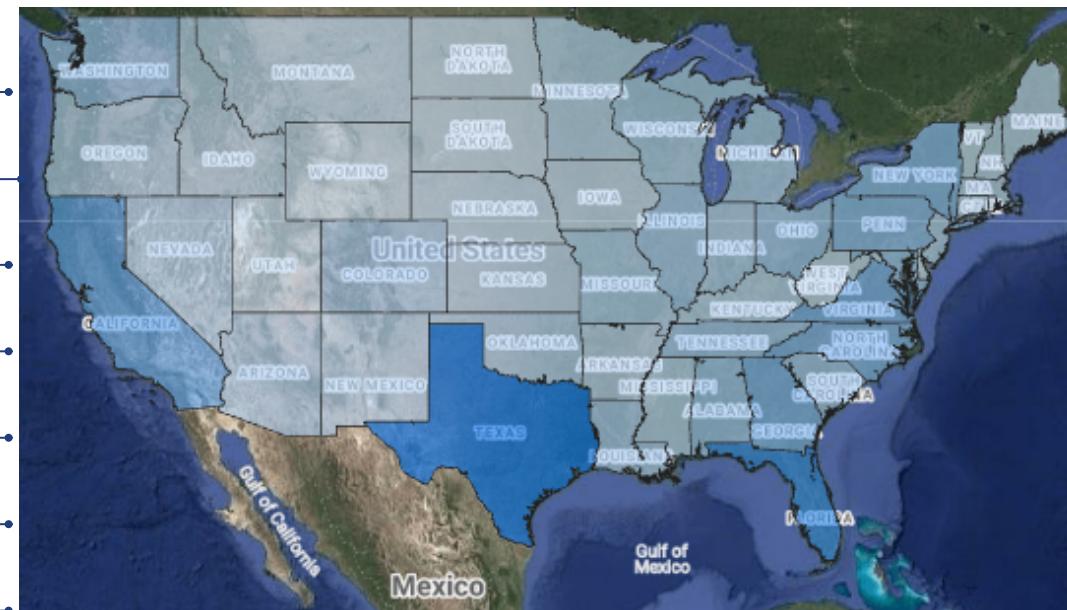
The path after service isn't always clear. Mission Possible helps veterans, first responders, and families find the focus and resilience to move forward with purpose. Through its podcast Operation Mission Possible, DVNF extends that mission into open conversation, exploring the ideas and practices that help people live with clarity and balance. From guided imagery and self-reflection to stories of service and compassion, each session deepens the impact of Mission Possible and reminds us that every life can move toward growth.

THE MISSION POSSIBLE PROGRAM

Total Participants: 4,638 veterans, first responders, and family members from all 50 states have registered for our online program.

Branch Breakdown:

1. US ARMY Veteran	2,064
2. USN Veteran	894
3. USAF Veteran	768
4. USMC Veteran	372
5. Veterans Family Member	379
6. USCG Veteran	57
7. First Responders	78
Grand total	4,638



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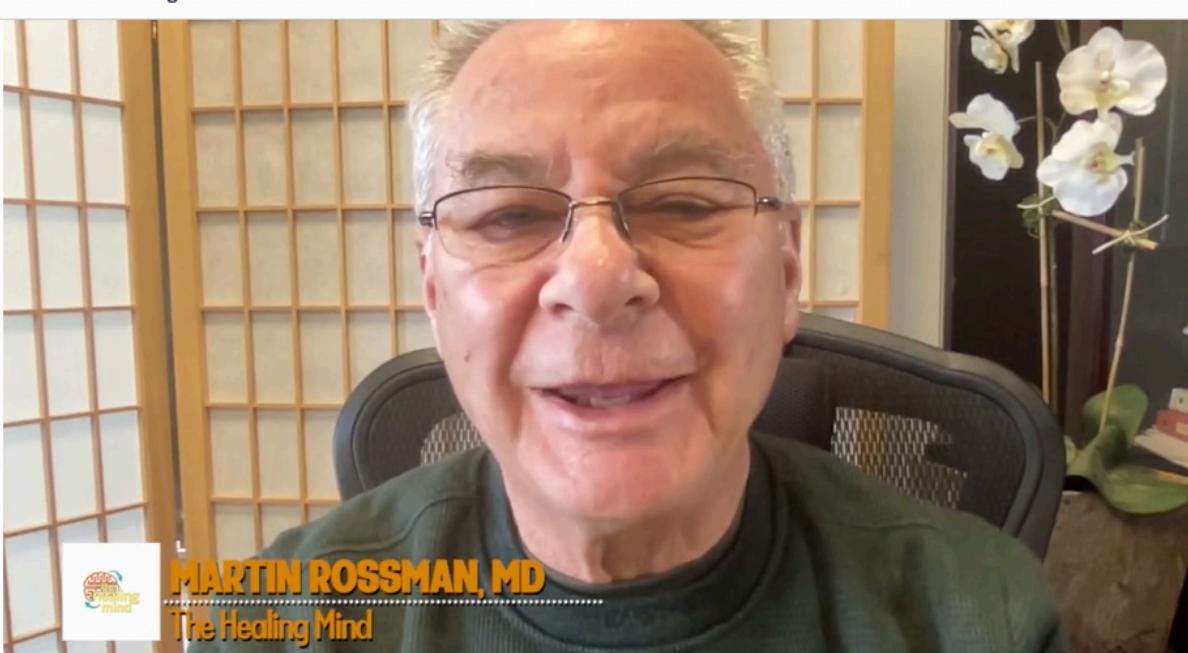
Mission Possible

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Search by lesson title

<input type="radio"/> How To Use Mission Possible	0/1	▼
<input type="radio"/> Welcome To Mission Possible	0/1	▼
<input type="radio"/> Lesson 1 :Reconnaissance Ready: Discovering Your Observer	0/1	^
<input checked="" type="radio"/> Lesson 1 : Get Back: Finding Your Observer	0/1	VIDEO · 12 MIN
<input type="radio"/> Lesson 2: Operation Serenity: Cultivating Calmness	0/2	▼
<input type="radio"/> Lesson 3: Mental Garden Clearing: Weeding Out Negativity	0/1	▼

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 ~~IMPOSSIBLE~~ 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. "

MISSION POSSIBLE IN ACTION

Growth That Inspires Change

Mission Possible empowers veterans, first responders, and their families to rebuild balance, focus, and purpose. Every lesson helps participants strengthen the connection between mind, body, and spirit, turning resilience into lasting stability.



- 3,962 participants registered from all 50 states
- Thousands of guided imagery sessions completed
- 14 live podcast sessions held, typically monthly
- Hundreds of positive participant surveys submitted for feedback and reflection
- Consistent year-over-year growth since launch

The impact of Mission Possible doesn't stop with one person. Each lesson strengthens the community of veterans, families, and supporters who stand together in service and recovery.

THE OMP PODCAST: WHERE SERVICE MEETS SUPPORT



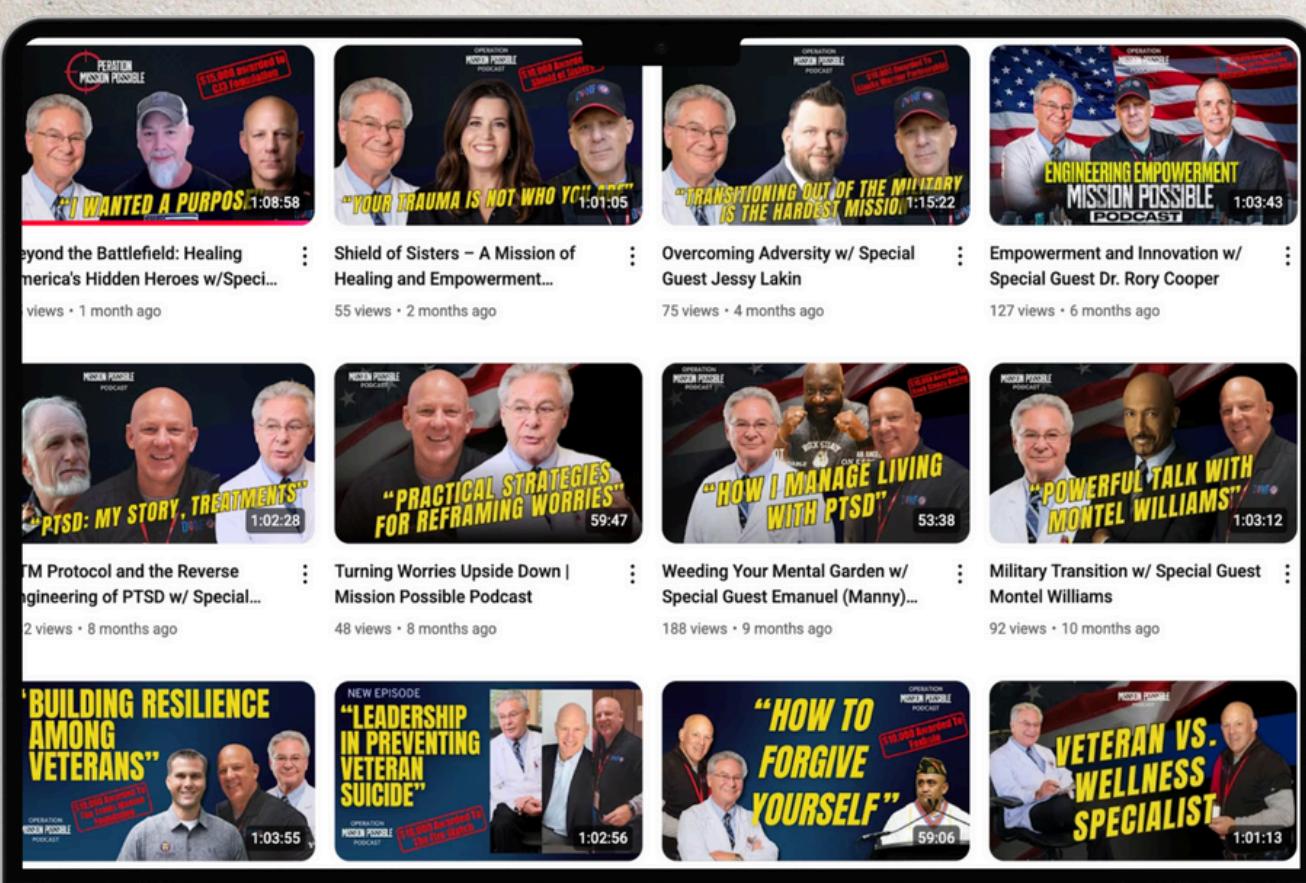
At the Disabled Veterans National Foundation (DVNF), we don't just feature great stories – we help write the next chapter

The Operation Mission Possible (OMP) Podcast, hosted by DVNF CEO and USMC SgtMaj (Ret.) Joseph VanFonda and mind-body medicine expert Dr. Marty Rossman, gives voice to nonprofits making a difference in the lives of disabled and at-risk veterans.

Each guest shares how their mission is changing lives – and if selected, their organization may receive up to \$25,000 in DVNF Health & Comfort services to continue that work. Because at DVNF, we believe talk is powerful – but action is impact.

Listen. Watch. Be inspired. Join the mission.

Available now on YouTube and Spotify/Apple Podcasts.



REAL GUESTS, REAL AWARDS

We don't just talk about mission – we reward it.

Here are a few of our recent OMP guests who received surprise awards:

- CJ3 Foundation – Awarded \$15,000 in Comfort Kits and GPS support for their dedication to veterans and first responders battling PTSD and TBI.
- Foxhole Veterans Organization – Received \$10,000 in support of providing the training gear needed for veterans that participate in martial arts training.
- The Fire Watch – Awarded \$10,000 in GPS and MP support to expand their life-saving suicide prevention efforts across Florida

These awards were presented unexpectedly during their episode recordings – a meaningful way to recognize those who serve with compassion, innovation, and heart.

DVNF Health & Comfort Programs

All OMP Podcast awards are drawn from our direct service programs that help veterans in practical, life-changing ways:

- Veterans Food Assistance Program (VFAP) – Delivers grocery support directly to food-insecure veterans and families using online shopping platforms.
- Homeless to Housing (H2H) – Provides up to \$2,000 to help veterans transition from homelessness to permanent housing, including essential household goods.
- Grants to Provide Stability (GPS) – Offers up to \$1,000 in emergency funds for housing, transportation, or utility bills to keep veterans stable and independent.
- Mission Possible (MP) – An online platform offering stress-reducing tools and mind-body wellness programs for veterans and caregivers.
- Comfort Kits – Hygiene and personal care packages distributed nationwide through Veteran Standdowns, shelters, VA hospitals, and community outreach.

Each of these programs exists to provide real support to real people – and we're inviting like-minded nonprofits to join the movement.

APPLY TO BE A GUEST

Are you part of an organization creating change for veterans?

Apply to be our next guest on the OMP Podcast by visiting www.dvnf.org/podcast.

It takes just a few minutes to complete the form.

If selected:

- You'll be interviewed in a 1-hour recorded session.
- You'll need a working camera and microphone.
- You may receive up to \$25,000 in DVNF support.



**Because at DVNF, we don't just believe in your mission –
we believe your mission is possible.**