



HEROES RESTORED

Redefining the Heroes Journey to Self-Sufficiency



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Refining the Hero's Journey to Achieve Self-Sufficiency

Veterans Empowerment Organization (VEO) was founded in 2008 to address the lack of services available to homeless veterans in Atlanta.

Our Hero's Journey is our evidence-based approach to empowering veterans along their journey to restoration.

12%

of the adult homeless population are veterans

50%

have a serious mental illness

70%

have substance abuse problems

The Challenge: Reducing Risk Factors that Lead to Crisis



Pre-Military

- Adverse childhood experiences: abuse, neglect, parental substance abuse
- Low income, poverty, unemployment
- History of criminal activity and incarceration prior to enlistment



Military

- Military service since the advent of the all-volunteer force
- Post September 11, 2001 military service
- Exposure to combat-related traumatic events
- Problematic military discharges



Post-Military

- Mental health disorders, including Post Traumatic Stress Disorder (PTSD)
- Neurological deficits resulting from combat-related injuries
- Isolation and weak support networks following extended separation from family and friends
- Low income, poverty, and unemployment
- Substance abuse, as a result of war zone stress

Our Goal: Heroes Restored

"Our goal is to be recognized as the national leader in restoring veterans."

– **Debbie McKinley**,
Board Chair

Our ultimate goal is to serve veterans - men, women, and families - through a holistic approach so they achieve restoration.

- ✓ **Housed** - living in stable, safe, affordable housing
- ✓ **Employed** - maintaining a consistent income
- ✓ **Reunified** - reconnected to healthy relationships
- ✓ **Optimally Healthy** - maintaining optimal physical and mental health
- ✓ **Empowered** - using available supports
- ✓ **Self-Sufficient** - living independently with pride

Evidence-Based Solutions: Our Impact Areas



Housing
Transitional, Permanent
Supportive, Family
Diversion



Optimal Wellness
Substance abuse and Mental
Health Support, Food &
Nutrition, Physical Wellness



Workforce & Income
Job Readiness & Skills Training,
Job Placement & Retention,
Fiscal Responsibility

The Hero's Matrix: Hero's Journey

The hero's matrix below shows how our Housing, Optimal Wellness, and Workforce & Income impact areas provide the pathway to self-sufficiency for our vulnerable veterans throughout each stage of their journey.

	Reentry Reintegration	Stability Security, Refuge, Defense	Recovery Rehabilitation, Balance, Soundness	Restoration Growth, Reclamation, Transformation
Housing	Outreach	Intake Assessment Transitional Housing Case Management	Transitional Housing Case Management	Permanent Supportive Housing (on-campus) Case Management Transition to permanent housing (off-campus)
Optimal Wellness	Outreach	Substance Abuse Support <i>Substance Abuse (Detox)</i> Mental Health Support <i>Mental Health (Psychiatric)</i> Food & Nutrition	Substance Abuse Support <i>Substance Abuse</i> Mental Health Counseling <i>Mental Health Counseling</i> Physical Wellness Support <i>Physical Wellness</i> Food & Nutrition	Substance Abuse Support <i>Mental Health Counseling</i> <i>Physical Wellness Support</i> Food & Nutrition
Workforce & Income	Outreach		Benefit Income Access	Workforce & Income <ul style="list-style-type: none"> • Job Readiness/Skills Training • Job Placement/Retention • Fiscal Responsibility • Benefit Income Access

* *Italics = Community Partner Referral*

Levels of Restoration

Level 1

Secured 3 of the benchmarks below

Interventions map to the Hero's Matrix by aligning with our benchmark metrics below in at least 1 of 3 impact areas.

In line with our strategic goal, veterans will work to complete the Hero's Journey to achieve restoration.

Level 2

Secured another 2 of the benchmarks

85%

of veterans attain Level 1 Restoration

Level 3

Secured another 2 of the benchmarks, ultimately reaching 7 of the 8

Our objective is that:

65%

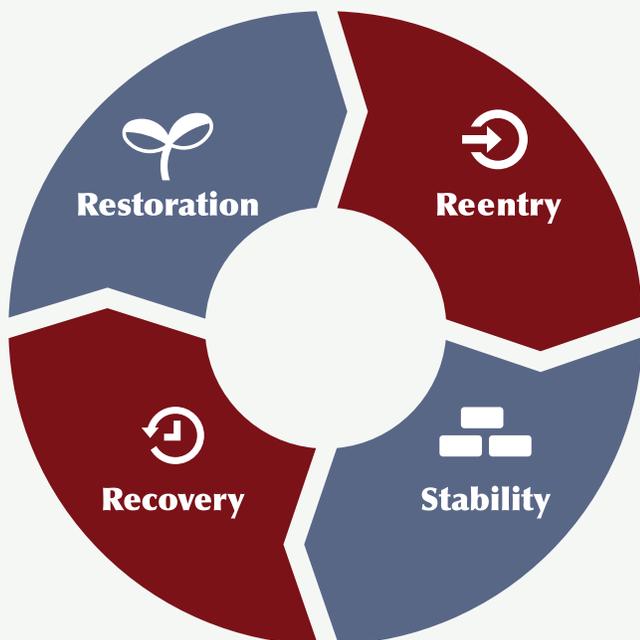
of veterans attain Level 2 Restoration

50%

of veterans attain Level 3 Restoration

The Hero's Journey to Restoration: Benchmark Metrics

THE HERO'S JOURNEY



12 months after discharge, veteran graduates:

- ✓ Are living independently in stable, safe, affordable housing
- ✓ Have access to reliable transportation
- ✓ Are employed and earning at least 250% of the FPL (and/or maintaining a consistent income)
- ✓ Accessing available benefits and other support systems
- ✓ Are continuing to be treated for mental health needs
- ✓ Have visited the doctor for an annual physical
- ✓ Sustained addiction recovery
- ✓ Are reunified with family (living with or in good relationship)

Frequently Asked Questions Regarding Veterans in Crisis

How does mental illness put veterans at risk?

The rate of PTSD may be up to 15 times higher in active duty service members compared to civilians.

The rate of depression may be up to five times higher.

What are barriers to employment for veterans reentering the workforce?

Veterans lack proper preparation for finding a civilian job. From an employer perspective, hard skills that veterans have developed do not transfer to the skills they need for a civilian job.

Veterans might lack the confidence to navigate their own career search.

Many employers are wary of hiring veterans with mental health disorders, such as PTSD.

Does the VA take care of homeless veterans?

The VA has worked with partners to secure more than 30,000 permanent beds for homeless veterans throughout the nation. These partnerships are credited with reducing the number of homeless veterans by 70% since 2005.

What kind of support works best?

Community-based programs that feature transitional housing with the camaraderie of living in structured, substance-free environments with fellow veterans who are working to better themselves provide a higher chance of becoming tax paying, productive citizens again.

Can you tell me more about homeless veterans?

- Georgia ranks number 5 in the United States with the largest population of veterans.
- Homeless veterans are largely white men, between the ages of 31 and 61, with a disability.
- Veterans in poverty have the highest chance of experiencing homelessness of any group.
- More than 18% of poor Hispanic/Latino veterans, 26% of poor African American veterans, and 26% of poor American Indian and Alaska Native veterans were homeless at some point during 2010.
- African Americans constitute just more than 10% of the total veteran population in the U.S., but represent more than 35% of sheltered homeless veterans.
- Young veterans (between 18 and 30) are more than twice as likely to be homeless as their non-veteran counterparts, and young veterans in poverty are almost four times as likely to be homeless than their non-veteran counterparts in poverty.
- A typical sheltered veteran is:
 - » Male (92%)
 - » White, non-Hispanic/non-Latino (52%)
 - » Between the ages of 51 and 61 (41%)
 - » Disabled (51%)

Demographics

12%

of the homeless adult population are veterans

68%

reside in principal cities

50%

have serious mental illness

32%

reside in suburban/rural areas

51%

of individual homeless veterans have disabilities

20%

of the male homeless population are veterans

51%

are white males, compared to 38% of non-veterans

70%

have substance abuse problems

50%

are age 51 or older, compared to 19% non-veterans

The Hero Experience



The veterans who first served our nation so well are in need of heroes like you! You can be a hero to a hero in need by supporting VEO.

- ✓ Make a one-time donation or become a monthly giver by joining the Hero Coalition
- ✓ Schedule a service project with your company, civic group, faith community, or a group of friends
- ✓ Donate in-kind needs through our Fund A Need program
- ✓ Become a VEO partner with exclusive partnership benefits
- ✓ Host a meal through our Serve A Hero nourishment program
- ✓ Schedule a tour of our campus

If you have questions, please contact us at help@veohero.org or 404-889-8710, or visit us at veohero.org.

