



HEADSTRONG PROJECT
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President Justine Robles and Commander James MacArthur's **Joint Special Project for the Department of NY is The Headstrong Project.**

Veteran founded in 2012, the Headstrong Project partnered to serve veterans in New York and New Jersey. Their mission is as a non-profit mental health organization providing confidential, barrier free, and stigma-free PTSD treatment to our Veterans and service members. Their GOAL is to help clients "Triumph Over Trauma" by providing effective mental health treatment. They have a 97% charity score earning it a Four-star rating. This organization aligns with their passions and values, with confidence.

It is a National nonprofit, transforming the mental health industry by providing no-cost counseling through a network of volunteer mental health professionals. Community-based peer support groups work with people impacted by trauma and PTSD.

Some clinical statistics:

- 54% should make meaningful improvement in PTSD.
- 38% no longer meet clinical criteria for depression.

Clients who received 15-20 sessions or completed treatment showed significant improvements in PTSD anxiety and depression.

Help raise funds for “Triumph Over Trauma”!

- How? We will do this by donating to the project. A special donation box will be on the table at OTI, Fall Conference, and Spring Conference, and any last-minute donations at the Department Convention in June 2026.

To help reach our goal, I am requesting donations be collected in the jug provided at your **District** meetings. You will then forward the list of the Auxiliaries that placed a donation in the jug to me after your District meetings. The District Treasurer will then forward your donation to Department Treasurer Kim White and **earmark** the check “**Headstrong Project**”.

- What will be required? At the Fall Conference and Spring Conference make your donations as you stop at the table and pick up literature or say Hello! No donation is too small. Think of the Veterans and their families you will be helping receive this care.

I will be requesting the tables be down closer to where the VFW is as this is a joint project so I can collect their coffee money!!

If your Auxiliary and Post would like to do something special to raise funds that can be done also. Just be sure to **report who, what, when, where, and the amount raised**, and you will receive your credit. Auxiliaries that do not attend the Conferences may send your donations to me at the above address and **earmark** “**Headstrong Project.**”

There will be special activities planned at both Fall and Spring Conferences!

Look for more information in the Auxiliary News!

“Always Stay true to Our Red, White and Blue.”

” From Sea to Shining Sea, Honoring Our Veterans Who Keep Us Free”