

EMDR

Humanitarian Assistance Programs, Inc.

Minnesota Veterans Resilience Program



The Mission of the EMDR Humanitarian Assistance Programs (HAP) is to build capacity for effective treatment of traumatic stress disorders in underserved communities anywhere in the world. HAP's Minnesota Veterans Resilience Program carries out its mission with Minnesota Veterans, with assistance from the Veteran Justice Corps and the McCormick Foundation, small donations and hundreds of hours of pro-bono work.

First Year Plan

Network with Veteran and community groups to let Veterans and families know they can be included in the project.

Provide at least 100 Veterans with EMDR care, and seek additional resources if needed.

Work with groups to normalize emotional/mental health care for veterans.

Project Description

Many Veterans find the fight is not over after returning. Too often Veterans and their families are followed home by Combat trauma, emotional or "unseen injuries", experiences of sexual assault or harassment suffered during military or combat deployments. Traumatic Brain Injury further complicates their recovery. Some of these situations have left Veterans with Trauma symptoms which seriously affect their daily lives. The project provides a kind of confidential, effective, evidence based therapeutic service previously not widely used in MN for Veterans of any branch of service who have served since 2001. If the Therapist and Veteran decide the therapy would help, there is no cost to the Veteran.

Unique Aspects Include:

Project guided by skilled group of Veterans and EMDR therapists

Private, confidential therapy service - no cost to the veterans unless they have insurance that they choose to use.

Most of the clinicians are located in Twin Cities area, but there are therapists in Grand Rapids, Virginia, Alexandria, St. Cloud, North Branch, Mankato, Fairmont, Bemidji and Rochester. More locations may develop.

Clinicians are respected leaders in the MN EMDR community and their work sites - some with more than one language ability or cultural/ethnic competence. Several are veterans or family members.

Site Manager is an EMDR Consultant with 17 years as an EMDR clinician and many years of work in MN with non-profit and medical/health related programs.

Close working relationship with the HAP national office which has skilled clinicians and 17 years of experience aiding recovery in diverse humanitarian disasters.

Project relies on community contacts for referrals of veterans or families who may benefit from this service.

The most important success measurement is demonstrated competence to communicate and reach veterans who may choose to use EMDR services. The second measurement is veteran and therapist's assessment of outcome of their work together.

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