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SECAUCUS, NEW JERSEY 07094
201-223-7787

International Association for Human Value
2401 15th St. N. W.
Washington, D.C. 20009

September 15, 2014

Dear Sir/ Madame,

I am writing about a recent intervention provided by Project Welcome Home Troops, known as "Power Breath Workshop". As a provider at the Secaucus Vet Center working with returning veterans from a combat zone professional awareness that multiple modalities of treatment are necessary to help reduce the intensity, frequency and duration of PTSD symptoms prompted my desire to participate in this unique workshop.

Our Vet Center had the good fortune of connecting with Project Welcome Home Troops because of the unwavering pursuit to seek out appropriate treatment for our population of veterans by my colleague Ms. Marisol Lado, LSW.

After the initial connection was made, an informal informational was provided to all the veterans of the Secaucus Vet Center. Ms. Denise Richardson, senior faculty member of Project Welcome Home Troops graced our Vet Center, she provided information concerning the treatment, a demonstration was given and follow-up dates to implement the treatment were provided.

For five days Ms. Denise Richardson and Leslye Moore, Director of Development for Project Welcome Home Troops arrived at the Secaucus Vet Center with note books in hand, water for the veterans, snacks and professional knowledge that would be life changing for the fourteen participants within the room.

For five days they utilized their expertise to allow many who participated to let go of horrific intrusive symptoms that may have hampered them for as long as four decades. Others were capable of feeling a level of safety and peace. Many within the treatment room were capable of receiving a new level of trust of both self and others.

The expertise shared throughout those five days all centered on the breath, yoga and meditation. Multiple forms of breathing were introduced to help calm the body. It was repeatedly stated "one cannot calm the mind with the mind"; therefore the body is utilized to calm both the physical manifestations of the body and the mind. The "Power Breath" was the most intense of all the modes of breathing and produced the highest level of impact to participants.

The group quickly formed a close knit bond, which added an additional level of trust and safety for the members participating. Veterans reported a reduction to many of their PTSD symptoms; many indicated their level of hyper-vigilance had been reduced. Anxiety and panic attacks had diminished,

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sleep disturbance was at an all-time low, nightmares had reduced and the desire to isolate and withdraw was diminished.

Each participant was afforded a take home CD so that they could continue this very impactful intervention at home. The program was a major success for the Veterans of the Secaucus Vet Center. This provider will be forever grateful to Ms. Denise Richardson and Leslye Moore for their professional expertise in sharing "Power Breath" via Project Welcome Home Troops.

Sincerely,

Elaine Young, MSW, LCSW
Elaine Young, MSW, LCSW
Readjustment Counseling Therapist

September 16, 2014

International Association for Human Value
2401 15th Street N.W.
Washington, DC 20009



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Re: Project Welcome Home Troops

Dear Sir and/or Ma'am,

As a Readjustment Counseling Therapist at the Secaucus Vet Center, I am pleased and honored to endorse Projects Welcome Home Troops. Here at the Vet Center, we always in the midst of redefining and unpacking the traumas of the veterans who suffer from Post-Traumatic Stress Disorder. I can acknowledge that talk therapy is almost always the exclusive go to method but I am constantly seeking new approaches and interventions to not only accommodate the different expressive styles of our individuals but to seek more balance and mindfulness in their every day lives – Project Welcome Home Troops did just that.

In July 2014, I had the pleasure of meeting Ms. Denise Richardson and Ms. Lesyle Moore. They arrived with notebooks, pens, water, snacks, and motivation loaded with inspiration to begin on the journey of the next five days of power breath. Ms. Richardson and Ms. Moore were exquisitely professional, warm, and empathetic to the staff and veterans.

The workshop began after Ms. Richardson and Ms. Moore finished their interviews. The transformation in the veterans was apparent in day one. The veterans were able to relax and connect with the knowledge being brought into the room. Both Ms. Richardson and Ms. Moore were detailed in their explanations and teachings of the breath work. Veterans felt united and informed.

The entire week workshop consisted of series of breathing techniques, homework assignments, mindfulness, and looking within the self. Participation was consistent throughout the entire week's workshop and feedback was collected at the end of the week. Although some veteran did find discomfort and/or had unsettling memories/thoughts come up for them, the overall reaction was the positive impact that this workshop has provided to the veterans.

To this day veterans share that they continue to utilize the breath work daily and/or in stressful situations. Some veterans have reported sleeping, a task that it is unreachable to many veterans. Overall the experience was incredible and I am grateful to have come across such a wonderful program that provides good and genuine service to the veteran population.

I, and all of us here at the Secaucus Vet Center, are forever gracious and fortunate to have met Ms. Richardson, Ms. Moore, and for having the opportunity to hosting this wonderful program at our center.

Kind Regards,

A handwritten signature in cursive script that reads "Marisol Lado". The signature is written in dark ink and is positioned above the printed name.

Marisol Lado