



National Wounded Warrior Center Program Plan

EXECUTIVE SUMMARY – 3/1/2016

Needs of Veterans with Disabilities

- In 2013, the Veterans Administration identified 4 million veterans with disabilities. Assuming no additional major conflict, it is estimated that there will be 2.7 million veterans with a disability in 2043.
- A high percentage of veteran disabilities are related to mental health and PTSD, including stress and emotional problems, inability to get and hold a job, depression. These are key areas to be addressed by the NWWC.
- Research shows that in addition to education/vocational training and counseling, physical activity improves the quality of life of veterans with disabilities. This is a current strength of Disabled Sports Eastern Sierra and a key element of the NWWC Program Plan.

Disabled Sports Eastern Sierra

- Founded in 2003, DSES has grown to deliver over 3,000 annual adaptive therapeutic recreation lessons in a wide range of winter and summer activities. The program is managed by a paid staff of 10 and executed by ~250 volunteers who contribute ~17,000 volunteer hours annually.

- DSES is a US Olympic Committee Paralympics Sport Club and supported by over 25 local and national partners.
- Each year, DSES raises close to \$1M and receives in-kind services valued at \$1.5M.
- The Wounded Warrior program began in 2007. From a small start, the wounded warrior programs currently represent >20% (>600 lessons per year) of all DSES lessons. There are two 5 day wounded warrior camps each year with many opportunities for wounded warriors to attend other DSES programs.

NWWC is a Unique Program

- Wounded Warrior programs around the US generally offer transitional housing, or therapeutic recreation, or veteran education, or job training, or veteran medical care.
- The NWWC program is situated in the beautiful Eastern Sierra and offers a unique combination of veteran support programs unmatched anywhere in the USA.

Why Mammoth?

- With small town friendliness and resources of a major sports and outdoor recreation center, Mammoth offers an ideal healing setting to restore wounded warriors.
- Major community resources that support the NWWC program include:

World class therapeutic recreation environment and track record	World class serene healing mountain environment
Track record of veteran support programs in Eastern Sierra	Community college infrastructure
Range of physical and mental health services	Robust network of business, government, and non-profit partners and local support programs

A Full Service and State of the Art Facility

- Beautiful location adjacent to Cerro Coso College, Mammoth Library, and local businesses
- 33 sleeping rooms, 27,000 sq ft, spacious dining room, shared living space, underground garage, fitness center, outdoor patio, manager’s suite and office, laundry facility

Resident Profiles and Program Tracks

- Longer Term Tracks
 - Education (5-10 residents, 6 months extendable for 2 year degree program)
 - Vocational Training/Counseling (5-10 residents, 6 months)
 - Civilian Life Restart (~5 residents, 6 months)
 - Paralympic Student Athletes (~5 residents, 6 months)

- Tailored Shorter Term Therapeutic Recreation Tracks
 - 1 to 4 week residence for a rotating 5-10 residents
 - Includes Wellness awareness in longer programs
- Predefined programs for each resident resulting from a rigorous screening process
- Components included in all tracks
 - Therapeutic recreation plus wellness awareness, vocational training/counseling, community engagement, socialization and self reliance skills, and appropriate physical and mental medical support
- Personalized participant objectives, programs, and outcomes for each resident

Operating Principles and Guidelines

On site resident manager and resident assistants	Banned materials and substances policies	Food services with resident support
Residents participate in building maintenance	Use public transportation with some NWWC services	Behavior code and violation management
Case worker tracks each resident	Rigorous screening process for participants	Access DoD and VA support programs for minimum out-of-pocket costs

There will be a goals driven personalized program developed for each resident. Case workers will monitor individual performance versus those goals. In addition there will be a self directed Wellness questionnaire that will administered at the beginning, middle, and end of each residential stay for a broad measure of personal progress resulting from the NWWC experience.

Program Elements

- Therapeutic Recreation – Alpine skiing/snowboarding, Nordic skiing, biathlon, snowmobiling, ice skating, rock/ice climbing, hiking, kayaking, fishing, camping, gym workouts, jogging, road biking, mountain biking, etc. Structured program for each resident.
- Education and Vocational Training – Cerro Coso College, Mono County programs, internships, online programs
- Physical and Mental Healthcare – In support of DoD and VA lead on medical care. Mammoth Hospital, Mammoth SPORT Medicine, Sierra Park Medical Center and independent providers. Local providers authorized to participate in VA Choice Program.
- Wellness Awareness – Group wellness awareness programs addressing civilian life re-entry, nutrition, sports/exercise/movement, sleep, socialization, and the achievement of life purpose. Includes outdoor service projects and education, community activities, therapeutic yoga, and other trainer led programs.

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