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THE PINK BERETS

Healing. Empowering. Recovering.



OUR MISSION

It is the mission, duty and purpose of The Pink Berets to address, educate, and provide aid and relief to women of the United States Armed Forces, both active duty and veterans, as well as first responders, who are seeking assistance with invisible injuries such as Post Traumatic Stress Disorder, Military Sexual Trauma and Combat Trauma Stress on both a local and national level. Our goal and commitment is based solely upon helping women who have been afflicted with these devastating conditions to address their symptoms before they progress to depression, unemployment, homelessness and suicide. If not addressed, these problems can have a significant impact on their lives and the lives of their families and communities.



H.E.R. Story

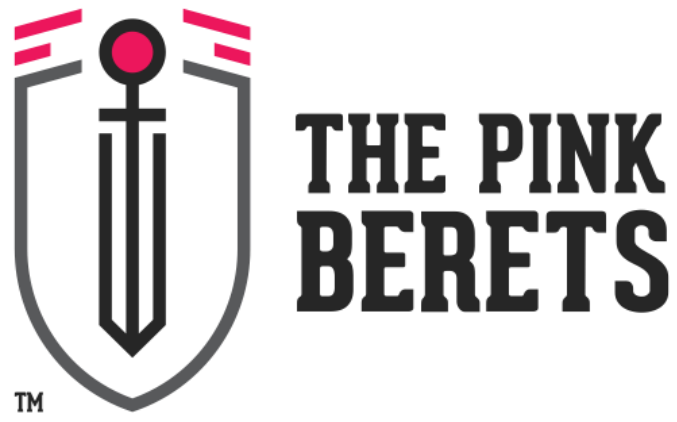
"I am a disabled veteran who has been attending The Pink Berets' Equine Facilitated Learning program since March 2017. I was diagnosed with Post-Traumatic Stress Disorder after suffering a sexual assault while in service. I have struggled with depression, chronic pain, anxiety and several other symptoms of PTSD.

When I began therapy with Susan in March, I was taking several medications to stabilize my mood, help me sleep and control my pain. I was also attending weekly therapy group sessions at the VA hospital. In the time that I have been attending regularly scheduled visits with Susan, I have been able to wean off some of the medications (under my psychiatrist's guidance) I was using, and move forward from group therapy sessions at the VA.

I am here to tell you this program works. My experiences with the therapy horses used in the program have always been positive and beneficial. The horse with whom I do most of my therapy leads by example. "Slick" is inquisitive, spirited, smart and loving and teaches me something new every time I'm with him. I am simply in awe of these horses and their abilities to heal when given the chance.

As I continue my therapy with The Pink Berets, I grow as a person. I learn more about who I am and who I aspire to be. I want to heal and find love in my heart again. I honestly believe it is all possible because this program exists."

-Tiffany V.



THE CATALYST RETREAT PROGRAM

The Catalyst is a holistic therapeutic retreat program dedicated to providing all women who are active-duty military, veterans and first responders with the tools, techniques and personal and professional strategies needed to build successful military/post-military/civilian lives.

Our program allows participants to examine the traumatic event(s) and subsequent development of post-traumatic stress disorder as well as the underlying emotional pain that fuels specific maladaptive behaviors. We begin the process of healing these wounds through a combination of clinical therapy, holistic approaches, and experiential modalities. We understand that PTSD is visceral, sensory and cellular and so our team focuses on building trust, creating a safe environment, and facilitating steps toward recovery. We include the families or caregivers when indicated. Our team has a wide range of training and experience in working with trauma and PTSD.

The Pink Berets offers many types of therapeutic techniques to help our participants process and come to terms with their experiences, gain mastery over their actions, and re-establish a sense of hope, personal efficacy, and choice in their lives. We use empirically validated therapeutic approaches that are tailored to the needs of each participant. The Catalyst Retreats will be held throughout the year and at various locations in the Texas Hill Country.

*Our retreats are at no cost to the participants *

THERAPEUTIC ACTIVITIES

The Pink Berets is committed to educate and advocate for all women of the Armed Forces, Veterans and First Responders, by facilitating outreach efforts through various services and initiatives.



Equine Therapy allows our horses to provide participants with experiential opportunities for healing. Equine Facilitated Learning, (EFL) encompasses horse-facilitated activities to help people recognize and move beyond the maladaptive coping strategies associated with survival, to a place where participants can actually thrive. Horses are effective co-facilitators because of their sensitivity to human emotion and ability to read human body language.



Individual Therapy is provided to address personal issues and identify links between PTSD and other co-occurring disorders. Our therapists use cognitive-behavioral therapy (CBT), which addresses errors or distortions in thinking, helping the person to challenge such thoughts and replace them with more adaptive ways of evaluating their world.



Experiential Therapy offers a holistic approach to recovery, We offer a number of experiential therapy options in addition to the more traditional therapeutic interventions. A few examples of these therapies include yoga, art therapy, hiking and writing workshops.



Culinary Art Therapy has many benefits such as gaining insight into one's behavior, learning about social skills/ cues, Improved communication skills, Improved memory, attention and focus, and Stress management. People experience life through the senses. The more we use our senses, the more they mature and help us fully integrate into life. Just like a car needs fuel, so do our brains. Our fuel gets refilled by continuing the make use of our ability for touch, taste, smell, sight and hearing. All of these senses get a work out in the kitchen. Nutritional counseling will also be offered through this activity.



Group Therapy allows our participants to bond, work together to solve problems, and process difficult emotions.. Our skills-based groups focus upon topics like new coping strategies, re-entering social situations, risks for triggering depression, strategies related to dealing with co-occurring conditions, and relapse prevention. Mindfulness groups promote self-awareness and facilitate improved ability to regulate emotions.



Family Therapy is an important aspect of healing as our participants are part of a larger system of loved ones, family, and friends who may need to be included in the healing process. During family sessions, they will have the opportunity to work with their loved ones to teach them about PTSD, the treatments, and progress the participant has made. We'll also allow their loved ones the chance to discuss ways in which the trauma has impacted their lives.



WHY THIS MODEL WORKS





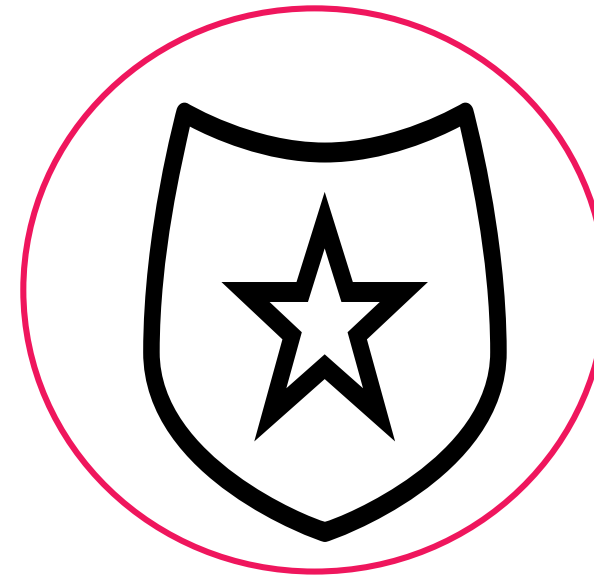
OUR PROGRAMS

The Pink Berets will offer a range of programs that address vocational and lifestyle challenges. The programs below are a few examples of what we offer.



Troops to Suits

This program is geared towards providing business attire to women veterans who are transitioning to the workforce post military and seeking job placement. This program consists of multiple seminars that will introduce job readiness skills to include interview techniques, résumé preparation and vocational assistance to name a few.



Situational Awareness

While some women have been through a vigorous training course for self defense in a combat setting, we will revisit the situations that arise in a civilian environment. Caregivers may also be part of this training. Since circumstances and threat situations may change constantly, we will assist participants in planning and preparation for their own safety as well as the safety of their families.

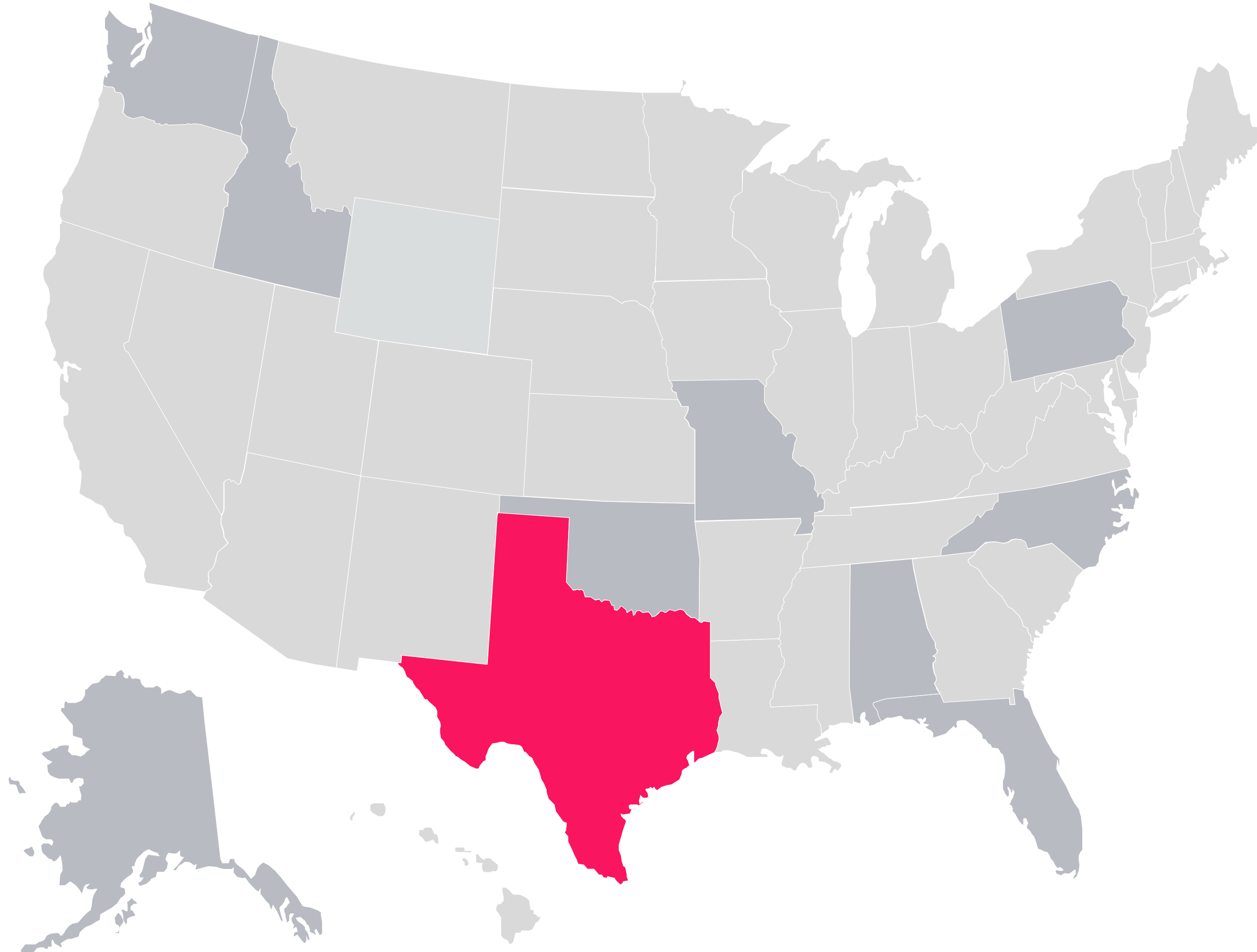


Service Dogs

Our Service Dog training program is available for Active Duty, Veterans, and First Responders through a partner organization and focuses on the continuing treatment of PTSD and MST. The benefit of our program is that we will continue to monitor the participants progress for the long term to ensure that their recovery continues. The bond that is formed in our program will play a crucial role in the healing process.



FACTS & STATISTICS



- Since 9/11, more than 200,000 women have been deployed to Iraq and Afghanistan.
- There are over **828,394** female veterans in the state of Texas. Texas has the leading number of female veterans in the U.S.
- 71% of female military personnel develop PTSD due to sexual assault within the ranks.
- Women who have served in the military are 12 times more likely to commit suicide than those who have not served. The dark grey states indicate a high incidence.
- Over 2,500 women who served have committed suicide over the last 11 years. That is close to 1 suicide a day. The CDC also reported women in protective services, like police officers and firefighters/EMS commit suicide at a higher rate than other professional groups.
- There are **55,000** homeless women veterans in the United States today.

* Statistics released by the U.S. Department of Veterans Affairs.



TRUSTED BY

Our distinguished ambassadors have provided their thoughts on our program and why it is crucial for this program to be successful.

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PTSD is often misdiagnosed in women who have been through a traumatic experience caused by physical or sexual assault. Often times, PTSD is diagnosed as Bipolar Disorder and for that reason the proper treatment is not sought out. Proper treatment is important to break the cycle of destruction that these women fall into after a traumatic event. The Pink Berets offers a great program to address this epidemic.

Cynthia Ramirez

Sexual Assault Advocate

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Multidisciplinary programs with diverse therapeutic modalities like The Pink Berets are an invaluable resource in the treatment of PTSD. They help to instill a feeling of confidence and, more importantly, a sense of normalcy to the fractured psyche of these wounded warriors, without relying on chemical dependency.

J.J. Gonzales Jr.,
M.D.

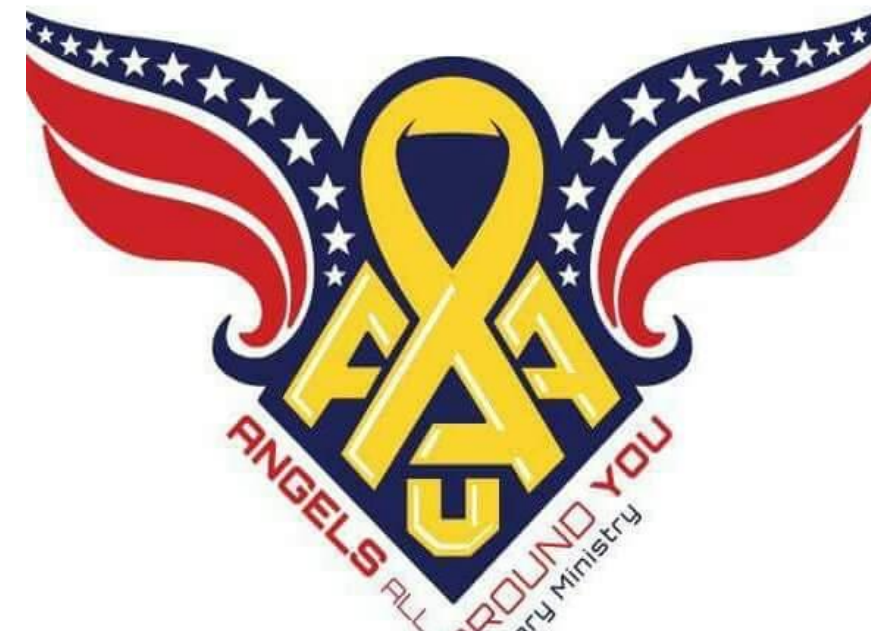
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Historically the needs of women veterans have been overlooked for years. Many service organizations and non-profit organizations have failed to address the specific needs of women veterans. Our female veterans experience different problems than males when trying to integrate back into society when returning from deployments. A female's role in their home and community is much different. These differences can be addressed by The Pink Berets, who will focus on women's needs.

Marian Coleman

MAA, BSN, U.S. Army Veteran

We value our
Partners and
Donors.
Together WE
can make a
difference.





CONTACT US

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The Pink Berets is a tax-exempt 501 (c) (3) organization
EIN 47-3537995



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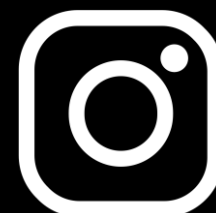
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