



## News & Announcements



We are excited to announce that Lieutenant General (ret.) William "Burke" Garrett III has joined our team in the role of Executive Advisor. Gen. Garrett's vast experience has given him an acute understanding of the 'invisible wounds of war' and the challenges faced by our post 9/11 Veterans across America. His leadership, management skills, compassion and deep commitment to the health of servicemembers and Veterans will help us build new partnerships as well as strengthen our existing relationships with the VA, Wounded Warrior Project™, our teammates in Warrior Care Network™, and many others. We are honored that Gen. Garrett has agreed to join our team, and we look forward to working with him as we continue to grow our program and serve more Veterans and servicemembers.

[Read More](#)

## By The Numbers *as of May 2018*

595

Patients  
Treated

459

Locations visited  
by outreach team

10k

Therapy sessions  
completed

40+

States  
participants have  
come from

# Stories of Impact



In the fall of 2017, Anthony Smith came to Emory Healthcare Veterans Program after suffering for many years with PTSD, depression, and anxiety. He searched for help from Wounded Warrior Project because “everything was falling apart around me - my family, my personal relationships, my job, everything.” He then realized “unless I want to lose my family, I have to do something”.

Wounded Warrior Project gave him a list of four program options that were part of the Warrior Care Network. He ultimately chose Emory’s Veterans Program, took vacation time off from work, and enrolled in Emory’s two-week Intensive Outpatient Program. “The program saved my life, opened my eyes, and gave me the tools I needed to deal with it all,” says Anthony. He now walks outside, smells the air, and enjoys being in the moment in a way he hadn’t before the program. On a recent vacation with his family, his wife looked at him and said, “You’re actually present.” Anthony acknowledges this change. “I went from surviving to thriving - before it was pure survival, now I am thriving”. Before the program, he had changed jobs three different times and was six months sober. Now, he proudly holds the same job since entering the program and recently reached an 18-month milestone of sobriety.

Before, during, and after his treatment, Anthony had the support of his wife, family, and his boss—all of whom witnessed a major change in his life. He went from constantly being on edge to a much more relaxed person. For those who are thinking about seeking help, he says, “It’s going to [be difficult], but it will help.” “We [Veterans and servicemembers] tend to put others before ourselves, so it takes a long time for us to finally bite the bullet and take care of ourselves first.” Anthony now has a renewed appreciation for everything and everyone around him and tremendous gratitude towards the program’s ability to help him reclaim his life.



Anthony, his wife and daughter during a recent vacation to Traverse City, Michigan.  
Photo credit: Anthony Smith

# Clinical Corner



## **Grant Makes National Impact**

The Emory Healthcare Veterans Program (EHVP) received a grant from the Bob Woodruff Foundation (BWF) to identify, train and develop a national network of consultants. These consultants will receive advanced training in teaching prolonged exposure (PE) therapy to clinicians who treat post-9/11 Veterans suffering from post-traumatic stress disorder (PTSD). Prolonged exposure therapy is an effective treatment for PTSD and involves approaching previously avoided traumatic memories and situations.

This program supports community-based providers who treat or plan to treat military servicemembers and Veterans and develops consistency in the delivery and implementation of PE. Three clinical experts from EHVP train 6 to 10 consultants-in-training at a time. Each consultant-in-training will train two trainees, who are required to complete two successful cases. This train-the-trainer model results in having 24 to 40 successfully treated patients every 6 months in locations across the country. These trainees will use their new skills to treat many patients during their careers. The consultants-in-training who complete the program will be listed in a directory of peer-reviewed PE consultants, a credential that will help them train many more clinicians throughout their careers.

As a grant recipient, the program joins the BWF Grantee Network, a collaboration of top-tier programs and advocates invested in aiding our veterans. “Emory’s approach to treating PTSD is effective, but it cannot be a secret – we want to help clinicians nationwide experience success by using the most effective PTSD treatment as determined by clinical research,” says Andrew Sherrill, Ph.D., program manager of the consultant training program. “Thanks to the BWF grant,” he says, “we are bringing PE to communities in desperate need of evidence-based psychotherapy.”



# In Case You Missed It

social media highlights



Thank you so much to The Blue Angels Foundation Board Members for taking a tour and visiting with members of our leadership and development team. We appreciate your continued support!



As a member of the Warrior Care Network, EHVP was invited to the White House by the Wounded Warrior Project to attend a ceremony in support of WWP's #SoldierRideDC. It was an incredible experience!



One of our talented alums presented us with a painting he had made for the team as a thank you. We are blown away by his talent, thank you Mr. Johnson. #ThankYou #OriginalArt #HealingInvisibleWounds



The actor and filmmaker Clark Gregg was so kind to donate his voice and time to record our new radio spot. Thank you, Clark, for your philanthropic work.