Military Order of the Cootie Auxiliary
SUPREME PRESIDENT'S NATIONAL HOME SPECIAL PROJECT

Purpose of the Project

Each year, the Supreme President, in cooperation with the Supreme Commander and the VFW National Home, identifies a special project that addresses a specific need of the National Home. Projects may support facility improvements, programs, equipment, or other initiatives that directly benefit the families served by the National Home.

Through this project, members have the opportunity to support the ongoing mission of the VFW National Home and help provide a safe, stable, and nurturing environment for the families who call it home.

Auxiliary Responsibilities

- Promote the Supreme President's National Home Special Project.
- Support the project through fundraising and awareness efforts.
- Encourage participation by members and Auxiliaries.
- Maintain records of funds collected and submitted.

Reporting

There is no separate report for the Supreme President's National Home Special Project. All funds raised for this project should be included on the National Home Report.

The current year's Supreme President's National Home Special Project is listed below.

Veteran & Family
Mental Health Wellness Program

Program Overview

The *Veteran & Family Mental Health Wellness Program* is designed to support the emotional, psychological, and social well-being of veterans and their families. By combining evidence-based therapeutic practices with experiential, hands-on activities, including equine therapy, the program promotes healing, resilience, connection, and personal growth.

This initiative recognizes that veteran families face unique challenges related to military service, transitions, trauma, and prolonged stress. Our goal is to create a supportive, accessible, and holistic environment that empowers the entire family unit.

Program Goals

- **Improve mental and emotional well-being** for veterans and family members.
- **Strengthening family relationships** through shared therapeutic activities.
- **Reduce symptoms of anxiety, depression, trauma, and stress** through experiential therapies.
- **Promote resilience, confidence, and self-regulation** using nontraditional therapeutic approaches.
- **Increase access to supportive services** in a welcoming, stigma-reducing environment.

Target Population

- Veterans enrolled in the program
- Spouses and children

Key Program Components

1. Equine Therapy

Equine therapy creates a powerful environment for emotional awareness, communication, and healing. Conducted by certified equine specialists and mental health professionals, sessions may include:

- Grooming, leading, and bonding activities
- Ground-based exercises focused on trust, regulation, and communication
- Family-focused sessions to strengthen positive interaction
- Individual therapeutic sessions for veterans working through trauma or anxiety

Benefits:

- Builds confidence and emotional awareness
- Reduces stress and anxiety
- Encourages nonverbal communication and patience
- Supports trauma recovery in a calm, responsive environment

2. Hands-On Therapeutic Activities

To complement equine therapy, the program includes additional experiential activities that promote coping skills, creativity, and connection.

A. Art & Creative Expression Therapy

- Painting, drawing, sculpture, and journaling
- Family art workshops to encourage bonding
- Trauma-informed creative sessions led by trained facilitators

B. Outdoor and Nature-Based Activities

- Gardening and horticulture therapy
- Nature walks and mindfulness trails
- Family outdoor workshops focused on stress reduction and grounding

C. Regenerative Farming & Agricultural Skills

- Hands-on learning with planting, harvesting, and caring for livestock
- Activities that teach responsibility, patience, and routine
- Opportunities for veterans to build confidence and purpose through work-based therapy • Families interested in this therapy will volunteer alongside VRAD Program

D. Skill-Building Workshops

- Stress-management and mindfulness
- Communication and relationship-building
- Parenting support and family strengthening

