

Coping Strategies

Patriot Outreach is a grass roots Warrior organization founded in 2006 by COL Tony Monaco, AUS. In 2008, COL Jack Shafferman, AUS joined COL Monaco. While still on active duty they began working with Warriors and their Families who suffered from Post Traumatic Stress Disorder (PTSD). **They were alarmed by how many individuals contemplated or attempted suicide.**

As a result they developed a plan to provide integrated support services that could prepare individuals and their families for the stress associated with conflict, coping with multiple stressors, including physical and psychological injuries. Patriot Outreach expanded its mission to support DoD Civilians, Battlefield Contractors and First Responders suffering with the same symptoms in 2011.

Combating suicide and getting help to our Warriors is critical.

The signature resource is a CD titled: *Coping Strategies, for Warriors, Veterans and Family Members*. The CD provides a simple, effective, non-intrusive support, and was designed to bridge the gap between those who seek help and the silent majority who avoid the stigma. Over 161,000 copies and downloads have been distributed.

The good news is that thousands have been helped. The success of the program is a matter of record and the testimonials speak for themselves:

"Thank you, it saved my Life!"
-SGT U.S. Marine Corps, Homebound Quadriplegic

"This is a wonderful resource!"
-Addiction Therapist VA Clinic

"I am a more resilient chaplain."
-Chaplain LTC, U.S. Army, Southern Baptist

"A great resource for our Soldiers."
-Army, Chief of Chaplains

"I feel so liberated."
-Wife of Deployed Warrior

Peace of Mind



This Noble Cause

Patriot Outreach is committed to the concept that **we the people owe our Warriors a life!**

In support of that obligation, our **mission is helping our Veterans enjoy life. It is the honorable thing to do.**

This thoughtful program bridges the gap between despair and hope. By renewing the Warriors' faith in life, it re-establishes their confidence and self-reliance to enable them to pull themselves up by their bootstraps - this is **Victory Over Stress!**

We have received numerous testimonials concerning our Warriors' **Victory Over Stress®** that speak about lives saved and the return to being contributing members of their communities.

Encouraged by the success of Coping Strategies, **Patriot Outreach has taken another bold step forward** to provide our Veterans with the benefits of housing and comprehensive healthcare. It is anticipated that good health will result in a good sense of well-being and peace of mind, knowing that they have access to food, shelter and employment assistance. The objective is to prevent suicides and support our Veterans to help invigorate their lives and their communities. **The bottom line is that a suitable living situation with healthcare support can prevent suicide.**



Patriot Outreach®

Is About People, Warriors, Veterans,
Faith, Family, Friends, and Patriots



Patriot Outreach Centers

Patriot Outreach has initiated the development of a nation-wide series of Patriot Outreach Centers. The **Mission** is to broaden our perspective of the well-being of our Warriors and their Families and to provide the services required to help the Warriors develop **Peace of Mind**.

The centers will be located convenient to existing VA Hospitals in order to leverage the resources of Patriot Outreach and the Veterans Administration.

The centers will provide the Veterans with fundamental resources outlined in the Patriot Outreach 5-Star Program: **Housing, Nutrition, Education, Employment, and Peace of Mind**.

The Centers will be mixed use sustainable communities that will provide our Warriors with the following facilities:

- Single/multi-family independent living
- Assisted living, including skilled nursing
- State of the Art Brain Healthcare
- Facilitate access to educational and employment opportunities
- Community activity center
- Fitness and sports facilities
- Rehab and therapy for persons with prosthetic appliances
- Inter-generational space for Seniors to tutor and mentor School Age Children
- Retail, commercial and professional space for personal and medical services.

Victory Over Stress® followed by **Peace of Mind** is the legacy that is **unique** to **Patriot Outreach**.

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Concepts



**Americans helping Americans
Keeps America Strong
Our Warriors Need Your Help Now**

Please make your contributions on line

[Click here to make a donation](#)

or

Please mail your check or money order to

Patriot Outreach

10670 N. Central Expwy, 6th Floor

Dallas, Texas 75231

Name _____

Address _____

City _____ ST ____ Zip _____

Telephone (____) _____

Email _____

Email us: info@PatriotOutreach.org



Dear Patriot,

Patriot Outreach is about people. From day one we have been focused on our Warriors and their Families. We have concentrated on overcoming anger, stress and even Post Traumatic Stress Disorder (PTSD) and **traumatic injury that has devastated our Veterans and their Families.** **Often Warriors become homeless** for lack of living assistance when their therapy is terminated prematurely.

Unfortunately many of our Veterans have suffered the ultimate injury by taking their lives **after** they return home. It is tragic that **even though our Veterans are back, they are not at home.**

Today, after *Victory Over Stress®*, Patriot Outreach has taken a **Bold Step Forward** designed to broaden our perspective of our Warriors' well being.

The development of Patriot Outreach Centers is an ambitious program. **Today, our Veterans need your help. Every contribution demonstrates your gratitude and thanksgiving to our Warriors for risking their lives and Families to defend the life, liberty, and property of all Americans.**

Thanking you for your generosity,

COL Antonio Monaco, AUS
Founder

COL Jack Shafferman, AUS
CoFounder

www.PatriotOutreach.org