



# SPECIAL OPERATIONS CHARITY NETWORK

A 501c3 Corporation

## “Find Your Tribe” Initiative



Special Operations Charity Network (SOCN) has established an overall Initiative for 2019 and forward. This Initiative, “Find Your Tribe” provides veterans, law enforcement, and first responders with a variety of healthy programs that focus on “Mindfulness”, re-teaching them how to stay “in the moment”. The veterans, law enforcement, and first responders are encouraged to choose which program they would like to participate in. These programs or activities provide variations on the “mindfulness discussion” which help them learn how to maintain a highly focused mindset, and keep them “in the moment” instead of regressing to their past or worrying about their future. It also provides them a place and/or a group of likeminded people that understand what they are experiencing in their lives after being deployed or having issues after a traumatic incident.

Carefully placing veterans, law enforcement, and first responders in these types of scenarios via programs & activities that promote “mindfulness” or being present in the moment, can actually assist the participants with their ability to function socially once they’ve started recovery from the initial and/or long-term effects of Post Traumatic Stress (PTS), Post Traumatic Stress Injury (PTSI) and/or Post Traumatic Stress Disorder (PTSD) and also help them attain and/or maintain long-term employment.

Our programs range from Big Game, Upland Game & Waterfowl Hunting; Fly-Fishing; Bass & Sport Fishing; Shooting Sports; Golf Clinics & Outings; “A Day at the Forge”; Foundations Weight Training and Integrated Health & Wellness and Cycling & Mountain Biking. SOCN also tracks the participants progress over a 12-18 month period, and long-term thru our volunteer regional program mentors along with and assisted by other recommended & approved mental health and employment programs.

SOCN currently administers the Shooting Sports activities via our “Shooting Sports Ambassadors”, which utilize pro-shooters and other professionals within the law enforcement and military communities as Asst. Instructors & Mentors on a regional basis. SOCN is also teamed with Sunset Cyclery in St. Louis, MO. as the administrator of the Cycling & Mountain Biking mid-west programs and with mid-western Subject Matter Experts (SME) from Brentwood Barbell in the field of Weight & Functional Fitness Training Methodology and Integrated Health & Wellness.

SOCN is teamed with other recognized charities, e.g. SEALKID; Doose Outfitters (big-game, upland game, and waterfowl hunting); Jim Hintzke and the Valhalla’s Forge Mission Team; Jim Mueller (former American Outdoorsman Host) & Whiskey Ranch (waterfowl hunting), Project Healing Waters Certified Guides (fly-fishing) around the US, Operation Archangel, Operation Triage & Project Diehard that are established subject matter experts within a majority of these disciplines along with volunteer Subject Matter Experts; SOCN also assists with long-term training & employment opportunities.

SOCN funding is provided via yearly fundraising events along with recruiting donors and sponsors from the corporate, defense, shooting, hunting, and outdoor industries. Our yearly budget documents are available on request.

Sincerely,

Douglas Scott

President & Founder

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Best Regards,

Mark Quinn

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## Prevention & Reduction of the Suicide Rate among Veterans, Law Enforcement and First Responders

The purpose of The “Find Your Tribe” Initiative is to provide veterans, law enforcement and first responders and their families with a variety of healthy, outdoor and sporting activities that focus on 'Mindfulness'. Participants choose from multiple programs which help them maintain a highly focused mindset while providing them a connection with mentors: likeminded people who understand the experience of being deployed and the problems associated with having lived through a traumatic or unsettling incident. Isolation is a risk factor for suicide<sup>1</sup> and so it is no surprise that suicide rates are higher among individuals living in rural areas.<sup>2</sup>

In Missouri the veteran suicide rate is 43.8 per 100,000 compared to the national suicide rate of 18.4 per 100,000.<sup>3</sup> Law enforcement officers and firefighters are more likely to die by suicide than in the line of duty.<sup>4</sup> Experts describe the shame and stigma surrounding mental health within professions that prioritize bravery and toughness.<sup>5</sup> Experts also describe the therapeutic benefits of outdoor activities for veterans and others suffering from PTSD.<sup>6</sup> All of these factors were taken into consideration when designing the Find Your Tribe Initiative.

1 [2020 National Veteran Suicide Prevention Annual Report, Office of Mental Health and Suicide Prevention](#), page 11, US Dept of Veterans Affairs, November 2020.

2 McCarthy JF, Blow FC, Ignacio RV, Ilgen MA, Austin KL, Valenstein M. 2012. [Suicide Among Patients in the Veterans Affairs Health System: Rural-Urban Differences in Rates, Risks and Methods](#). American Journal of Public Health. 102:S111–117

3 [2018 Missouri Veteran Suicide Data](#), US Dept of Veterans Affairs

4 [https://rudermanfoundation.org/white\\_papers/police-officers-and-firefighters-are-more-likely-to-die-by-suicide-than-in-line-of-duty/](https://rudermanfoundation.org/white_papers/police-officers-and-firefighters-are-more-likely-to-die-by-suicide-than-in-line-of-duty/)

5 Ibid

6 <https://crockettfoundation.com/2017/01/31/outdoors-therapeutic-veterans-ptsd>

### Overview:

The high suicide rate within the veteran, law enforcement and first responder communities must be addressed on multiple levels. We know there are many in these communities who will never reach out for help to the VA or the medical community and must be reached another way. SOCN’s “Find Your Tribe” Initiative is a way to reach those who have fallen through the cracks. Through extensive research & investigation along with advice from multiple Behavioral Health Specialists within our community, we determined that a large percentage of current military, veterans, law enforcement and first responders experiencing post-traumatic stress directly relate to “losing their tribe”. Contributing factors include:

- include loss of team members during combat operations
- Severe injury or trauma , both physical and/or mental while on or off-duty
- Guard and/or Reserve members deployed into the various combat or hostile fire zones throughout the world