

Mt. Carmel Veterans Service Center



One-Stop For Veterans & Military

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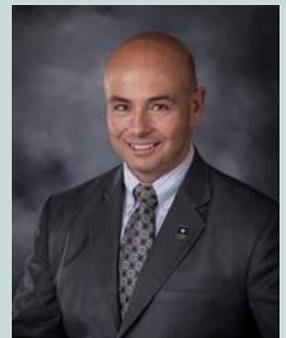
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2019: The Year of Veterans Climb

Mt. Carmel is buzzing about 2019! Following months of hard work, we're excited to launch "Veterans Climb," a major new Mt. Carmel-led program, made possible through program partnership with the El Pomar Foundation, Pikes Peak Community College (PPCC) and the Pikes Peak Workforce Center (PPWFC).

Veterans Climb is Mt. Carmel's safety net for veterans who are homeless, on the verge of homelessness, experiencing family discord, addiction, incarceration or other major challenges. The program collaborates to deliver supportive services and case management toward completion of in-demand career training and certification with employment in one year.



In the pilot year, Mt. Carmel case managers will enroll fifty eligible veterans and coordinate closely with PPWFC and PPCC to determine and support the best employment and career pathway training, respectively, tailored to each veteran. Throughout Veterans Climb, case managers will establish routine and positive support to participating veterans to deliver direct-assistance supportive, behavioral health, career and partnered services.

PPWFC will work closely with participants to determine aptitude and interest for specific in-demand training, and then assist with employment readiness and support once a veteran completes training and earns a certification.

PPCC will provide training and certification in selected in-demand programs to include construction, automotive technology, diesel technology, welding, machining, healthcare, culinary arts and cyber security. PPCC will also provide supportive coaching and peer support to Veterans Climb participants.

Training is funded through Veteran's GI Bill Benefits, the VA Vocational Rehabilitation program, or Workforce Innovation and Opportunity Act Funds, depending on eligibility, suitability or availability.

Veterans Climb delivers on Mt. Carmel's promise as the "Beacon of Support," to the veteran community with a strong safety net for those most at-risk of homelessness. We believe Veterans Climb will be successful beyond this pilot effort and are hopeful the results will form an expanded program in the years ahead.

Bob McLaughlin
COL, US Army Ret, COO

Staff

Col (R) Robert McLaughlin
COO

Leslie Abrams
Administrative Assistant

Dave Burton
Director, Operations

Paul Price
Director, Employment & Transition

Peer Navigators

Adam Baker
Richard A. Gagne
Jessica Griser

Janet Farley
MilSpouse Career Program Manager

NaCorra Ned
HB 16-1276 Internship Job Coach

Kirsten Belaire
Director, Behavioral Health Program

Abbey Westphal
Behavioral Health Retreat Coord.

Savannah Cunning
Behavioral Health Admin Asst.

Nicole Holling
Director, Veteran & Family Resources

Katie Travis
Resource Navigator

Tina Randall
Supportive Services Case Manager

Hilary Bryant
Volunteer Program Coordinator

Shawna E. Dusharm
Greet and Connect

Lisa Buckman
Director, Partner Development

Randall Stubbs
Director, Philanthropy

Carol Arnold
Deputy Director, Donor Relations

Melodie Owens
Deputy Director, Events & Sales

Bill Miller
Controller

Nannette Cioffi
Staff Accountant

Dean Miller
Dir, Communications & Marketing

Keisha Lancaster
Facilities, Resource & Event Coord.

Randy Gradishar
Outreach Coordinator

Notes from Those We Serve

Army Paratrooper Praises Mt. Carmel Services



At Mt. Carmel, we know the needs of each veteran, transitioning service member and military spouse are unique. Wrap-around services in career and transition, behavioral health and wellness, and supportive services – backed by strong community partners - make Mt. Carmel the ideal one-stop location to directly assist the veteran and military community.

Recently, a veteran well into post-Army life, provided high-marks to the Mt. Carmel team for providing impactful direct-assistance and wrap-around services for more than two years.

“At first I was apprehensive about any organization trying to help veterans,” said the former paratrooper. “At Mt. Carmel, the proof is in the pudding. Even when I was outside the local area, your team provided assistance with resources. Mt. Carmel has been there for me whenever I needed help.”

The combat veteran noted Mt. Carmel’s urgency as its greatest asset by saying, “The veterans and their family members on your staff really understand that when a veteran says, ‘help is urgent’, that it is. You get it. A few weeks back, I was stressed and struggling. Your team met with me immediately and assured me, ‘everything was going to be ok’. Because of your team, it was. You loaded boxes of food into my car within 20 minutes of learning of my need. That was such a relief. On the same visit, my Mt. Carmel Peer Navigator provided assistance that resulted in a job within days.”

“For me, stability is knowing that I have a reliable, trusted resource – friends actually – for when things get tough. Jobs come and go, but, Mt. Carmel has been great. I can’t speak highly enough about how important they have been to my transition.”

Mt. Carmel is a responsive team of veterans, military family members and community partners who have, ‘been there and done that’. The organization operates from a purpose-built facility to make veterans, transitioning military and families feel at home as they receive direct assistance.

Retiring Command Sergeant Major Grateful to Mt. Carmel



Mt. Carmel is excited for transitioning Soldier Tony Liles! The retiring command sergeant major recently completed Prep Connect 360, a 5-day advanced jobseeker workshop conducted in partnership with Mt. Carmel and The Pikes Peak Workforce Center.

While initially reluctant about his transition to the civilian workforce, his Mt. Carmel Peer Navigators recommended he attend PC360. Following graduation earlier today, Tony is fired up! “I’m ready to look at a job announcement, dissect the qualifications, apply the talent I have, send in a quality resume and own the interview,” said Tony. “I discovered what I have to offer. I knew who Command Sergeant Major Liles was; now I know who Tony Liles is.” For those unaware of the great resources the community offers transitioning service members, Tony has advice, “If you’re ready to put forth the effort to be successful in life after the military, Mt. Carmel and PC360 will give you the tools you need to map it out and the confidence to walk the course of the next chapter of your life.”

Make a Difference Today!

At Mt. Carmel Veterans Service Center, we believe military heroes need a hand-up, not a handout. You can play an important role and have a direct impact on thousands of Veterans in our community! **Donate today to help provide vital services, programs and resources.**

[Visit VeteransCenter.org to Donate](http://VeteransCenter.org)

Honors from Washington



A paid apprenticeship conducted by Colorado Springs Sheet Metal Workers' Local Union #9 Joint Apprenticeship Training Committee, highly-popular with Pikes Peak region veterans, and partnered with Mt. Carmel Veterans Service Center, earned top honors from the U.S. Secretary of Labor and has been presented the **2018 Platinum Hire Vets Medallion Program Demonstration Award**. “This is a highly-successful apprenticeship with over 120 direct referrals from Mt. Carmel,” said Retired Army Col. Bob McLaughlin, Mt. Carmel Chief Operating Officer. “The JATC is a fantastic program for veterans who want to work with their hands and get into a skilled trade with great upward mobility. Mt. Carmel is proud to support the needs of all veterans enrolled in this incredible program.” Read more at veteranscenter.org/success-stories/

Lunch and Learn

Jay Cimino, Mt. Carmel Chief Executive Officer, and Kirsten Belaire, Mt. Carmel Behavioral Health Program Director, discussed the positive impacts of Mt. Carmel programs during a Lunch and Learn at Mt. Carmel in December. The event provided community supporters with deep awareness of Mt. Carmel programs and their positive impact on military, veterans and their families. Additional Lunch and Learn events will be scheduled throughout 2019.



Mt. Carmel MilSpouse Alum Hosts Veteran Work Study

The power of partnerships is changing lives for a local veteran and a small business owner. A military spouse and daughter of a veteran, Angelina Pecoraro, owner of Mint & Porter Design Company, is a Mt. Carmel client, Pikes Peak Workforce Center client, Hiring Our Heroes Fellowship program grad, and has completed Prep Connect 360 for veterans, transitioning service members and military spouses.

Mt. Carmel and PPWFC client Isaac Torres is a veteran, accomplished artist, and a UCCS visual arts/Pikes Peak Community College graphic design student in the final stretch of his degree program. Through Mt. Carmel's partnership with PPWFC, Isaac is in a paid work study at Mint & Porter. "This is a phenomenal experience," said Isaac. "I'm learning from a highly-skilled, well-networked designer, and I'm gaining professional experience in the branding and marketing field. This opportunity has given me confidence that I can be successful in my new career."



Isaac's work study is also a win for Mint & Porter. "As a small business owner, much of my time is spent with new clients and marketing; Isaac's talent allows me to balance my focus on those areas of my business," said Angelina. "He takes feedback to heart and it shows in his work. I'm proud to have Isaac at Mint & Porter. My father was in the Navy; my husband is in the Army. I'm proud of Isaac's service and grateful to help a veteran in a meaningful way. And, it's ironic that I'm helping on the employer side of the same work study program that helped me a few years ago."

Looking for a Way to Honor a Loved One?



Honor a loved one or show your support of a veteran friend or family member by purchasing a brick or paver, featured as part of our Veterans Tribute Walkway on the Mt. Carmel Veterans Service Center campus.

The proceeds are used to continue providing our essential veterans services. Bricks range from \$175 - \$200; Pavers from \$750 - \$850. They can even be personalized with military emblems.

To order your brick or paver,
or for additional information,
visit thatsmybrick.com/mtevcsc



Quilts of Valor Ceremony



Thirteen local veterans were awarded hand-made Quilts of Valor in the Mt. Carmel chapel. Quilts were locally made specifically to honor each veteran for their service to the nation. WWII Pearl Harbor Veteran Donald Stratton was among the recipients. Stratton, one of five remaining survivors of the USS Arizona, was nominated for the honor by 6-year-old Landon Knestrick who met Stratton last year and says Stratton is his hero. Stratton had a small request for Quilts of Valor - that the other four survivors, his shipmates, also receive quilts. The organization was all-to-proud to support the request, arranging for all five quilts to be on display in Denver for the Pearl Harbor Anniversary, Dec. 7, 2018. The quilts will be mailed out to the other USS Arizona survivors to honor their service. Local quilter Mandi Elder, UCCS Associate Professor of Athletic Training, has quilted for more than 38 years. She made her first Quilt of Valor for her uncle, a Vietnam Veteran. "His choked-up, heartfelt response showed me just how meaningful a quilt can be," said Mandi. "Coming from a younger generation, I didn't really grasp what the Vietnam war really did to those who fought there, but after feeling the gratitude for what I

thought was a simple gesture of thanks, I decided making more Quilts of Valor was something that I wanted to continue to do. If I can use some of my time to touch someone so deeply, I simply can't turn away from that opportunity." The ceremony was conducted by the Mt. Carmel Quilters in partnership with Colorado Quilts of Valor Foundation.

Partner Spotlight

Welcome, Break the Silence Against Domestic Violence



Welcome, Kristin! Retired Army Col. Bob McLaughlin, welcomes our newest Mt. Carmel partner, Kristin Faith Paruginog, founding Chief Executive Officer of Break the Silence Against Domestic Violence. We're excited Kristin and her organization are now in Mt. Carmel, and we're proud to be a voice against domestic violence.

Learn more at breakthesilencedv.org

Welcome, Viewpoints Psychotherapy Services

Welcome, James! Army Veteran James Garofalo, founder/owner of ViewPoints Psychotherapy Services, LLC, speaks with KRDO personality Mike Lewis in a Mt. Carmel-arranged effort to announce the ViewPoints/Mt. Carmel behavioral health partnership to provide a wider spectrum of treatment for veterans, military and families seeking care at Mt. Carmel.

Listen at tinyurl.com/krdoVPS



For Whatever Suits You!



Nicole Holling, Mt. Carmel Veteran and Family Resources Director, assists Jon Reynolds of community partner Comcast, as he makes a donation of gently used professional clothing to Mt. Carmel's "Civvies" professional clothing collection. Civvies provides a professional appearance for veterans, military and their families entering the workforce at a significantly reduced cost. Mt. Carmel extends its sincere thanks and appreciation to Jon. **Do you have gently used professional clothing to donate? Call 772-7000.**

Are You Listening to the Veteran's Voice?

Mt. Carmel is proud to produce the Veteran's Voice Podcast! The bi-monthly radio show is a podcast and broadcast on KRDO Radio. Veteran's Voice is Hosted by KRDO personality and Navy Veteran Mike Lewis, presented by USAA in partnership with Star Dental Institute.

Listen to the January 12 show at tinyurl.com/VV12Jan

Listen to the December 15 show at tinyurl.com/VV15dec

Listen to the January 26 show at lnkd.in/ec-tNzk



Mt. Carmel Offers Amazing Career Programs for Military Spouses of All Eras

The MilSpouse Career Program (MCP) offers individualized employment assistance services to military spouses of all eras through direct support from Mt. Carmel and our community partners. Focused on lowering the 16 percent military spouse unemployment rate and the all-too-familiar spousal underemployment, the MCP offers:

- Job coaching and employment opportunity referrals
- Career readiness workshops
- Job fairs and industry spotlight days
- Community resource referrals
- Volunteer, mentorship and internship opportunities

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Shop today at [AmazonSmile](#)!

Welcome Tina Randall, our new Supportive Services Case Manager!



Tina is a U.S. Army Veteran originally from Detroit, Michigan. She followed in the footsteps of her mother and step-father by joining the U.S. Army. Tina served over four years as an NCO in the petroleum supply career field with assignments in Texas, Colorado Springs, and a deployment to Iraq. Following her service, Tina returned to school and earned her Bachelor's in Psychology and a Master's in Social Work, pursuing her passion to provide care for veterans and their families. Previously Tina interned as a case manager at Mt. Carmel before permanently joining the team. Tina is married to an retired Army veteran and they have a beautiful blended family of five children.

Welcome Abbey Westphal, LCSW, our new Behavioral Health Retreat Coordinator!

Abbey is a Licensed Clinical Social Worker and leads Mt. Carmel's Behavioral Health Retreat Program. Prior to joining Mt. Carmel, she served in private practice and as a behavioral health clinician helping at-risk youth and their families. Inspired by her family's values and their example – a father who served as a volunteer EMT, and a grandfather and uncle who served in WWII and Vietnam, respectively, Abbey has a passion for serving veterans and their families. She earned her Master's in Clinical Social Work from the University of Denver and has a passion for Colorado's outdoors to include hiking, snowboarding, rock climbing and nearly anything outdoors.



Congratulations, Paul Price on your new role as Director of Transition & Employment!

Paul retired from the U.S. Air Force in 2008. Originally from New Hampshire, he served 25 years in Force Support working on numerous human capital development programs. Paul served at locations throughout the U.S. and also in Germany, Japan, and the Middle East. After retiring out of the Pentagon, he transitioned into the private sector where he was the Chief Administrative Officer (CAO) for a technology firm in Washington, DC and then as a Senior Recruiter for an executive search agency in Colorado. Paul holds a Bachelor's in Communications from the University of New Hampshire, a Master's in Personnel Administration from Buffalo State College, NY, and was a National Defense Fellow at the Institute for National Security Studies. Paul is active in his church and enjoys skiing, hiking, and volunteering at the Air Force Academy Equestrian Center supporting the Warrior Wellness Equine Therapy Program.

Thank You for Your Service!

Congratulations on your new positions in the community, and thank you for all you did to make Mt. Carmel's Beacon of Hope shine so brightly:

- Daniel Martinez, former Director of Employment & Transition
- Christina Martinez, Veteran Intern Program Peer Navigator

Upcoming Events

(additional events at veteranscenter.org)

PTS/Trauma Relief-focus Tai-Chi

January 26, 10 - 11 am

Spiritual Coverage

January 28, 10am - 2pm

Meet with a Chaplain

Parenting from the Tree of Life Parenting Course

January 28

Practical/relevant parenting course **FREE** for military/veteran parents of children ages 3-12. Register at onefamilyhwl.org/events *or* call Mt. Carmel: 772-7000.

Spiritual Connection Group

January 29, Noon - 4pm

Non-denominational discussion of spirituality

Veteran-X PTS-focused Group

January 29, 4:30 - 6:30 pm

PTS/Trauma Relief-focus Yoga

January 29, 5 - 6 pm

Creating Your Best Resume

January 30, 1 - 3 pm

Call Mt. Carmel at 772-7000 to register.

Warriors First

Support group for justice-involved veterans

January 30, 4 - 5 pm

Art Therapy

January 30, 5 - 7 pm

Promoting stress relief and self-healing

Pointman Ministries

January 30, 6 - 8 pm

Non-denominational fellowship

PTSD Support Group

January 31, 10 - 11 am

Dave Ramsey's Military Financial Peace University

Series runs February 21 - April 18

Financial education series in a classroom environment. Available to veterans, military & families.

Couples encouraged. Cost reduced to \$25 through

Mt. Carmel sponsorship. Limited class slots. Register/pay at Mt. Carmel VSC.

Call 772-7000 for more information.

Are you following us?

Please follow us on social media and our website at veteranscenter.org. Your likes, comments and shares are a welcomed part of the Mt. Carmel conversation. Follow us at the following platforms:



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