

Mission - Pamlico Rose, a Washington, NC nonprofit, advances wellness and resilience-building programs for Veterans — “Vet by Vet.”

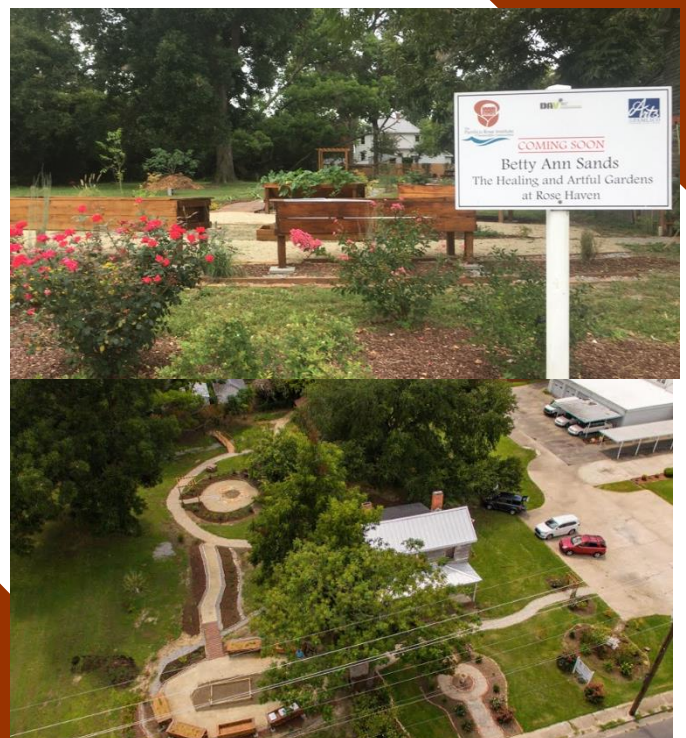
Founded in 2016, Pamlico Rose’s programs build a strong foundation of healthy living helping Veterans overcome the effects of trauma and ease the struggle with transition, including social and community reintegration, from military to civilian life. The current efforts focus on helping ease transition/reintegration for female Veterans.



Why - Many Veterans struggle with transition, including social and community reintegration from military to civilian life due to lasting effects on mind and body from their service, including PTSD. This transition can cause relationships with loved ones and friends to suffer due to addiction, depression, unemployment, homelessness, and suicide. This transition can be just as challenging for female Veterans as they suffer from both similar and different experiences as their male counterparts due to a lower exposure to combat but a much higher risk of sexual harassment or assault. Many female Veterans are divorced and single parents, earn less than male Veterans, face higher unemployment rates and are the fastest growing homeless Veteran population. A good number of female Veterans choose not to self-identify, suppressing their military experience, and choose not to seek out support groups. An overwhelming majority of female Veterans do not seek help through the VA due to a continued belief in the VA’s association with the military, the scarcity or limitations of health and medical programs for women, and/or the perceived “male” culture of the VA.

What - Pamlico Rose offers an integrated approach, Total Life Fitness (TLF), to help ease the difficulties many female Veterans face in transition from the military and reintegration into communities through attention to wellness and resilience-building. TLF is modeled on the Department of Defense’s Total Force Fitness and the Department of Veteran Affairs’ evolving Whole Health approach to serving Veterans. TLF works across mind, body, and spirit, and promotes community involvement through meaningful and persistent attention to daily activities and events that feature nutrition, exercise, meditation, transcendence, attention to health and the environment, and engaging nature. Developing behavioral skills such as mindfulness and anxiety management, as well interpersonal competence adds benefit to TLF activities, promoting healthy living and managing symptoms of trauma.

Where - Pamlico Rose offers TLF programs through its Rose Haven Center of Healing that includes residential living, the arts, gardening, yoga, and other activities. Rose Haven is located in Washington’s historic district and consists of an 1892 farmhouse (scheduled rehabilitation completion summer 2020), its adjacent historic barn as a multipurpose support facility, and a sprawling healing landscape that includes meditation and produce gardens.



How

Multiday TLF Reintegration Retreats - The retreats build awareness of the concepts that underlie wellness, healthy living, and behavioral and interpersonal skills that are critical to achieving TLF, while building resilience. The retreat also provides activities that utilize those skills and helps to develop overall TLF. Each day's schedule is designed around the retreat's purpose to inform and engage. Many activities occur outdoors in Washington's historic district and along the Pamlico River.



Reintegration & Resilience (R&R) - Residential Living Experience – R&R will be a three-month residential experience for female Veteran recovering from substance abuse concentrates on wellness/healthy living, resilience, and building community. Residents live in the Rose Haven house, abide by house and program guidelines, and identify educational, professional, and personal goals to work on while in residence, with guidance from staff, local learning institutions, or other organizations. The R & R program is planned to start in 2020.

Awareness and Advocacy - Pamlico Rose sponsors the annual Healing Vet Weekend/Ride for Rose Haven: Supporting Female Veteran, a two-day event that raises awareness of Veteran needs and stages activities to foster healing. The signature event is the Ride for Rose Haven bicycle ride and motorcycle ride both of which are open to all riders.



Other events over the weekend include on Friday evening Military Veteran (and active-duty) Art Exhibit Opening and TED-like VET Talks followed by the Rose Haven Spring Festival on Saturday that kicks off with the Ride for Rose Haven and fun ride for parents and children. A Veteran Outreach Fair, food trucks, arts and crafts and other vendors and a music concert. Pamlico Rose works with partners in Eastern North Carolina to sponsor and host events/activities to promote awareness of and advocate for at-risk and transitioning Veterans. Pamlico Rose is a board member of the East Carolina Veteran Coalition and Beaufort County 360, a county-wide public health taskforce that promotes programs and policies around behavioral health initiatives.

Veteran & Community Social and Learning Events & Activities - Pamlico Rose and Rose Haven Center of Healing will work with community partners to sponsor and/or host programs, events and activities that benefit Veterans or the local community such as art, gardening or woodworking classes. Pamlico Rose is exploring partnerships with local educational institutions to develop learning programs to assist female and other Veterans.



Pamlico Rose will act ethically and with integrity, always considering what is best for the Veteran when advancing its mission. The organization will be mindful of its civic responsibility to contribute to the sustainability of the community. As good stewards, Pamlico Rose will direct its efforts toward the benefit of preservation and reutilization of local cultural, historic, and natural resources as it pursues its mission and projects.

For more on the TLF program, Rose Haven Center of Healing and Pamlico Rose, visit www.pamlicorose.org or contact Robert Greene Sands CEO of Pamlico Rose at robert@pamlicorose.org Or Vista Community Resource Associate Kaitlyn O'Donnell kaitlyn@pamlicorose.org Follow Pamlico Rose on Facebook: <https://www.facebook.com/PamlicoRoseInstitute/>

Veterans can struggle with transition and reintegration from military to civilian life. Service experience, including trauma, can lead to lasting effects on mind, body and personal relationships.

Addiction
Depression
Anxiety
Family relationships
Unemployment
Homelessness
suicide

Reintegration is more challenging for female Veterans due to:

- conflicting roles and identity of mother, partner, and Veteran
- single parenting
- absence of support network and/or not self-identifying
- VA access difficult due to many factors

Building a strong foundation of wellness and resilience can help female Veterans overcome the effects of trauma and an uncertain future.



To Donate to Pamlico Rose

Visit our website

www.pamlicorose.org

or mail a check to to PO Box 264
Washington, NC 27889

Healing Vets Weekend (HVW) & Ride for Rose Haven: Supporting Women Veterans- (May 1st and 2nd)

is Pamlico Rose's signature outreach event. HVW is an Annual two-day event that raises awareness of Veteran needs and stages activities to foster healing. The main event is the *Ride for Rose Haven* bike ride and motorcycle ride both rides are open to Veteran and non-Veteran riders. On Friday night the historic Turnage theater hosts a Veteran Art Exhibit, and TED-like VET Talks – IBX, Saturday includes sunrise yoga, the bike and motorcycle rides, a fun ride for kids and parents, food trucks, vendors, a Veteran Outreach Fair and music concert as part of the Rose Haven Spring Festival.



Advancing wellness and
resilience building programs
for female Veterans

Vet by Vet

Pamlico Rose – a 501 (c) (3)

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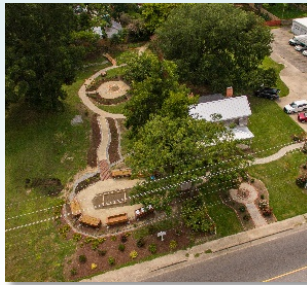
Community Resource Associate,

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Helping Ease the Struggle of Reintegration for Female Veterans

Rose Haven Center of Healing

anchors our programs that promote healing in female Veterans through a reintegration experience that includes retreats, the arts, yoga, gardening, and in the future a 3-month residential program. Rose Haven includes a rehabilitated 1892 farmhouse as a reintegration home, its adjacent historic barn as a multipurpose support facility, and a healing landscape that includes meditation and produce gardens. The Center covers ½ neighborhood block in Washington, NC's historic district.



Total Life Fitness (TLF)

is a holistic approach to wellness that builds a strong foundation of living fit, helping one move through the reintegration experience. Building resilience to adversity, TLF encourages an individual through mind, body, spirit and healthy relationships to focus on one's whole self.

Pamlico Rose offers two Total Life Fitness Programs

Total Life Fitness Multiday Retreats

build awareness of the concepts that underlie wellness, healthy living, behavioral and interpersonal skills that are critical to achieving TLF, while building resilience. The retreats also provide activities that utilize those skills and helps to develop overall TLF. Each day's schedule is designed around the retreat's purpose to inform and engage. Many activities occur outdoors in Washington's historic district and along the Pamlico River.



Reintegration & Resilience (R&R)

is a three-month residential experience for female Veteran recovering from substance abuse concentrating on wellness/healthy living, resilience, and building community. Residents live in the Haven house, abide by program guidelines, and identify educational, professional, or personal goals to work on while in residence, with guidance from staff, local learning institutions, or other organizations. The R&R program is coming soon.

Awareness and advocacy

of veteran issues is another Pamlico Rose effort. Pamlico Rose works with partners in Eastern North Carolina to sponsor and host events/activities to promote awareness of and advocate for at-risk and transitioning Veterans. Pamlico Rose is a board member of the [East Carolina Veteran Coalition](#) and [Beaufort County 360](#), a county-wide public health taskforce that promotes programs and policies around behavioral health initiatives. Pamlico Rose staff and BoD members are partnering with local educational institutions to develop learning programs on wellness and resilience.