

Coming in 2020!

Reintegration and Resilience (R&R) Program for female Veterans in recovery

A learning experience for female Veterans transitioning from military to civilian and reintegrating into their communities

Rose Haven Center of Healing



219 E. 3rd Street
Washington, NC 27889

Total Life Fitness (TLF)

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 community relationships to focus on one's whole health.

Interpersonal Competence

The ability to navigate in complex interpersonal situations, express or interpret others' ideas/concepts, and make sense of different social and cultural behavior.

Pamlico Rose will soon offer a three-month residential Reintegration and Resilience (R&R) experience at Rose Haven Center of Healing for female Veterans in recovery from substance abuse. Many female Veterans struggle with transition from military to civilian life and social and community reintegration. This difficulty can in part be due to role conflict or social and employment inequities in the civilian world for the female Veteran when she leaves the military. For those female Veterans who experienced trauma during deployment and/or military sexual abuse, reintegration can become a struggle with addiction, depression, anxiety, social isolation, and suicide ideation. The R&R program will focus on developing Total Life Fitness (TLF), a wellness/healthy living approach to promote ease of reintegration and build resilience. Engaging TLF can help manage experiences of trauma or the stress-filled life after service.

Interpersonal Competence

As part of the R&R program, residents will be involved in a facilitated three-month course, *Interpersonal Competence*, to help develop and sustain interpersonal skills and abilities helpful for social reintegration into their communities. The course will convene weekly at Rose Haven or online with facilitation by experts in the fields of anthropology, intercultural communication, psychology, and related fields.

The course will feature lessons and exercises that introduce the concept of cultural and interpersonal competence and identify the critical behavioral and social skills that enable its development:

- cultural and social self-awareness
- understanding others' cultural and social identity
- perspective-taking/suspending judgement
- sensemaking
- intercultural communication

The course will explore how these skills can help mitigate implicit bias and its effect on understanding others' behavior that might appear unusual or confusing, creating obstacles to becoming part of a new or different community. For those in recovery, giving back to others in need is important. Interpersonal skills can help make those kinds of relationships meaningful for all involved. Intercultural competence can

Rose Haven



Washington, NC waterfront



For more on the R&R 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 805-320-2967. Follow Pamlico Rose on Facebook: <https://www.facebook.com/PamlicoRoseInstitute/>



also be critical in navigating a stressful social and employment landscape and is an essential component of leadership within the workplace and community organizations.

Participants in *Interpersonal Competence* will be given projects that involve applying those skills in their ongoing social experiences at Rose Haven and in interactions with the surrounding community. Weekly discussions will allow self-assessment of how skills were utilized and results of those experiences. Residents should leave the program with a set of general behavioral and interpersonal life skills that aid reintegration into any community.

About Rose Haven - The *Rose Haven Center of Healing* promotes healing in women Veterans through a reintegration experience that includes residential living, the arts, gardening, yoga, and other wellness activities. 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 is slated to be completed by early 2020.

About the Reintegration and Resilience (R&R) Program - Female Veterans will enter the program as a cohort after agreeing with the intent, goals, and requirements of the three-month R&R program. They will live in the Rose Haven house, abide by house and 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. Residents will participate in the *Intercultural Competence* course and take part in activities and experiences consistent with TLF, such as garden maintenance, yoga, physical exercise, and nutrition, while also volunteering a set number of hours with local nonprofits. Residents will continue personal counseling and therapy while at Rose Haven through the local VA or local social service agencies and will be expected to remain alcohol and/or drug free while in residence. More information on the R&R program will be forthcoming.

About Pamlico Rose - Pamlico Rose is a Washington, NC 501(c)(3) nonprofit that advances programs to help Veterans build resilience and reintegrate into communities. More about Pamlico Rose can be found [here](#).

About Washington, NC - Washington lies within the Inner Banks of North Carolina at the headwaters of the Pamlico River, 25 miles upstream from the Pamlico Sound. Washington is a “connected community” featuring tightly knit historic neighborhoods and a bustling Main Street district that offer a safe and community feel to residents and visitors. Located directly on the scenic waterfront, downtown Washington offers fine restaurants, antique stores, art galleries, performance centers, and more. The locale’s natural beauty and temperate climate attract wildlife and outdoor sports enthusiasts and produce elegant and dramatic sunsets.