





VETERANS LEGACY



CAMP ALMA



**“You can't go backward and change the beginning, but you can start where you are and change the ending.”**

**- C.S. Lewis**





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THE VETERANS WELLNESS CENTER



# MISSION STATEMENT

To coordinate treatment resources for Veterans in need, while providing a safe, secure, residential site in a rural setting. Individualized care planning is focused on optimizing their successful return to family and community.



LODGING  
NEXT RIGHT

State Prison





**BEFORE**





**BETTER**





# BEST





# BEFORE





# AFTER







— ★ ★ ★ —

# **Native American Veterans Blessing the Land**

— ★ ★ ★ —





# **BEES IN THE GARDEN**





WHY PLUMBERS  
MAKE LOUSY  
BEEKEEPERS

FOLLOW  
ME, BOYS!





# RE-ENTRY CHALLENGES



1. People leaving prison are at high risk for death during re-entry. One study found that in the first two weeks following release formerly incarcerated individuals are nearly 13x more likely to die than other state residents.

2. The highest risk for death is from substance abuse disorders – individuals re-entering from prison are 129x more likely to die from a drug overdose than the general population.

Council On Criminal Justice

Binswanger, I.A., Stern, M.F., Deyo, R.A., Heagerty, P.J., Cheadle, A., Elmore, J.G., & Koepsell, T.D. (2007). "Release from prison – a high risk of death for former inmates." *New England Journal of Medicine*, 356(2), 157-165.



# ADMISSION CRITERIA TO CAMP ALMA



1. Valid DD-214 with at least 180 days of service
2. No convictions for Sex Offence or Arson
3. No major medical issues that would require emergent intervention
4. A definite desire to seek a new direction in life



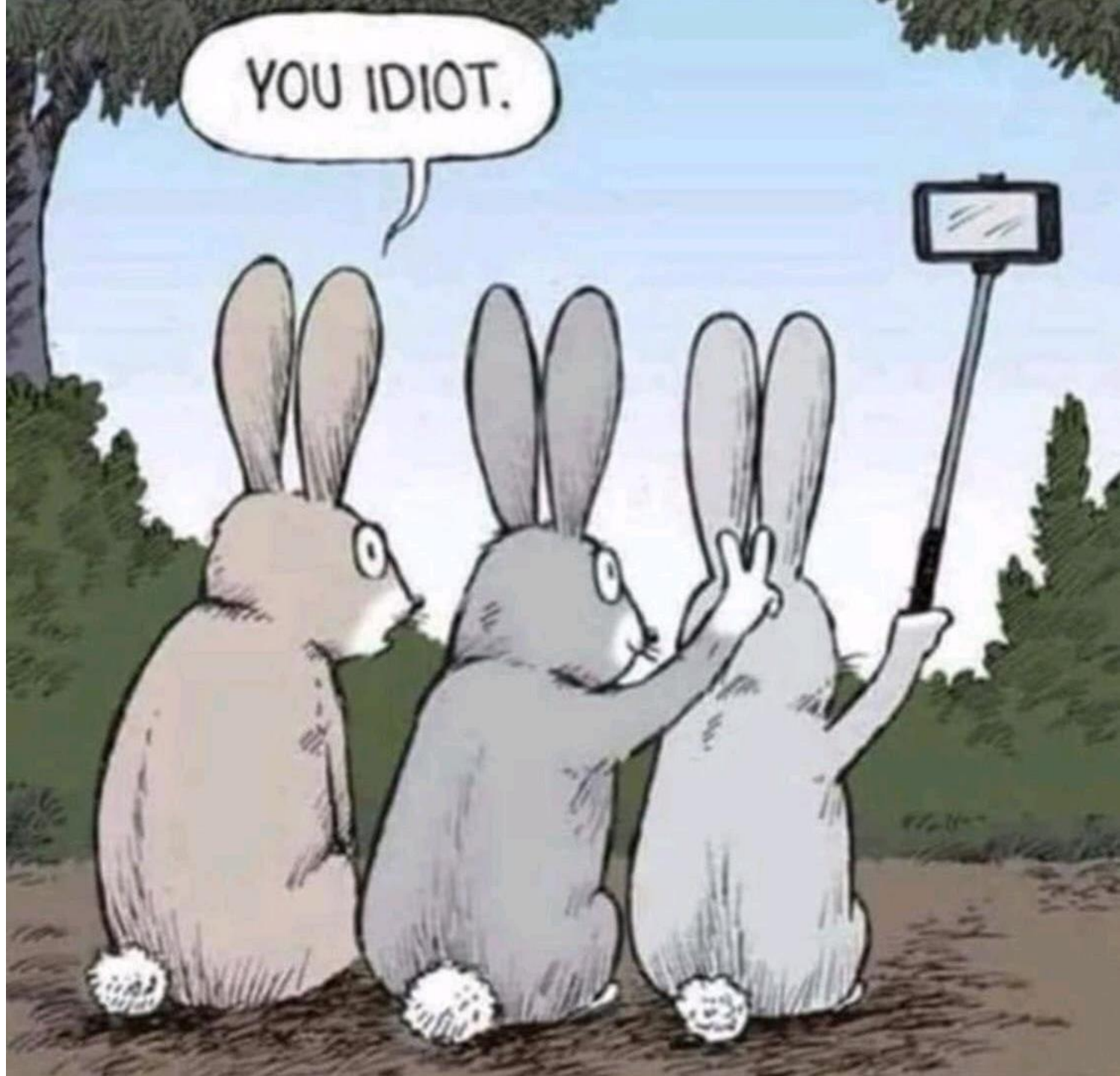
# CAMP ALMA ROUTINE



- 1. Daily schedule will be planned around any treatment-related meetings, appointments, etc.
- 2. Camp supervisor will assign daily tasks – 2-4 hours varying in nature
- 3. Exercise is highly encouraged – Hiking, weights, etc.
- 4. Time for treatment related study



YOU IDIOT.





# ALTERNATIVE THERAPY



Veterans Legacy staff believes that encouraging activities that are new and enjoyable help balance some of the emotional challenges in more formal therapy. As we grow in numbers, endeavors such as music, art, movement therapy, e.g., yoga, etc. will be offered either at Camp Alma or classes in Eugene.



# LIFE SKILLS



Many veterans are not always savvy in regards to knowledge of day to day living skills that will help make them successful after reintegration back into the community.

This might include:

- Basic financial management
- Food preparation
- Pursuing VA benefits
- Resume preparation
- Job interview training



Yeah, we should  
have tried to talk  
him out of that  
tattoo  
last night.







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CAMP ALMA

**THANK YOU**

— ★ ★ ★ —

The graphic features a silhouette of a man plowing a field with a horse. The text "VETERANS LEGACY" is arched above the silhouette, and "CAMP ALMA" is written in a dark blue box below it. Below the main text, the words "THANK YOU" are written in large, bold, red letters. At the bottom, three blue stars are centered between two horizontal lines.