



VET LIFE COMMUNITY

Changing the Ways Veterans And Their Families are Helped.

WHAT IS VET LIFE COMMUNITY?

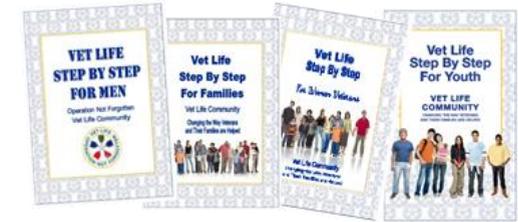
Vet Life Community is a network of local weekly support meetings - the buddy system, veterans helping veterans face to face - offering the tools necessary to assess current levels of functioning and determine what, if any, help veterans may need as they transition back into life outside the military. Vet Life Community is designed to create a confidential, community-based meeting place to help veterans and their families. Meetings are free for all veterans and their loved ones.

HOW ARE MEETINGS CONDUCTED?

Each Vet Life Community has three support groups; one for males, one for females, and another for family members or others who play a significant role in the life of the veteran. We feel it is essential to make these groups distinct because the issues for each are different. It is important to mention our strict adherence to anonymity and confidentiality – no employment position or military rank is requested, no last names, no requirement to talk until you are ready, and discussions and topics do not leave the room.

All meetings are veteran run and maintained. Our organization's mission is to provide programs for veterans and their families that develop mental, social, emotional, and spiritual well-being.

These groups use the Vet Life Step By Step Journal, and each participant is offered the opportunity to take an online Quality of Life Assessment™ and work with a life coach, *both at no cost to veterans and their families.*



This assessment not only give an initial baseline for current level of functioning, but also helps to determine the best course of action. The QOLA (Quality of Life Assessment™) and life coaching are optional, and self-directed by the veteran.

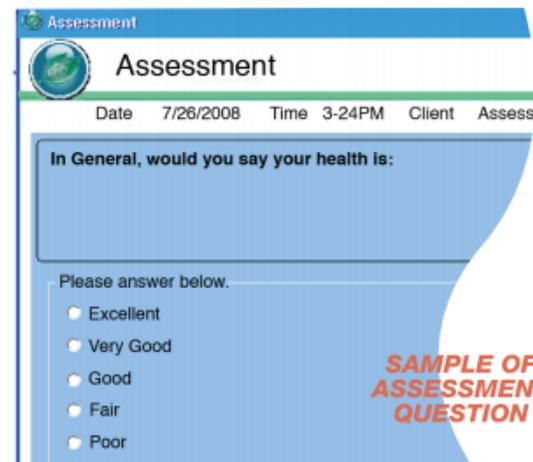
WHY DOES THIS METHOD WORK?

Veterans often find themselves on their own to manage complex factors for behavioral change. Peer support and sharing experiences can link people and provide the practical, emotional, and ongoing support that is critical for genuine change.

Peer support is proven to sustain long-term behavioral change. Veterans trust other veterans. The format and structure of the group means it can be easily replicated in communities across the country.

WHAT IS THE QUALITY OF LIFE ASSESSMENT™ (QOLA) AND MAPS™ LIFE COACHING PROCESS?

Life Renewed Quality of Life Assessment is a scientifically-based personal profile. It can be downloaded and installed from the internet. The multiple-choice questions are easy to understand and answer. The assessment has been designed for ages 18 or over and is not gender specific. The assessment takes approximately 20-30 minutes to complete, depending upon how quickly an individual goes through the questions. Once the assessment is completed, it is automatically scored and our software system generates a personalized Quality Of Life Assessment Profile.



SAMPLE OF ASSESSMENT QUESTION

This profile is used during our MAPS™ (Measure, Analyze, Plan, Succeed) Life Coaching process by the veteran, and their life coach to plan strategies that will improve the veteran’s quality of life.

MAPS™ is a four-step process:

- Measure
- Analyze
- Plan
- Succeed



WHAT DOES THE QOLA MEASURE?

The assessment measures Five domains of overall health: mental/emotional, physical, social, spiritual, and stress.

Specific modules of measurement include:

- Physical Health
- Physical Limitations
- Bodily Pain
- General Health Perceptions
- Energy Level
- Social Functioning
- Emotional Limitations
- Emotional/Mental Health
- Life Experiences
- Stress Index
- Spiritual Beliefs
- Life Purpose Index
- Support System
- Social Compatibility
- Health Behaviors

In addition, there are items related to life experiences and health behaviors. Health Behavior items include questions concerning smoking, exercise, diet, safety, drug use, adequacy of sleep and intimacy.

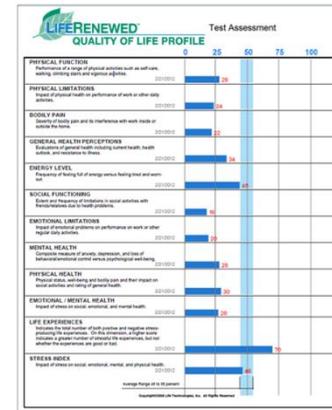
“Quality of life has a number of dimensions including mental and physical health, social interactions, spirituality, and stress. Many instruments have been developed to assess these dimensions, but we know of no other assessment, aside from the Life Renewed™ Quality of Life Assessment™ software that combines all these dimensions in one profile.”

*Dr. Harry Wetzler, M.D., M.S.P.H.
Clinical Outcomes Measurement Specialist, Air Force Colonel, Retired*

OUR COMMITMENT

Chris Kupitz, President of the Veterans Club at Vanguard University, served the US Army for eight

SAMPLE OF QOLA PROFILE



years, experienced two Iraq deployments and reached the rank of E-6, Staff Sergeant.

After returning home Kupitz experienced the harsh realities that face many veterans, *“Our soldiers are returning home broken, confused, frustrated, angry, and unable to fully comprehend or cope with the residual torment of a war zone they survived. What we need is to provide our veterans with a caring, safe environment, that allows them to process everything they have endured; a place that believes in their future, supports their needs and is actively pursuing them, before they become another statistic”* (Vanguard University of Southern California, March 2013).

Our veterans have put themselves in harm’s way and paid the ultimate price to protect the freedom we enjoy.

We have made it our mission to stand beside them and support them by developing a network of community support groups that provide access to appropriate, quality services and care. Through our Vet Life Communities, we are changing the way veterans and their families are helped.

For more information please see our website:

www.OperationNotForgotten.com

Or call 770-947-8606

