

How To Help

PTSD takes a whole lot of specific mental health work in order to get to a point of stability. Help us help these motivated to change individuals and families!

1. Trauma specific counseling for 5 adults

All are struggling with normal PTSD symptoms

One adult, one week, 2 sessions:

\$200

One adult, one month, 8 sessions:

\$800

2. Trauma specific counseling for 5 children

All are struggling in school – we can help.

One child one week, 2 sessions:

\$200

One child, one month, 8 sessions:

\$800

3. Life Support Group – LaVista weekly meeting

For all veterans, probationers on or off, and other ptsd sufferers.

Meals, Supplies, childcare, Mental Health Professional

One week of support:

\$100

One month of support:

\$400

4. Life Support Group – Kearney weekly meeting

For all veterans, probationers on or off, and other ptsd sufferers.

Meals, Supplies, childcare, Mental Health Professional

One week of support:

\$100

One month of support:

\$400

5. Statewide Semi-annual MTF Workshop Camp

For all veterans, probationers on or off, and other ptsd sufferers.

Meals, Supplies, childcare, Mental Health Professionals

One person support:

\$150

6. Life Recovery Bible, workbook, devotional

These books have the twelve steps in them.

\$ 30

7. Sleep aids – sleep problems a common PTSD symptom

These are non-pharmaceutical and research proven to help

a. Dream Pad Pillow

\$100

b. Health Journeys – sleep meditations

\$100

c. Brainwave entrainment home unit

\$250