




Trauma and Resiliency Resources, Inc.



About TRR

A group of approximately 15 people, including men and women of various ages, are standing in a circle in a dirt field. They are holding hands or have their arms around each other's shoulders, suggesting a group activity or ceremony. In the foreground, a light-colored horse is walking from left to right. Another darker horse is partially visible on the far left. The background features a fenced-in area, a small building, and a range of mountains under a clear blue sky with a few wispy clouds.

Trauma and Resiliency Resources, Inc., is a 501(c)(3) public charity. TRR provides suicide prevention and trauma services for active military, reserve components, and combat veterans of all eras and all service branches. In the future, we plan to expand services to first responders and family members.



What makes TRR different?

TRR believes that **Moral Injury** is at the heart of the high rate of **suicide** among our nation's warfighters.

TRR is **unique** and leading the field with a focus on **Moral Injury** - the wounding of the heart and soul that is an inevitable result of going to war.

We work with active-duty military and **ALL Combat Veterans** (not just post 9/11), regardless of discharge status.

TRR's Warrior Camp® works with those **most at risk of suicide**.

We use **proven therapeutic modalities** in the context of a community environment with extraordinary results.

TRR's Warrior Camp® is the **only program of its kind**. We have a **99.3% survival rate** and a **99% completion rate**.

Why Support TRR?

“Our program is successful because we have *learned from those we serve* that targeting Moral Injury as the primary cause of suicide among our war fighters is essential. And now the U.S. Army agrees with us.”

- Eva Usadi, TRR Founder and Executive Director

22

Veterans commit
suicide per day

1

Active duty military
commits suicide per
day

0

Our Goal

Our History

TRR is Founded

Eva Usadi starts TRR after having been intricately involved with the mental health response to the events of September 11, 2001.

Warrior Camp® Program

TRR begins hosting programs each year.

TRR Farm Purchased

226 acres purchased.

TRR Programming Expands

TRR hosts monthly programs and works toward a fully functioning and sustainable farm to serve the veteran and first responder community for generations.

2013

Our First Warrior Camp®

TRR's first Warrior Camp® successfully serves veterans with profound results. We are inspired by the warriors to continue programming.

2018

Military Medicine

The Journal of Military Medicine publishes an article about our program's data.

2022

2024

2024+

Long-Term Goal

\$25M fundraising goal to create a fully-operational and sustainable farm that fulfills our mission to end veteran and first responder suicide.

TRR's Warrior Camp® Saves Lives

Trauma and Resiliency Resources' Warrior Camp® is a **ground-breaking program, FREE** for active-duty military and combat veterans of all eras designed specifically to address PTSD and Moral Injury. Moral Injury can occur when ethics and core values are overridden, even if deemed necessary, during combat operations. **Addressing Moral Injury in our Veterans is key to their survival.** The program integrates 3 evidence-based modalities: EMDR, Equine Assisted Psychotherapy and Yoga, and two complementary ones: Narrative Medicine and Native American Sweat Lodge Ceremony, in the context of community.





TRR Farm Project

TRR Farm Project

TRR NEEDS A PERMANENT HOME.

- To meet the demands of many, many more combat veterans and active-duty military who truly need these services.
- To become a **stable, regular resource** and an approved provider for VA and Department of Defense.
- To be **reimbursable as an approved program** by insurance companies.
- To conduct **enough programs** to gather sufficient research data to prove the efficacy of our treatment model.





We Purchased a 226-acre Farm in Chatham, NY.

This farm will:

- Be 100% green, sustainable, and regenerative
- Host Monthly Warrior Camp® programs
- Host Programs for First Responders and families
- Offer Professional Trainings and Workshops

The Farm: Vision and Plan



The Facilities

HOME FOR UP TO 25 HORSES:
as well as other animals, many of them rescues, featuring an indoor arena, outdoor ring, and barns.



The Farm

226 ACRES: a 100% green, clean, and sustainable home for TRR for years to come.



Lodging

LODGING FOR 25 PEOPLE:
includes an industrial sized kitchen, Yoga studio, Living/dining area and a gym.



Thank you

"These clinicians get it. Combat is a whole body, whole person experience that can only be processed through a whole body, whole person approach. I would give these people a million dollars if I could. Everyone in the clinical psych world who has even a passing interest in trauma should be paying attention to what this program is doing."

USAF Combat Veteran, October 2019