

# VETERANS MEMORIAL MUSEUM

## VETERAN'S JOURNEY FORWARD PEER COUNSELING PROPOSAL

**PREPARED BY:**

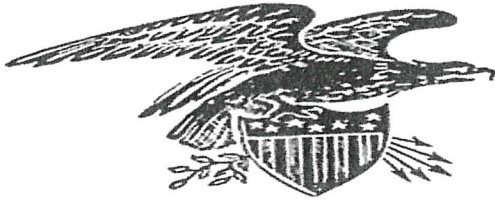
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### VETERAN'S MEMORIAL MUSEUM HISTORY

*Our mission is to honor and perpetuate the memory of the men and women who have served in our nation's armed forces, during peacetime or war, throughout the history of our country. This mission began over two decades ago with the goal of making sure that our veterans "Shall Not Be Forgotten". This museum began with humble beginnings in 1997 at a storefront in Centralia, WA. In 2005 we opened our new facility in Chehalis, WA which is visible from Interstate 5 just off of exit 77. Our new facility features a 9,000 square foot main gallery with 85 display cases filled with hundreds of displays honoring our veterans. The museum has a military history reference library with thousands of volumes.*

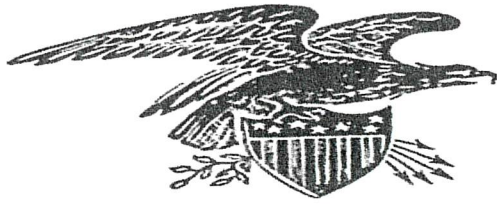
*There is also a gift shop filled with patriotic items and don't forget to visit the "USO" where you can have a cup of coffee while enjoying conversations with local or visiting veterans. What a privilege it is to hear firsthand from veterans who stormed the beaches of Normandy, went ashore on Iwo Jima or survived the Bataan Death March. Perhaps you'll hear stories from some who shivered in the winters of the Korea War era or the battles fought during the Vietnam conflict.*

*How interesting it is to hear conversations between veterans from Pearl Harbor survivors to those current returnees from the Desert War conflicts. Stop by and help us make sure --- "They Shall Not Be Forgotten"...*

### VETERAN'S JOURNEY FORWARD

#### MISSION

Veterans Journey Forward commits to providing exemplary Peer Counseling services to Veterans. Our foundation for this mission is rooted in engagement and support from the community.



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### VISION

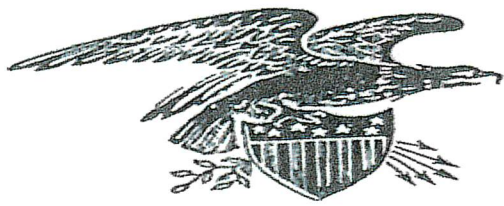
Veterans Journey Forward has a vision for healing and honor as interwoven components for veterans' future success. We see a place for peer services provided with integrity, innovation, and excellence for those who have risked everything to make this dream possible.

### OVERARCHING PROJECT OBJECTIVE

This project seeks to create a peer support hub as well as provide peer training for veterans. Helping veterans overcome mental health issues, substance use and abuse, and trauma. We plan to eventually expand enrollment to veterans' families and first responders into a network of veteran support organizations. We will work to build the support network that is capable of catching veterans and supporting them through their recovery. In addition foster partnerships to help with medical needs of the local Veteran community.

### PURPOSE OF THE PROJECT

Our purpose is to provide peer-based mental health services, resources, and community for veterans in Lewis County and the region. We will provide mental health support through peer coaching. Providing training in peer services to be able to have veteran peer coaches in our community to help with mental health and substance issues. Meeting veterans where they are and working at their speed to allow for direct connection and a trusting therapeutic rapport. In addition to provide a Dental Triage and dental referral along with a partnership with the South Puget Sound Mobile Medical Unit to provide basic medical care for local Veterans.



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### GOALS & OBJECTIVES

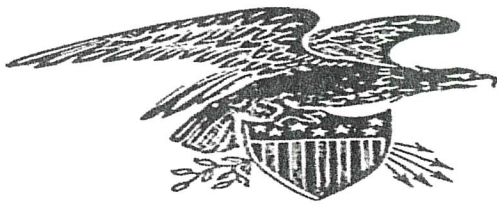
- Provide peer services for veterans' mental health needs and well-being
- Provide training for veterans to become peer coaches
- Establish a network of veteran support partnerships across service organizations
- Establish a Veteran Service Officer with the ability to help veterans with VA assistance
- Provide training for the use of naloxone
- Provide free Dental Triage and Referrals
- Partner with the South Puget Sound Medical Mobile Unit of the Veterans Administration

### CARE AND SERVICE GAPS FOR LEWIS COUNTY VETERANS

### TIMELINE

*Note: The desired timeline is dependent on the ability of facilitators and the availability of resources. Material for training might be limited due to lack of supply.*

Activity	Start Date	End Date
Ongoing Peer Services	7/1/22	6/29/23
Certified Peer Counseling for Veterans	9/5/22	9/9/22
Peer Coach Training	11/7/22	11/11/22
Certified Peer Counseling for Veterans	12/5/22	12/9/22
Peer Coach Training	2/13/23	2/17/23
Certified Peer Counseling for Veterans	3/1/23	3/5/23
Peer Coach Training	5/13/23	5/17/23
Certified Peer Counseling for Veterans	6/5/23	6/9/23



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### BUDGET ALLOCATION

#	Topic	Description	Amount
1	Salary	1 Director 1 Program manager/ Peer Coach 1 Veterans Service Officer 1 Administrative Assistant	\$132,000
2	Rent	Tenet Fees	\$25,000
3	Training/Events	Internal Training Event equipment Event Fees Training overflow	\$42,000
4	Office Supplies	Computers Software Printer Phone	\$16,000
5	Accommodation	Interpreter Gas Voucher	\$10,000
6	Promotion/Advertising	Film Promotion Individual Film story Pamphlet	\$25,000
7	Dental Triage and Assistance	Equipment Purchase to begin	\$40,000
8	Total		\$290,000

# Recommendations for COVID-19 Close Contacts

Have you been in close contact with someone who has COVID-19? You were a close contact if you were less than 6 feet away from someone with COVID-19 for a total of 15 minutes or more over a 24-hour period ([excluding K-12 settings](#)).

## Here's What To Do:



### Protect Others

Take these steps to keep others safe.



To calculate the recommended time frames, **day 0** is the date you last had close contact to someone with COVID-19.



If you can't wear a mask, **stay home** (quarantine) and away from other people, and do not travel for **10 days**.



**Quarantine** if you are not up to date with COVID-19 vaccines or didn't have COVID-19 in the past 90 days. Stay home and away from other people for at least **5 days**.

If you are up to date or had COVID-19 in the past 90 days you do not have to quarantine.



**Avoid travel through day 10.**



**Wear a mask** around other people for **10 days**.



Watch for symptoms of COVID-19 for **10 days**.

*Up to date means a person has received all recommended COVID-19 vaccines, including any booster dose(s) when eligible.*



### Get Tested

Get a COVID-19 test on or after **day 5** or if you have **symptoms**.

*People who had COVID-19 in the past 90 days should only get tested if they develop symptoms.*



You tested **negative**. You can leave your home.



Keep **wearing a mask** in public and when traveling through **day 10**.



You tested **positive** or have **symptoms**.



**Isolate** away from other people. Stay home for at least **5 days** and follow steps for [isolation](#).



**Do not travel for 10 days.**

If you are unable to get tested, you can leave your home after **day 5** if you have not had symptoms. Keep wearing a mask in public and avoid travel through **day 10**.



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Control and Prevention

Please refer to [COVID-19 Quarantine and Isolation](#) for guidance on quarantine in healthcare settings and high risk congregate settings (such as correctional and detention facilities, homeless shelters, or cruise ships).

# Recommendations for People with COVID-19

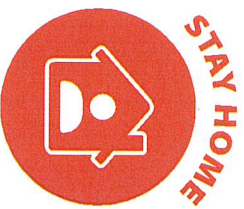
Have you tested positive for COVID-19 or have mild symptoms and are waiting for test results?

## Here's What To Do:

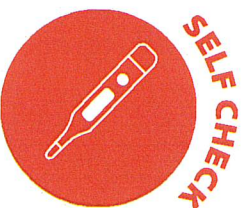
**Isolate. Stay at home for at least 5 days.\***

**Day 6: Do a self-check. How are you feeling?**

*You could have loss of taste or smell for weeks or months after you feel better. These symptoms should not delay the end of isolation.*



To keep others safe in your home, wear a mask, stay in a separate room and use a separate bathroom if you can.



No symptoms or symptoms improving. No fever without fever-reducing medication for 24 hours: You can leave isolation. Keep wearing a mask around other people at home and in public for **5 more days** (days 6-10).



**Do not travel for 10 days.**



If you can't wear a mask, stay home and away from other people for **10 days**.



To calculate the recommended time frames, **day 0** is the day you were tested if you don't have symptoms, or the date your symptoms started.



Contact your healthcare provider to discuss your test results and available treatment options. Watch for symptoms, especially fever. If you have an [emergency warning sign](#), such as trouble breathing or persistent chest pain or pressure, seek emergency medical care immediately.

Symptoms not improving and/or still have fever: Continue to stay home until 24 hours after your fever stops without using fever-reducing medication and your symptoms have improved. After you feel completely better, keep wearing a mask around other people at home and in public through **day 10**.



U.S. Department of Health and Human Services  
Centers for Disease Control and Prevention

\*If you are [moderately or severely ill](#) (including being hospitalized or requiring intensive care or ventilation support) or [immunocompromised](#), please talk to your healthcare provider about when you can [end isolation](#). Please refer to [COVID-19 Quarantine and Isolation](#) for guidance on isolation in healthcare settings and high risk congregate settings (such as correctional and detention facilities, homeless shelters, or cruise ships).