

WWP News & Media: Veteran Group Outings, Charity Events, Helping Vets

## Warrior Enjoys 'Greatest Week of His Life' with Wounded Warrior Project

SAN DIEGO, Aug. 8, 2017 /[PRNewswire-USNewswire](#)/ -- Local warriors recently attended a Wounded Warrior Project® (WWP) mental health workshop in Carlsbad, California. These gatherings are often the first time warriors leave their homes to connect with others in their communities.

"I definitely underestimated post-traumatic stress, and I allowed it to control my life," said Mike Atchison, U.S. Army veteran from San Diego, California. "I lost everyone and everything I liked or loved. It left me with extreme hate, rage, fear, anger, depression, and anxiety. I abused alcohol and drugs to cope with my mixed emotions."

Through the generous support of donors, WWP offers veterans specialized mental health programs and services – tailored to each warrior's specific needs and free of charge.

WWP's multi-day mental health workshops are offered as all-male, all-female, or all-couples. These workshops provide safe, private environments for warriors to express themselves and share their combat experiences. By the end, warriors share lessons learned from the activities that impacted their personal struggles most and set achievable goals for their recoveries.

WWP staff use a recovery model that allows warriors to be vulnerable to the unknown and identify and work through anxieties together. As warriors brave recreational activities that push them outside their comfort zone, they actively honor the oaths they agreed to at the beginning of the workshop, including "to let go and move on," "to care for self and others," and "to be present in their recovery."

"I could tell how much Wounded Warrior Project cares about our recovery and success," Mike said. "The workshop was filled with other veterans just like me and daily activities that opened your eyes to what's going on in your life and how to cope – I immediately began to see the program starting to work and why it is so special. I left with some real life-long bonds, and would recommend anyone to attend if you receive an opportunity. It was one of the greatest weeks of my life."

To learn and see more about how WWP's mental health workshops connect, serve, and empower wounded warriors, visit <http://newsroom.woundedwarriorproject.org>, and click on multimedia.

### About Wounded Warrior Project

Wounded Warrior Project® (WWP) connects, serves, and empowers wounded warriors. Read more at <http://newsroom.woundedwarriorproject.org/about-us>.

SOURCE Wounded Warrior Project

For further information: Vesta M. Anderson - Public Relations, Email: [vanderson@woundedwarriorproject.org](mailto:vanderson@woundedwarriorproject.org) , Phone: 904.570.0771

---

Additional assets available online: [Photos \(1\)](#)

<https://newsroom.woundedwarriorproject.org/2017-08-08-Warrior-Enjoys-Greatest-Week-of-His-Life-with-Wounded-Warrior-Project>