

Wounded Warriors Move Mountains in Recovery

WASHINGTON, Jan. 25, 2017 /[PRNewswire-USNewswire](#)/ -- Ten local warriors recently attended a Wounded Warrior Project® (WWP) mental health workshop at a mountain lodge and ski park in Pennsylvania. These gatherings are often the first time warriors leave their homes to connect with others in their communities.

"I was having a hard time managing life on my terms - frustration, anger, and carrying so many resentments," said Mike Brown, 30-year retired U.S. Army colonel from Port Deposit, Maryland. "I wanted to learn from this opportunity that I am not alone and walk away with coping skills to help me deal with anger and anxiety in a healthy way."

WWP's Combat Stress Recovery Program (CSRP) addresses the mental health needs of warriors returning from war. 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.

One program is its [multi-day mental health workshops](#) that are offered as all-male, all-female, or all-couples. These workshops provide safe, private environments for warriors to express themselves and share 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 used local activities in a recovery model that allows warriors to be vulnerable to the unknown and identify and work through anxieties together. As warriors brave slopes standing as tall as 2,994 feet in elevation at the park, they are actively honoring 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."

And they tackled the mountain like the warriors they are.

"I stepped outside of my comfort zone and stepped into a new way of life - on my terms. Every activity at this workshop was designed to test our triggers and better understand our thoughts, reactions, and reality. In turn, we are able to learn coping skills that fit our personal struggles. I'm going home with new hope."


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 Specialist, Email: vanderson@woundedwarriorproject.org, Phone: 904.570.0771

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

<https://newsroom.woundedwarriorproject.org/2017-01-25-Wounded-Warriors-Move-Mountains-in-Recovery>