



NEW PERSPECTIVE

SOCIAL CHARITY PROGRAM FOR VETERANS'
REHABILITATION AND TRAINING

PROGRAM PRESENTATION

According to the World Health Organization, 20% of the population living in conflict-affected areas over the past 10 years has developed some form of mental disorder, ranging from mild depression and anxiety to psychosis, and almost one in ten people has a moderate to severe mental disorder.

"We predict that 15.7 million people in Ukraine will need psychological assistance, 3.5 million of them will have some form of mental health disorder, and 800,700 will have a moderate or severe mental disorder", says the Director General of the Medical Services Directorate of the Ministry of Health of Ukraine.*

NEARLY 1 MILLION VETERANS ARE EXPECTED TO RETURN HOME

According to statistics, 15-20% of war veterans may develop from post-traumatic stress disorder (PTSD).

The main issue for veterans with PTSD and their families is the difficulty of adapting to normal life after returning from military service. PTSD significantly affects the mental state, complicating relationships with family and others, as well as the ability to integrate into civilian society. Veterans experience physical and emotional hardships, social isolation, and employment challenges. This affects family ties and leads to conflicts. PTSD becomes a major obstacle to the proper adaptive coping of veterans and their families in everyday life.

However, experts believe that some of them can recover quickly through various programs and projects for recovery and rehabilitation.

- ◎ ONLY A PSYCHOLOGIST WHO HAS HAD MILITARY EXPERIENCE HIMSELF/HERSELF WILL GAIN THE TRUST OF OTHER VETERANS AND WILL DO HIS/HER BEST TO HELP THEM IN TERMS OF PSYCHOLOGICAL REHABILITATION
- ◎ ONLY PEOPLE WHO HAVE BEEN THROUGH THE HELL OF WAR HAVE A UNIQUE UNDERSTANDING OF PSYCHOLOGICAL DIFFICULTIES AND CAN HELP OTHERS USING THEIR OWN EXPERIENCE



The problem

- ⦿ We lack professional veteran psychologists

The solution

- ⦿ We train veterans to become psychologists, providing them with the necessary skills and knowledge

The result

- ⦿ Thanks to our Program, 20 of our first graduates can provide psychological assistance to at least 20 veterans and their families per month
- ⦿ This means that over the course of a year, our psychologists can assist at least 4,800 people in need of help and understanding

PSYCHOLOGICAL SUPPORT +
PSYCHOLOGICAL EDUCATION = MENTAL
HEALTH
AND PROFESSION OF PSYCHOLOGIST



OUR MISSION

**WE STRIVE TO HELP VETERANS FIND STRENGTH AND SUPPORT IN
THEIR RECOVERY AFTER DISCHARGE FROM SERVICE,
PROVIDE THEM WITH THE OPPORTUNITY TO GAIN NEW SKILLS
AND FEEL LIKE PRODUCTIVE MEMBERS OF SOCIETY**

OUR GOALS

PSYCHOLOGICAL REHABILITATION

Providing individual and group psychological support in post-traumatic development;
Strengthening mental health;
Assistance to war veterans (men and women) to overcome their traumatic experiences and build their new lives

TRAINING AS A PSYCHOLOGIST

Offering veterans the opportunity to train as professional psychologists so that they can further share their experience and knowledge with other veterans, as well as with our community

TARGET AUDIENCE

VETERANS OF THE RUSSIAN-UKRAINIAN WAR AND THEIR FAMILY MEMBERS, MILITARY AND CIVILIAN (WOMEN), WHO HAVE TRAUMATIC EXPERIENCES OF COMBAT, CAPTIVITY, OCCUPATION, SHELLING, EVACUATION, ETC.; PSYCHOLOGISTS, CHAPLAINS, SOCIAL WORKERS WHO HAVE TRAUMATIC EXPERIENCE AND WHO WORK PROFESSIONALLY WITH WAR TRAUMA



**ALYONA
VINNYTSKA
CHARITABLE
FOUNDATION**

"Shared responsibility for the well-being of our society and its members is our core value. By supporting our program for veterans, you are not only demonstrating your social responsibility but also actively helping those who have been victims of war and have not lost their dignity and desire to contribute to the society.

Your support will enable us to provide the necessary psychological and social assistance to veterans, as well as to promote their professional and personal growth. This is a crucial step in ensuring that every veteran who returns home has the opportunity to rebuild their lives and feel supported by the entire society".

Alyona Vinnytska

THE NEW PERSPECTIVE

UNIQUE REHABILITATION PROGRAM AIMED AT SUPPORTING VETERANS OF THE RUSSIAN-UKRAINIAN WAR, THEIR FAMILIES, AND WOMEN BY PROVIDING THEM WITH PROFESSIONAL PSYCHOLOGICAL ASSISTANCE FOCUSED ON POST-TRAUMATIC GROWTH AND A CHANCE TO GET A PROFESSIONAL PSYCHOLOGICAL EDUCATION

THE NEW PERSPECTIVE

THE PROGRAM IS FREE FOR ALL PARTICIPANTS

THE PROGRAM IS WILL FUND BY SOCIALLY RESPONSIBLE COMPANIES, THE STATE AND THE INDIFFERENT PUBLIC

[DONATE](#)

[click to go](#)

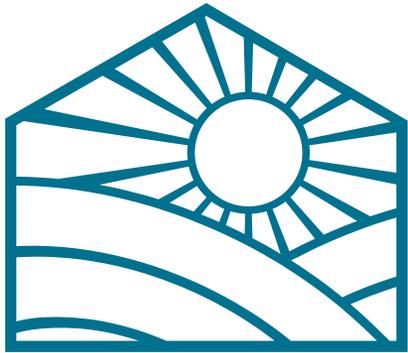
Charitable organization
CHARITABLE FOUNDATION OF ALYONA VINNYTSKA
USREOU: 38985459 JSC CB PRIVATBANK in Kyiv
IBAN:UA583052990000026002036230823



THE NEW PERSPECTIVE: UNIQUE SOLUTION

THE PROGRAM IS UNIQUE IN RECOGNIZING THAT PTSD SHOULD NOT BE VIEWED AS AN ISSUE. IT IS A COMPLEX EXPERIENCE THAT HAS A SIGNIFICANT IMPACT ON LIFE, YET IT IS ALSO A STARTING POINT FOR PERSONAL GROWTH AND NEW OPPORTUNITIES

Our approach is to consider post-traumatic growth as a part of life's journey, where you can find strength and determine a new direction for the future



VETERANS HUT

Health and Education Center

"Charitable Foundation of Alyona Vinnytska within the framework of the charitable social and educational program "The new perspective" and the Scientific and Practical Center of the Faculty of Psychology of Taras Shevchenko National University of Kyiv are implementing the project "Veterans HUT"



PROGRAM STAGES AND TIMELINE

VETERAN HUT

- INITIAL ENROLLMENT OF VETERANS AND WOMEN. FORMING A GROUP
- OF 20 PEOPLE;
- SANATORIUM STAY;
- GROUP AND INDIVIDUAL THERAPY;
- MASSAGE, SWIMMING POOL, ART THERAPY, ETC.;
- 3 MONTHS ON WEEKENDS; 36 SESSIONS,
- ON-CAMPUS LEARNING

PRE-PROFESSIONAL TRAINING

- PREPARATION FOR ADMISSION TO A MASTER'S DEGREE PROGRAM IN PSYCHOLOGY;
- RUNS ALONGSIDE WITH THE VETERAN HUT;
- 3 MONTHS ON BUSINESS DAYS;
- 120 ACADEMIC HOURS;
- ONLINE LEARNING

VETERAN MASTER'S DEGREE

- MASTER'S DEGREE PROGRAM IN PSYCHOLOGY AFTER SUCCESSFUL COMPLETION OF THE "VETERAN HUT" AND THE PRE-PROFESSIONAL TRAINING;
- 1 YEAR 4 MONTHS;
- ON-CAMPUS/ONLINE LEARNING

POSTGRADUATE CAREER SUPPORT

- GETTING/CREATING A JOB AND REACHING THE LEVEL OF SELF-ORGANIZATION;
- LASTS 9 MONTHS.



ВЕТЕРАНСЬКА ХАТА
Оздоровчо-освітній центр

THE NEW PERSPECTIVE

КИЇВСЬКИЙ НАЦІОНАЛЬНИЙ УНІВЕРСИТЕТ ІМЕНІ ТАРАСА ШЕВЧЕНКА

AFTER COMPLETING ALL PROGRAM STAGES, PARTICIPANTS WILL
RECEIVE A MASTER'S DEGREE FROM THE TARAS SHEVCHENKO
NATIONAL UNIVERSITY OF KYIV
MAJORING IN PSYCHOLOGY

PROGRAM REQUIREMENTS

- Bachelor's degree in any field of study
- Status of a demobilized combatant of the Russian-Ukrainian war
- Significant personal war experience (for women)



Candidate application form



THE NEW PERSPECTIVE



**ALYONA
VINNYTSKA
CHARITABLE
FOUNDATION**

DONATE
[click to go](#)

Charitable organization
CHARITABLE FOUNDATION OF ALYONA VINNYTSKA
USREDU: 38985459 JSC CB PRIVATBANK in Kyiv
IBAN:UA583052990000026002036230823



OUR TEAM FOR DONORS



We are grateful for your willingness to join our mission and help those who need it most. Your support will enable us to work together for the benefit of our veterans and their families, creating a better and safer future for all. Your contribution will support:

1. PSYCHOLOGICAL REHABILITATION

Providing individual and group sessions to strengthen the mental health of veterans and help them overcome stress and trauma.

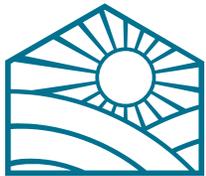
2. EDUCATION FOR VETERANS

Training veterans to become psychologists to share their experience and knowledge and make a significant contribution to the society.

3. COMMUNITY PROGRAMS

Creating opportunities for veterans to actively interact with others and find support in the community.

Your generosity will create real opportunities for those who have served our country, helping them to return to normal life and contribute to the society.



VETERANS HUT

Health and Education Center

Contacts

MEDIA

Liudmyla
TROITSKA

press office

+380506681093

PR@AVFOND.COM

Donors

Serhii
BOLSHOY

SEO

CF of Alyona Vinnytska

DONATE@AVFOND.COM

CANDIDATES

Oleksandr
TKACHENKO

psychologist of the program

Doctor of Psychology

PSY@AVFOND.COM

www.avfond.com

www.psychservice.knu.ua

