

# Capatality Statement

Innovative Peer-Led Mental Health Programs  
Designed for Military and First Responder Organizations

- Lived Experience Panels
- Peer Support
- Mental Health Resilience



Service-Disabled Veteran-  
Owned Small Business

CAGE Code: 9RXH0

DUNS: 066033006

NAICS Codes:  
541611

Business Management  
Consulting Services  
611430

Professional and Management  
Development Training  
621330

Social worker, mental health,  
offices

NIGP Codes:  
91800

Consulting Services

## CONTACT INFORMATION

**Austin R. Ives**

Co-Founder and President  
(571) 888-6909  
austin@mindstrong-guardians.com

**Justin W. Jacobs**

Co-Founder and COO  
justin@mindstrong-guardians.com

**Stephen Chamberlin**

Co-Founder and CSO  
steve@mindstrong-guardians.com

## COMPANY OVERVIEW

Mindstrong Guardians (MG) is a **Service-Disabled Veteran-Owned Small Business** that provides innovative solutions for pre-crisis behavioral health and mental resilience programs for military, first responder, and other federal, state, local, and tribal government agencies. **MG** provides in-person lived experience panels, peer support, and mental health leadership and innovation workshops. **MG** is a highly respected, service-oriented business built on strong client relationships, tailoring its services to meet its customers' specific needs. **MG's** programs are trauma-informed, evidence-based, safe, and effective and approved by a licensed clinician.

## OPERATIONAL STRESS AND TRAUMA (OST) PROGRAM

Our OST program improves the mental health of service members by modeling peer support through lived experience conversations, workshops, and first-person accounts of recovery. The OST program supports the DOD/DHS Integrated Primary Prevention (IPP) Program and implementation of the USCG Behavioral Health Playbook. The OST program maximizes the benefit of lived experience conversations and peer-led workshops to discuss operational stress and trauma. All peers have been vetted and are a model of post-traumatic growth with hope and inspiration. Evidence shows this type of engagement makes a difference:

- Decreased depression | Decreased substance use | Increased sense of hope and inspiration |
- Increased engagement in self-care and wellness | Increased social support and social functioning |
- Increased empathy and acceptance (camaraderie) | Increased sense of control and ability to bring about change in their lives (agency)

## MILITARY SEXUAL TRAUMA (MST) PROGRAM

Our MST program focuses on building communal engagement and fostering healing for MST survivors and advocates. The MST program supports DOD/DHS IPP programs and directly addresses recommendations from the USCG Accountability and Transparency Review to: "Create a program for restorative engagements that will allow victims to work on healing with the assistance of trained personnel."

## DIFFERENTIATORS

- Founded by U.S. Coast Guard veterans with over 70 years of combined service.
- Licensed Clinicians on staff that have vetted and approved all information.
- Delivered OST program to over 500 employees in 7 locations across the USA in 2022.
- One-of-a-kind programs for both OST and MST.
- Consultation services to train personnel inside the agency/organization to provide peer support for OST programs.
- OST and MST programs are delivered on-site or virtually with lived experience panels in the morning and workshops in the afternoon.
- Programs are ideal for a mental health stand-down or special event.