



Mindstrong Guardians was founded by U.S. Coast Guard veterans to improve mental health outcomes for military members. We accomplish this through lived experience conversations and workshops that model peer support and provide a roadmap for difficult mental health conversations. Our team draws upon the talents and lived experience of:

Veterans | Licensed clinicians | Trauma survivors | Peer specialists | Professional coaches | Client contributors

**BLUF:** Revelations of Operation FOULED ANCHOR re-traumatized CG MST survivors and highlighted how unaddressed institutional betrayal can delay, even prevent, healing. Subsequent release of the USCG Accountability and Transparency Review (ATR) Report provided for new policy and training; however, the CG has not yet integrated post-traumatic healing and organizational accountability into a single and accessible mental health service for its members.

Mindstrong Guardians provides this service. We deliver *Military Sexual Trauma* healing programs, and at client request, incorporate conversations on real-life experience with *Moral Injury* caused by organizational response. Our programs are:

Clinician-led | Peer-supported | Trauma-informed | Evidence-based | Pre-crisis (upstream) or post traumatic (downstream) | Social in nature | In-person, virtual, blended | Full or half day | Designed for community-building | Supportive of culture change

Our communal engagements foster healing for MST survivors and education for advocates. Evidence shows trauma-informed peer engagements:

Humanize the struggle to heal from sexual trauma | Break stigma & fight the pressure to remain silent | Model mental health agency & post-traumatic growth | Increase self-esteem and confidence | Provide social support | Promote help-seeking behaviors | Encourage self-care and wellness activities | Instill sense of control and ability to bring about change in one's life

**VISION:** Imagine a safe and relaxed atmosphere, perhaps off-base in civilian clothing, where audiences interact with our licensed clinician and lived experience peers as they share personal stories of Service-connected sexual assault / harrassment AND their hard-fought, life-changing journey through recovery. Real conversations like this about trauma healing come under the umbrella of suicide prevention and can be life-saving.

Mindstrong Guardians programming is intentionally aligned with:

DoDI 6400.11 Integrated Primary Prevention Program | USCG ATR Report | USCG Behavioral Health Playbook (BHP) | USCG Culture of Respect Report | USDVA Health Systems Research | SAMHSA National Model Standards for Peer Support

**MST Healing Program:** A 90-120 minute panel engagement about the lived experience of an MST peer and their hard-fought, on-going recovery journey. Audience questions are always encouraged. Topics may include:

Survivors lived experience | How the brain, mind, body: process, store & recall trauma | Contextual dimensions | Impact on work-life | Reaching-out for help | Healing modalities | Support, networking & resources | Mental health agency | Using resilience domains | Building protective factors | Forming community | Key take-aways: individuals, commands, organization

**Moral Injury Healing Program:** If opting-in, this topic can be stand-alone or incorporated into the MST healing discussion. Our panel explores the complexities of healing when harm is compounded by organizational culpability. Conversation may include the peer's direct experience with the institution(s):

Failing to prevent harm or respond appropriately | Retaliating against whistleblowers | Minimizing harm inflicted | Relying on policies & training to strengthen culture | Protecting senior personnel | Lack of support | Breach of trust | Barriers to reporting

**Virtual Follow-on Sessions:** We always recommend six (6) one hour follow-on sessions (one per month) as a community-building extension to our in-person service. This is our method to move beyond traditional "one-and-done" training. Our clinician/peer team guides their prior audience, over time, to continue healing conversations and build a self-sustaining community to strengthen Service culture.

*"Create a program for restorative engagements that will allow victims to work on healing with the assistance of trained personnel." USCG ATR*  
*"Every Coast Guard leader needs to become comfortable talking about the behavioral health of shipmates and their family members." USCG BHP*