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Warrior GMR
Foundation



2026

MENTAL HEALTH SUMMIT

OFFICIAL PROGRAM

Theme: Courage. Connection. Care.

The Path Forward to Veteran Mental Readiness

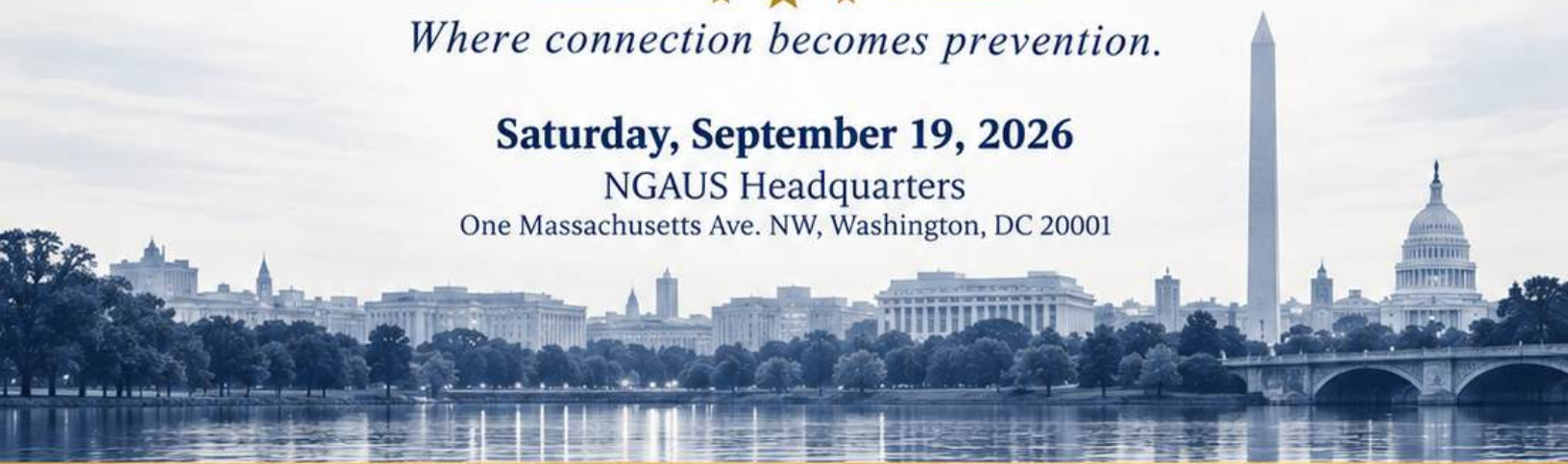


Where connection becomes prevention.

Saturday, September 19, 2026

NGAUS Headquarters

One Massachusetts Ave. NW, Washington, DC 20001



SERVICE ★ PEOPLE ★ PURPOSE ★ A BRIGHTER TOMORROW

VETERAN MENTAL HEALTH. STRONGER COMMUNITIES. BRIGHTER TOMORROWS.

A LETTER FROM THE FOUNDER

COURAGE. CONNECTION. CARE.



★
SERVICE
PEOPLE
PURPOSE
A BRIGHTER
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★

Welcome to the 2026 Warrior GMR Foundation Mental Health Summit. Thank you for joining us as we bring together veteran leaders, military leaders, VA and federal stakeholders, clinicians, researchers, community partners, and innovators for a working conversation on prevention, connection, and veteran mental readiness.

This year's theme — **Courage. Connection. Care.** — reflects our belief that earlier support begins with honest stories, trusted communities, and pathways to care before crisis. Our goal is simple: move the conversation from reacting to crisis to building connection, readiness, and belonging earlier.

We are grateful to our speakers, panelists, sponsors, and attendees for helping us advance a national conversation that leads to action. Thank you for being here and for standing with veterans, service members, and military families.

Core Message

- ★ **Courage** — Tell the truth. Reduce stigma. Share lived experience.
- ★ **Connection** — Build trusted communities and belonging before crisis.
- ★ **Care** — Create earlier pathways to support, prevention, and readiness.

A handwritten signature in black ink that reads "Josh Otero". The signature is fluid and cursive.

Josh Otero

Founder & Chairman, Warrior GMR Foundation

WHERE CONNECTION
BECOMES PREVENTION.



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Summit Overview & Program at a Glance

★
Courage. Connection. Care.

★ Why This Summit Matters

The Warrior GMR Foundation Mental Health Summit is a working summit designed to move the conversation from crisis response to mental readiness. It brings together leaders across veteran mental health, peer support, clinical practice, community building, and responsible innovation to focus on what happens before crisis: the courage to speak, the trusted connections that reduce isolation, and the care pathways that help veterans get support earlier.

★ Event Details

- 📅 **Saturday, September 19, 2026**
- 📍 **NGAUS Headquarters**
One Massachusetts Ave. NW,
Washington, DC 20001
- 🕒 **Program: 9:00 AM–4:30 PM**
- 👥 **Leadership Networking Reception:**
4:30–6:00 PM

★ Program at a Glance

TIME	SESSION / ACTIVITY
8:00-8:30 AM	Event team, speaker, sponsor, and booth check-in / setup
9:00-9:45 AM	Coffee, networking, and attendee check-in
9:45-10:00 AM	ROTC Color Guard and National Anthem or Pledge of Allegiance
10:00-10:30 AM	Opening remarks and keynote - Jacquelyn Hayes-Byrd
10:30-10:50 AM	Networking break
10:50-11:15 AM	Bob Burton - The Next Mission, Resilience & the Fight Ahead
11:15-11:45 AM	Dr. Tyshawn Jenkins - Struggle, Resilience, and Overcoming Adversity
11:45 AM-12:05 PM	Networking transition / lunch setup
12:05-1:05 PM	Lunch / Networking Break
1:05-1:35 PM	MG Gregg Martin, PhD - The Bipolar General Story
1:35-2:05 PM	Fireside Chat - MG Gregg Martin, PhD + Wendy Marie Ingram, PhD
2:05-3:05 PM	Panel: From Isolation to Belonging: Building the Communities Veterans Trust
3:30-4:15 PM	Closing conversation: The Path Forward to Veteran Mental Readiness
4:15-4:30 PM	Final calls to action and sponsor recognition
4:30-6:00 PM	Leadership Networking Reception

Final times may be adjusted as remaining speaker slots are confirmed.





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FEATURED SPEAKER

2026 MENTAL HEALTH SUMMIT

COURAGE. CONNECTION. CARE.

The Path Forward to Veteran Mental Readiness

OPENING REMARKS & KEYNOTE

Jacquelyn Hayes-Byrd



Executive Director, Center for Minority Veterans &
Center for Women Veterans

U.S. Department of Veterans Affairs, Office of the Secretary

Jacquelyn Hayes-Byrd serves as Executive Director of both the U.S. Department of Veterans Affairs' Center for Minority Veterans and Center for Women Veterans, where she is a principal advisor to the Secretary on policies, programs, and legislation affecting women and minority Veterans. She leads efforts to expand awareness and access to VA healthcare, benefits, and services while strengthening outreach, engagement, representation, and strategic partnerships across the Veteran community.

Ms. Hayes-Byrd brings more than 30 years of leadership experience across the federal government, military, private, and nonprofit sectors. A U.S. Air Force veteran who rose to the rank of Major, she has served in senior executive roles under multiple presidential administrations and is recognized for her expertise in operations, policy, strategic engagement, and Veteran advocacy. She is also a member of Alpha Kappa Alpha Sorority, Inc. and Leadership Greater Washington.

WHY THIS CONVERSATION MATTERS



Expanding awareness and access to VA care, benefits, and services



Strengthening outreach for women and minority Veterans



National leadership in Veteran advocacy and engagement



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The Path Forward to Veteran Mental Readiness



SERVICE ★ PEOPLE ★ PURPOSE
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SESSION

The Next Mission, Resilience & the Fight Ahead

Bob Burton

Retired U.S. Army Special Forces Command Sergeant Major
Director of Government Business Development, Extivita Clinic

Bob Burton is a retired U.S. Army Special Forces Command Sergeant Major with more than 30 years of leadership experience in special operations. Throughout his military career, he led organizations in complex global environments, advised senior military and diplomatic leaders, and developed teams responsible for demanding national security missions. Today, Bob serves as Director of Government Business Development for Extivita Clinic, where he works with federal agencies, military organizations, veteran communities, researchers, and strategic partners to expand access to integrative care for veterans, service members, first responders, and their families. He is also an Ambassador for HBOT4Heroes, drawing on his own experience with hyperbaric oxygen therapy to advocate for veterans facing traumatic brain injury, post-traumatic stress, sleep challenges, chronic pain, and other invisible wounds of service. Bob also serves as a DARPAConnect Consultant with the Advanced Research Institute, helping innovators navigate the federal research and national security ecosystem. A two-time international Amazon best-selling author, speaker, and leadership coach, Bob holds a Master of Arts in Executive Leadership from Liberty University. His work is centered on helping others strengthen their leadership, resilience, performance, and sense of purpose.

WHY THIS CONVERSATION MATTERS

- ★ Special operations leadership and mission-driven resilience
- ★ Recovery, performance, and renewed purpose after service
- ★ Innovation, advocacy, and support for invisible wounds

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FEATURED SPEAKER

Dr. Tyshawn Jenkins

★★★
SESSION:

Struggle, Resilience, and Overcoming Adversity

Dr. Tyshawn Jenkins serves with Wounded Warrior Project and the U.S. Air Force / Air National Guard. After a deployment injury and a difficult transition period marked by isolation and disconnection, he found renewed purpose through veteran community and peer support. Through Wounded Warrior Project programs including Warriors to Work and Project Odyssey, he rebuilt trust, strengthened his career path, and deepened his commitment to helping others. Today, he supports fellow veterans as a peer support leader, reminding those in transition that they are valued, connected, and not alone.

WHY THIS CONVERSATION MATTERS



Lived experience and resilience



Rebuilding connection after isolation



Peer support as a pathway to belonging



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The Path Forward to Veteran Mental Readiness



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SESSION

The Bipolar General Story

MG Gregg Martin, PhD
U.S. ARMY (RET.)

Major General Gregg F. Martin, PhD, U.S. Army (Ret.), is a 36-year combat veteran, former senior commander, author, and nationally recognized mental health advocate. After a distinguished military career, he publicly shared his experience living with bipolar disorder, psychosis, PTSD, and moral injury in order to reduce stigma, promote recovery, and save lives. He is the author of *Bipolar General: My Forever War with Mental Illness* and continues to speak widely on mental wellness, resilience, and hope.

WHY THIS CONVERSATION MATTERS

- ★ Leadership and lived experience
- ★ Reducing stigma around mental illness
- ★ Recovery, purpose, and hope



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FIRESIDE CHAT

A follow-on conversation after The Bipolar General Story



MG Gregg Martin, PhD
Major General, U.S. Army (Ret.)
Author | Mental Health Advocate

A 36-year combat Veteran and nationally recognized mental health advocate, Gregg shares his experience living with bipolar disorder, psychosis, PTSD, and moral injury to reduce stigma, promote recovery, and save lives.



Wendy Marie Ingram, PhD
CEO & Founder, Dragonfly Mental Health
Researcher | Mental Health Innovator

Wendy leads Dragonfly Mental Health, a global nonprofit delivering evidence-based preventative programming. Its framework is now being adapted for high-pressure communities including military and athletics, blending research, industry, and nonprofit experience to strengthen mental health literacy, culture, and prevention.

DISCUSSION FOCUS

- ★ Lived experience, recovery, and stigma
- ★ Mental health culture in high-pressure communities
- ★ Earlier support, literacy, and prevention

Where connection becomes prevention.



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FEATURED PANEL

From Isolation to Belonging: Building the Communities Veterans Trust

A practical conversation on how trusted communities, families, peers, chaplains, organizations, and informal support networks can help veterans move from isolation to connection before crisis.



MODERATOR
BG Ned Bailey, MD,
U.S. Army (Ret.)

Retired Army physician and former senior military medical leader.



PANELIST
Antony Andrious,
LtCol, USMC (Ret.)

Marine special operations veteran and SVP, Business Development & Strategy, Elanah AI.



PANELIST
Mary Lowe Mayhugh,
COL, U.S. Army (Ret.)

President, John P. Mayhugh Foundation; principal, health systems and strategy at MITRE.



PANELIST
Liz Rotenberry,

Military caregiver advocate and coordinator, Dole Caregiver Fellows Program, Elizabeth Dole Foundation.



PANELIST
Carmen Drummond

National Program Manager & Senior Program Analyst, VA Center for Minority Veterans.

DISCUSSION FOCUS



Where veterans turn when they are struggling



What makes a community trusted



How peer support and formal care work better together



How to move from isolation to belonging before crisis

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SPONSORS, RESOURCES & WHAT COMES NEXT



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Thank You to Our Sponsors

Warrior GMR Foundation is grateful to our sponsors, partners, speakers, and attendees for helping make this summit possible. Your support helps advance a national conversation focused on veteran mental health, connection, prevention, and mental readiness.

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Scan the QR code for event information, resources, and future updates.



STAY CONNECTED.
MAKE A DIFFERENCE.



Post-Event Impact

Insights from this summit will help inform post-event recap materials and a white paper to be published with Penn State, extending the conversation beyond September 19.



Program Notes

- ★ Schedule subject to final speaker updates
- ★ Lunch / Networking Break included
- ★ Leadership Networking Reception follows the summit



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