



...With Gratitude, the Journey
to Hope & Healing Continues...

A monthly e-newsletter from
the UIT Capital Campaign

~ a partnership of International
Mental Health Consulting, Inc.
(IMHC), UIT, LLC &
the UIT Charitable Fund



Chesapeake, VA • Alexandria, VA
• Kyiv, Ukraine



IMHC UPDATES

CONSCIOUS INK

WEARABLE REMINDERS FOR TRANSFORMATION,
MANIFESTATION & HIGHER-SELF-EXPRESSION.

DISRUPT NEGATIVE
SELF-TALK

SUPPORT YOUR
INTENTIONS

REPROGRAM
SUBCONSCIOUS

Віднови себе.
Не відступай.

TEMPORARY ON THE SKIN. INDELIBLE ON THE SOUL.

3 PACK

UP TO 3 WEEK SUPPLY

NON-TOXIC

Rebuild Yourself. No Retreat.
Віднови себе. Не відступай.
(Supporting Mental Health For
Ukrainians) 20% Goes To IMHC

Shop now

Our collaboration pack with our new
partner Conscious Ink was launched on
September 10th - and on the 21st we
were highlighted in an email to their list!

Founder Frank Gjata created a special
pack just for us with both English and our
"Rebuild Yourself. No Retreat" mantra in
Ukrainian. **CallSign:Courage** will receive
\$5 from every pack sold. AND...you can
now purchase just the Ukrainian phrase
with 20% going to CallSign:Courage!

*Based in Los Angeles, this small business
creates temporary tattoos with
empowering messages of wellness and
mental health. Click the button below to
get your pack today!*

CONSCIOUS INK

COLLABORATION SERIES

+



Supporting
Mental Health
for Ukrainians

This special Collaboration with IMHC features a curated collection of
Conscious Ink to support mental health care for the Ukrainian military,
veterans and civilians, profoundly impacted by the war.

WEARABLE INTENTIONS FOR POSITIVE CHANGE

SHIVERS
BREATHE

2" x 1.5"

you are
not alone

2.5" x 1.5"

You are stronger
than you know.

2.5" x 1.5"

COURAGE

2" x 1.5"

Віднови себе.
Не відступай.
REBUILD YOURSELF.
NO RETREAT.

2" x 1.5"

one day
at a
time

1.5" x 1.5"

I am
the
hero
of
this
story.

1.5" x 2"

133NN03
CONNECT

2" x 1.5"

the only way out
is through

2.5" x 1.5"

Strength

2" x 1.5"

TEMPORARY ON THE SKIN. INDELIBLE ON THE SOUL.

DISRUPT NEGATIVE
SELF-TALK

SUPPORT YOUR
INTENTIONS

REPROGRAM
SUBCONSCIOUS

10 PACK

UP TO 10 WEEK SUPPLY

NON-TOXIC

CallSign:Courage
is a partnership of
IMHC, UIT
Charitable Fund
and our Open
Doors Center for
Psychological
Counseling.



For far too long men in Ukraine-military
and civilian - have been told to just push it
down and keep going. We're changing
that one life at a time. Our staff is
currently work with about 150 men in
Ukraine through in-patient, out-patient and
virtual appointments.

Buy Now

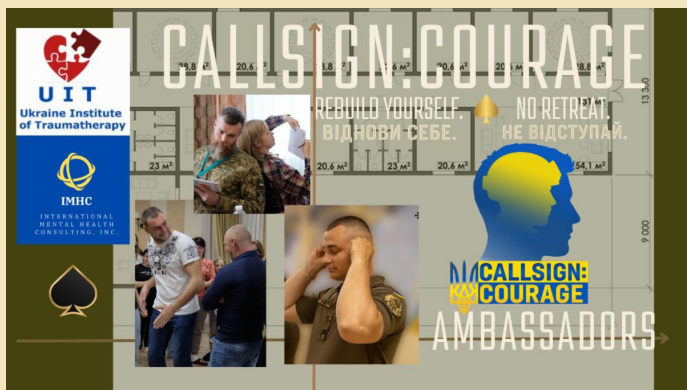
Interested in investing in CallSign:Courage, but not into temporary tattoos?

Contact Carrie Ann for more details
to be one of our 12

Or, for smaller and recurring
donations, join our

Guardian Force Ambassadors.

Ambassadors will commit to sponsoring 1 month of services plus helping us achieve our goal of a media campaign in Ukraine.



Morale Force

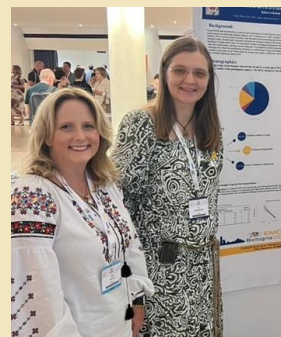
and provide direct support to one Ukrainian man today.



Did you see our news? TWO new research papers by our team have been recently published in the *Journal of EMDR Practice and Research*.

"Early Intervention for Clinicians in War Zones" by Dr. Cindy Palen, along with Dr. Olya Zaporozhets, Dr. Lisa Compton and Dr. Marilyn Luber, studied Ukrainian clinicians operating in war zones and enduring ongoing traumatic stress - the same symptoms as their clients. This quantitative randomized controlled trial studied Eye Movement Desensitization and Reprocessing Group Traumatic Episode Protocol (EMDR G-TEP) with profound results in reducing symptoms of wartime psychological distress in Ukrainian mental health clinicians.

Read the paper online [here](#).



There is a need to understand ways to reduce traumatic stress impact on those who live and work in ongoing stress environments. "Randomized Controlled Trial on the Provision of the EMDR-IGTP-OTS-R for Reduction of Posttraumatic Stress Disorder Symptomology with Mental Health Professionals in Ukraine during the War" by Dr. Amber Quaranta-Leech, along with Dr. Olya Zaporozhets, Dr. Ignacio Jarero, and Dr. Daniel Holland, shows through a randomized controlled trial how this specific EMDR protocol can have positive and lasting results for our colleagues living in a nation at war. Read the paper online [here](#).

Become an IMHC Partner and ensure our team continues to conduct and publish cutting-edge research:

DONATE TO IMHC

UIT CAMPAIGN UPDATES:

Pre-Build Phase Update:

The last item on our Pre-Build Phase list is the building permit, which will cost **\$15,000**.

If you, your company, faith-based community or Donor Advised Fund would like to provide a gift to cover this final amount, please contact Carrie Ann at 571-259-0110 or imhcinc @ gmail .com

Please contact Carrie Ann for a pledge form or to schedule a video meeting. Donors in Washington, D.C., Hampton Roads, VA, Philadelphia or New York City areas may request an in person meeting.

Partnerships:

More news from our dear friends at [Love Nomads](#) Coffee!

They have agree to have **The Defender Blend** be part of their subscription offering! If you subscribe to a monthly order of Defender Blend we will receive **\$32** from each subscription!

We've tried it and it is so good!(check out



DAF Day ~ Unleash Generosity:

This year, we are joining over 1,000 other nonprofits across the country for **DAF Day on Thursday, October 9,**

You worked hard, were blessed with success and made the decision to set up a Donor Advised Fund [DAF] account. Or maybe you have been intimidated by them and think they are only for the golf playing, jet setting uber-rich. Not true!

DAF accounts give donations of all sizes! Applications and accounts are now 100% online, with no more bulky, burdensome paperwork. There is a good probability that your bank manages DAFs and would be happy to discuss it with you.

the video on [YouTube!](#))

Click the link and order yours today!**\$10** per single bag - and now **\$32** from a subscription - of this medium bodied coffee with notes of chocolate and almonds will be donated to our capital campaign.



BUY
NOW



Annual Partnerships

Join our growing list of annual partners today. We work with prospective partners to find creative pathways for collaboration and unique opportunities for you and your company to get involved with UIT or IMHC that fit your budget and mission.

We are happy to highlight your logo and story on our social media, website and in this UIT Insider e-news. The more you give, the more benefits we are able to offer. Contact Carrie Ann for a meeting to discuss opportunities for partnership!

MATCHING GIFTS

Whether you give a one-time gift, recurring donation, DAF Day or Annual Partnership - you can now check on our website to see if your employer will make a matching gift! We have partnered with Double the Donation to make it quick and easy to check, verify and submit your employee request for a matching gift to IMHC and UIT:

<https://imhcinc.org/matching-gifts>

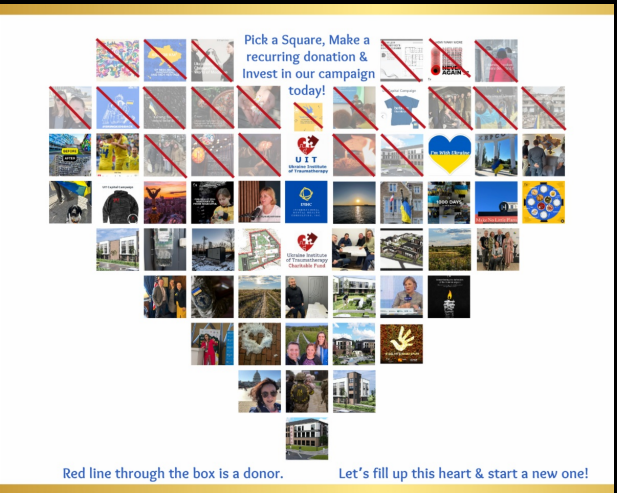


Continue your legacy of generosity with a DAF. And, we would be honored to have your support for UIT and the future of Ukraine's rebuilding & resiliency. Our tax ID and other giving information is listed at the bottom of this email and on our website. Don't hesitate to reach out to Carrie Ann at imhcinc@gmail.com if you have questions.

Talk to your fund manager to add us to the list of organizations to receive a check. Or, on October 9, visit: <https://app.dafday.com> type "Inter national Mental Health Consulting" in to the search box - then just click the **DAFpay** box and follow the prompts!

We hope you will also inspire others by sharing your support of UIT with your family, community and social networks.

Don't have a DAF just yet? It's a great way to invest in giving—just like a 401k for your retirement. Discover more about DAFs and find verified DAF providers at dafday.com



\$20.25 in 2025 Giving Campaign

OK, so you have made the commitment to set up a DAF account, your family discussed your giving strategy and UIT is one of the organizations you want to support...thank you!

One way to start giving through your DAF is to join our growing circle of friends who give \$20.25 each month. You may think that something so small can actually make any difference when our goal is so big, but high tide raises all boats and smaller gifts, when combined together move mountains!

Have more to give? Ask Carrie Ann about annual partnerships and other ways to give.

Don't have a DAF and not interested in setting one up?

No problem.

Find us on PayPal & Venmo!
Or, click the donate button to give by credit card, apple pay or e-check or through our donation page.

DONATE

IMHC is a Virginia-based non-profit with staff and volunteers around the world. We are excited to use this newsletter to introduce our amazing,

dedicated team!



This month,
it's our Board Member:
David Daulton, Esq.

Dave Daulton lives in Virginia with Janie, his wife of 45 years. They have 14 children! 5 "homegrown" (as Dave likes to say) and 9 adopted, including five from Ukraine and one from Ethiopia. One birth child, and all nine adopted children have Down Syndrome,

Dave, an adoptions attorney, started working in Ukraine in December 1999 on a program to aid Americans and others in adopting from Ukrainian orphanages. Dave's first meeting with the head of the National Adoption Center in Kyiv led him to the realization that he was there for a more specific purpose. In Ukraine at this time, orphans were generally regarded as second class citizens, and orphans with special needs were not even acknowledged.

During that meeting he asked her, "where were the children with special needs, like Down Syndrome?" According to Dave, "she looked shocked and said, 'You mean the defectives? Who would want them?' When I replied that there is currently a 2 year waiting list to adopt children with Down Syndrome, she said the Soviet Union had taught her that Americans like to adopt children so they can sell them for body parts'."

Dave and his Ukrainian team spent the next 13 months translating information about adopting children with special needs into legal documents, program descriptions and videos. In January 2001, the top administrator for the orphanages agreed to register them for international adoptions. In April, 2001, the Daultons returned to Virginia with their first adopted daughter, who may be the first child with Down Syndrome adopted from Ukraine. By 2005 they had adopted two more children with Down Syndrome, and helped spread the word about adopting these beautiful children.

On their trip to Ukraine in 2013, the Daultons had a young woman named Svetlana helping with translation and transportation. She him gave a box of special Ukrainian items for her sister in the US. They returned to Virginia and called the phone number and it was Olya Zaporozhets! She had just moved to Virginia for her new job at Regent University and was only 15 minutes away!

Dave says, "Since the full-scale invasion in 2022, Olya began working with parents, teachers, and pastors to help children work through the terror of the attacks, and she and her staff in Ukraine gave them guidance on how to help prevent these poor terrorized children from developing PTSD. What a blessing she has been! I am honored to help support her with legal assistance and serve on the board."

Dave, Janie and their family are currently going through several health and life challenges. And yet, Dave is always a pleasure in board meetings and phone conversations.

Please keep this sweet family in your thoughts and prayers.



Photo: Daulton Family

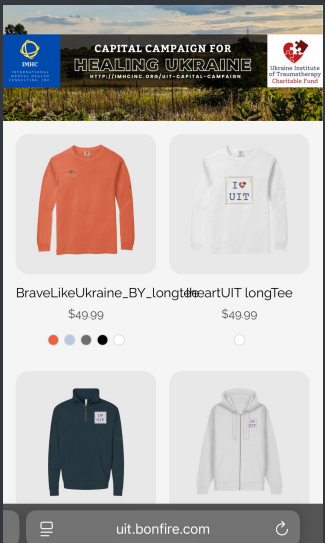
... In Other News ...



**LIKE &
SUBSCRIBE!**

We hope you enjoy
our "Open Doors -
The Staff Speaks"
videos each Friday.

But, did you know that



**OUR BONFIRE
SHOP...
JUST DO IT!**



**Have a Lead?
Share it with our
new Research
Manager!**

Our new Research
Manager, Heather
Autey, has absolutely
hit the ground running
with great ideas for

YouTube is the #1 streaming service in the world with billions of views each year? This is one of the best ways we can reach people around the world with our work and mission.

Please subscribe to our channel:
[@uit_2023](#)
and then like & share our videos!

Our UIT Capital Campaign [Bonfire Shop](#) has been upgraded with new
*t-shirts,
*water bottles,
*tank tops,
*hats
*kid's tees & baby onesies and more.

Stock up on UIT merch and show your support!

[uit.bonfire.com](#)

potential donor sources & partnerships to support the UIT Capital Campaign.

If you have leads on potential grants, corporate partnerships or other giving streams please email Heather at: research.imhcinc@gmail.com

Ukrainian Vocab Lesson of the Month:

розумне печиво (rozumne pechyvo) = Smart Cookie

In honor of Dave Daulton, here is his favorite phrase in Ukrainian!

*дякую (thank you) for all the thoughts & prayers. Be a розумне печиво and invest in UIT today!
Continue to pray for [cнoкiй](#) (peace) in Ukraine.*



STAY CONNECTED

In the US:

Email: imhcinc@gmail.com

Phone:

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Chesapeake: 513-519-1423

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Phone: +38 (097) 750-22-57

Address: 01024 Kyiv, 20 Yevhena Chykalenka St., Office 65

Please send all mail, check donations & correspondence regarding fundraising, partnerships and sponsorship opportunities to our Alexandria office:
P. O. Box 523, Alexandria, VA 22314

IMHC, Inc. EIN : 82-2270159



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Did someone you know forward this email to you? You can sign up [here](#).
No longer wish to receive our emails? No hard feelings! We understand overly stuffed inboxes. We only request that you click unsubscribe and not spam. Thank you.

