


CAPITAL CAMPAIGN FOR HEALING UKRAINE


[HTTP://IMHCINC.ORG/UIT-CAPITAL-CAMPAIGN](http://imhcinc.org/uit-capital-campaign)



...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



Make a plan!

UIT

Spread the word!

31 days until GIVING TUESDAY

GIVING TUESDAY IS ONE MONTH AWAY!

On December 2nd we celebrate **Giving Tuesday** and the generosity of the human spirit. We're planning a fun day and even a little extra something that we're calling "The 12 Days of UIT" *Which program is closest to your heart?* Make a plan now for the fund you want to support and method of giving best for you. *Stay tuned for more details!*

In October, Dr. Oksana Syvak was invited to be a speaker at the Canadian Institute for Military and Veteran Health Research Forum. She presented "Psychological Support for Ukrainians During Wartime - Integration of Mental Health and Physical Rehabilitation." She reports that:

"For Ukraine, this is an opportunity to talk with partners about what we are doing, how we are developing in wartime, and show where we still need support. Ukrainian specialists today are working at the limit of what is possible--combining medical, psychological and social assistance to military personnel, veterans and civilians. My goal is for similar programs to be introduced at all universities that train psychologists. It is these standards that allow us to quickly and qualitatively prepare specialists for real practice."



PARTNERSHIP WITH NATIONAL GUARD FORMALIZED

We are excited to share that under our Association of Psychological Counseling and Trauma Therapy, we signed a Memorandum of Cooperation with the National Guard of Ukraine. The MOC formalizes the work our psychologists have been doing for the past six months with the Honor Guard Battalion. HGB honorably performs the emotionally difficult mission of funerals.



Our team provides screenings, individual consultations, group sessions using EMDR protocols, and debriefings. All are becoming part of the systemic support for servicemen in Ukraine. This new level of partnership opens up opportunities for expanding UIT's psychological assistance to the National Guard of Ukraine units. We are grateful for the trust placed in our team. We stand ready to continue this work with respect and humanity.

In October, Dr. OZ conducted trainings in Haifa, Israel to faith communities to cope with trauma and stress in family relationships when a family member



is serving in combat.

We had 14 people attending the seminar. Ongoing training will continue on Zoom.

As we come upon the end of the year, we want to share stories from our Ukrainian staff. This report is from Oleksandra Varchak about a retreat held in October in the Carpathian mountains for Ukrainian women who all lost their husbands in the war.

~ ~ ~ ~ ~

"In early October, women came with pain, distrust of the world, and a lost sense of life to the support and recovery program "Towards Yourself" led by the Ukraine Institute of Traumatherapy Charitable Foundation, in cooperation with Convoy of Hope Europe.

The first days were difficult. Tension hung in the air. Each carried a difficult story they didn't want to talk about. On the first day, the participants wrote down on paper everything that prevented them from living: guilt, anger, cynicism, distrust. Then they burned those sheets in a fire. And then they sculpted birds from clay - elegant, bright, preserving strength and hope. These birds became a symbol of new life, rebirth and faith that after darkness there always comes light. **Thus was born the symbol of our program—the phoenix, a bird that rises from the ashes. Like these incredible women.**

Gradually, through work with the psychologists, conversations with each other, tears, art, and nature, these women awakened to a strength that gave hope, revived life, and opened a new path. A light in each of them, that had almost gone out, flared up again. Warmth appeared in their eyes instead of pain. Trust and tenderness were born between them.

'I didn't want to go. I thought I could handle it. But here they brought out emotions that I had suppressed. It was painful, I even got angry at the psychologists. And then it was as if something inside me melted. I started breathing differently. I won't say that everything became easy, but I took these steps towards myself. And now I've started to see my path,' one participant shared.

Dr. Joshua Kreimeyer, lead psychologist, was a source of strength, helping the participants experience their emotions, understand their reactions, and what can be when you accept it with love and awareness. No less important role was played by our psychologists: Inna Gluhovskaya, Yuliya Tukalenko, and Anna Syvak, who created a healing atmosphere with warmth and professionalism.

On the last day there were hugs. Strong, sincere, full of warmth and support. Tears and smiles intertwined, words of gratitude sounded from the heart. Each felt the power of community and understood that now they are not alone. They felt their pain is shared, and together it is easier to take the first steps towards life. These women each took something very important from the mountains--the belief that the path to oneself is possible. One can soar again. Five days of feminine strength, sincerity and warmth. Five days to allow yourself to feel, to speak, to be."

Photos of the weekend:



UIT CAMPAIGN UPDATES:

There is only one more new "Open Doors - The Staff Speaks" video coming to our [YouTube](#) channel. It is a special message to our donors from our staff. If you have not yet made a donation in 2025, give today and be added to our list to receive the email & video on Nov. 20.

[Donate](#)

OUR BONFIRE SHOP IS NEW & IMPROVED!

Our [Bonfire Shop](#) is now upgraded! Bonfire Pro allows us more flexibility and a wider array of products. From baby onsies to kids' t-shirts to fun items for adults, we now have more ways to show your support for our various

PRE-BUILD PHASE UPDATE

The last item on our Pre-Build Phase list is [the building permit](#), which will cost about **\$15,000** (USD).

If you, your company or faith-based

programs or IMHC & UIT as a whole. Stock up on UIT merch for holiday gifts! And as always, 100% of proceeds go to support our programs!

BONFIRE PRO



A limited number of items, including our Nike products, are still available on our original Bonfire Shop page!

Bonfire Original Shop

PAYROLL GIVING

You may be able to set up automatic gifts to UIT and IMHC, depending on the payroll software your company uses.

The payroll company manages it and you cross one thing off your to do list! Visit our website homepage and scroll down to **"Other Ways To Give"** and easily check if you are eligible!

MATCHING GIFTS

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>

So now, however you give - you can now check if you can double your donation!

organization would like to cover this final amount in full, please contact Carrie Ann at 571-259-0110 or imhcinc @ gmail .com to make arrangements.

Carrie Ann is always happy to schedule a video meeting to share more details. Donors in Washington, D.C., Hampton Roads, VA, Philadelphia or New York City areas may request an in person meeting.

PARTNERSHIP UPDATE

You may have seen our email in October about our new partnership with Flex-Comm assessments. Due to feedback provided, the owners, Sveltana and Christine, have reconfigured the link. You can now take the assessment without first making a donation.

Are you a Lady Bug, Caterpillar, Ant, or Grasshopper? You'll start recognizing these styles in the people around you, softening tensions and creating a better inter- personal dynamic in all aspects of your life.

"I have a better understanding of my husband knowing his communication style and I feel comfortable asking him to 'flex'."

To take the survey: [CLICK HERE](#)

"Using Flex-Comm in my coaching practice gives me a baseline for supporting my clients."

You will still need to make a donation to receive your personalized communication report.



ANNUAL PARTNERSHIPS - JOIN US!

Join our growing list of annual partners today! We work with companies, and organizations of all sizes to find creative pathways for collaboration and unique opportunities to invest in UIT or IMHC in a way that fits your budget and mission. We will highlight your logo and story on our social media, website and UITInsider. Contact Carrie Ann to set up a meeting to discuss the opportunities!



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

This month,
it's our Advisory Team & Fundraising
Committee Member:
Dr. Kaitlyn Stafford

Dr. Kaitlyn Stafford is an Associate Professor at the Townsend Institute at Concordia University Irvine, where she serves as the Assistant Director, and teaches, in both the Master of Arts in Counseling and Ph.D. in Counselor Education and Supervision programs. Kaitlyn also maintains a private practice specializing in complex and acute trauma in adults, and is an EMDR certified clinician and consultant.

Kaitlyn began her work in Ukraine in 2017, when she took two trips to collaborate with students and supervisees at the International Institute for Postgraduate Education [IIPE], presented at

several conferences in Kyiv, and met with Ukrainian military personnel and the National Guard to advise on suicide prevention protocols and developing a system of mental health. Since then, Kaitlyn has continued to serve as a faculty member, supervisor, and consultant for the International Institute of Postgraduate Education in Ukraine and as an advisory team member. As an advisory member to IMHC since its inception, Kaitlyn educates donors about the history and relationships among IMHC, Open Doors, the IIPE, and the Ukraine Institute of Traumatherapy (UIT). And fun fact: she designed the IMHC logo!

Following the onset of the full scale invasion in 2022, Kaitlyn played a key role in fundraising efforts, developing an online giving platform for IMHC, launched several social media campaigns to raise funds for Ukrainian clinicians at Open Doors, as well as contributed to the initial planning, website content development, and concept creation for UIT. With Carrie Ann coming on board in 2025, Kaitlyn transitioned from direct fundraising to support role, serving on both the UIT Campaign Committee and the Ukraine Aid Coordination Team for IMHC. She continues to serve as a consultant for IIPE in Ukraine.

Originally from South Louisiana, Kaitlyn resides in Panama City Beach, Florida, with her husband—a soon-to-be-retired United States Marine—and their two children, Levi (6) and Lily (7 months). She enjoys cooking and eating Cajun-Southern food and spending time with her husband and children. Her family loves their Friday movie nights, bike rides, and watching sunsets along the beautiful Emerald Coast.

We do not know what we would do with out Kaitlyn - our Swiss Army Knife with unending smiles and optimism! Please keep her and her beautiful family in your thoughts & prayers.

Ukrainian Vocab Lesson of the Month:

ВДЯКА (vdyaka) = Gratitude

In honor of American Thanksgiving in November, here is how you say gratitude in Ukrainian!

We have **ВДЯКА** for everyone who invested in UIT & IMHC in 2025. **дякую** (thank you) for all the thoughts & prayers.

Continue to pray for **СПОКІЙ** (peace) in Ukraine.



... .. STAY CONNECTED

In the US:

Email: imhcinc@gmail.com

Phone:

Alexandria: 571-259-0110
Chesapeake: 513-519-1423

In Ukraine:

Email: uatraumatherapy@gmail.com

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



Lithographics



Resurrection
A UNITED METHODIST CHURCH



DAF
day



spave®



INTERNATIONAL INSTITUTE OF POSTGRADUATE EDUCATION
PROFESSIONALISM & EXCELLENCE



CONSCIOUS INK
THE EMPOWERMENT COMPANY



FLEX-COMM
UNLOCK THE POWER OF COMMUNICATION



GoodSports
FOR THE BODY - SPORT
FOR THE SPIRIT - HOPE



Association for Play Therapy
United States



EVEN THE BRAVE STRUGGLE
DONATE AT CUFOUNDATION.CA



Асоціація психологічного консультування та травматерапії
Association of Psychological Counseling & Traumatherapy





Are you enjoying our e-newsletter? Forward it to a friend!
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.

IMHC, Inc. & UIT-CF | P. O. Box 523 | Alexandria, VA 22314 US

[Unsubscribe](#) | [Update Profile](#) | [Our Privacy Policy](#) | [Constant Contact Data Notice](#)

