



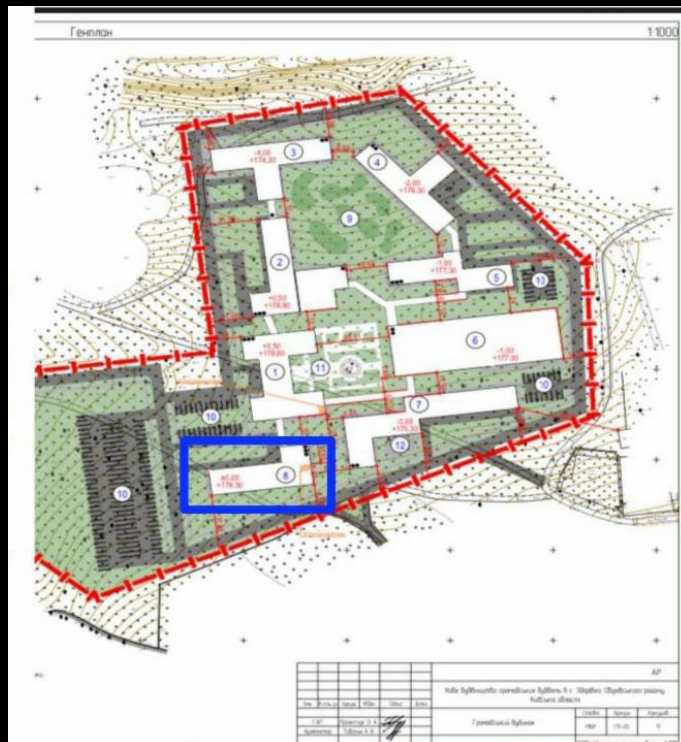
...With Gratitude, the Journey
to Hope & Healing Continues...

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



We hope you are all having a wonderful, restful, memory-filled summer
with your family, friends & communities.

We have been busy, busy, busy this summer!

□ We have updated our e-news banner (above) and the IMHC website in an ongoing effort to ensure continuity across our platforms and make sure our content stays fresh. Check it out: <http://imhcinc.org>

□ So far, all our Kyiv-based staff remain unharmed from all the nightly drone attacks...if not a little more bleary-eyed each morning. We are grateful for God's protection of our staff, and mourn deeply for all those who have lost loved ones, their homes or both. Please keep Ukraine in your thoughts & prayers.

□ Dr. OZ is continuing her important work with Ukrainian National Guard units, working with them both in Kyiv and near the front lines. She had the chance in July to work with an **elite drone unit** near the front. She was also finally able to travel to Israel in mid-July to continue her consulting work with therapists there.

□ Carrie Ann continues working on the UIT Capital Campaign, and is also taking on a larger fundraising role for some of the current Open Doors programs, including...

□ We have launched a new program for Ukrainian men & mental health: **CallSign: Courage**. This partnership of IMHC, UIT Charitable Fund and Open Doors is working to get men in Ukraine the counseling services and mental health support they need. Our program tag line says it all "**Rebuild Yourself. No Retreat.**" We do offer virtual telehealth services for Ukrainians displaced to other countries. Please visit our UIT website to learn more: <https://uit.org.ua/callsigncourage/>

***Interested in sponsoring this program? Contact Carrie Ann for more details
on how to be one of our program Ambassadors!***



CAMPAIGN UPDATES:

Partnership Update:

We are very excited to announce a new partnership with our dear friends at Love Nomads Coffee! They have created a new coffee blend to support our UIT Capital Campaign: **The Defender Blend**.

100% of profits - about \$10 - per bag of this medium bodied coffee with notes of chocolate and almond (think the best Ukrainian chocolate shop ever) will be donated to our campaign.



Love Nomads is a small business in Fayetteville, Georgia that roasts coffee beans in small batches for amazing,

Media Update:

We are humbled and unbelievably grateful to Lt. Col. **Alex Vindman** for highlighting our campaign to his 100,000+ **Why It Matters** Substack followers in July. So far, we have had 269 people like the article, 65 reshares and 28 donations--raising over \$3,000!

This opportunity resulted from Olya and Carrie Ann meeting with his twin brother, Congressman Eugene Vindman in February. the congressman graciously connected us to Alex and his staff. We are grateful for the support of both Vindman brothers in spreading the word about the future Ukraine Institute of Traumatherapy!

Find Alex on Substack and stay up-to-date on his insights on Ukraine, Russia, American diplomacy and more.

artisanal coffee that not only makes you feel good each morning, but makes your soul happy too. Sales support founder Nate Harkness' s work conducting leadership trainings throughout Africa through the Worldwide Discipleship Association. It was in Ethiopia that he fell in love with the art of coffee, bringing home 40 lbs. of green Ethiopian coffee beans! In Ghana, he began to dream and Love Nomads Coffee was born. Love Nomads is a platform to support, befriend, bless, and share love with people around the world through coffee.

While you're picking up your Defender Blend, toss a few bags of other blends in your cart too and support their mission of doing good in the world.

BUY
NOW

Open Doors - The Staff Speaks!

In June, U.S. Project Manager, Carrie Ann Alford, interviewed several our Ukraine HQ staff in Kyiv and recorded their stories of hope from clients, how UIT will help them help even more people and how working at Open Doors has changed them.

We hope you have already watched the first 3 and enjoy hearing directly from our staff! A new staff video will be posted every Friday.



Pledge Forms:

Thank you again to the donors who have already answered the call for signed pledge forms!

We need more donors willing to make formal pledges of \$1,000 or more to invest in UIT. We have many ways for donors to fulfill their pledges.

We also have documents regarding the budget & architectural plans not available on our website that we share after a face-to-face meetings. We would love the opportunity to meet with you, share our vision and answer your questions. Please contact Carrie Ann at imhcinc @gmail .com or by phone at 571-259-0110 for a pledge form or to schedule a video meeting.

Donors in Washington, D.C., Hampton Roads, VA or Philadelphia areas may request an in person meeting.

WHY IT MATTERS

Healing Ukraine: A New Vision for War Trauma Recovery

An Honorable and Timely Cause Worth Supporting

ALEXANDER VINDMAN
JUL 16, 2025 AT 4:02 PM



Dr. Olya Zaporozhatska with members of the Ukrainian medical corps

269



65



Pre-Build Phase Update:

Our immediate need is down from \$37,000 to \$14,000 to ensure everything on our pre-build punch list is 100% paid for on time and in full.

Summer is always a challenging time for fundraising, but if you haven't already joined in - one fun way to invest in UIT is to celebrate Carrie Ann's big birthday with the CA's Nifty 50 fundraiser! It's not too late to give and help Carrie Ann raise more money for her birthday than Olya did back in March!



My Account • Sign Out

Olya's Sparkly Birthday Campaign in March raised \$3,200 from 41 donors - Let's beat that with a July scorcher of a fundraiser!

Choose Your Gift

One Time

Ongoing

DONATE

Our UIT Capital Campaign *Case for Support* is now stylistically aligned with our new video. Check it out on the Capital Campaign page of our website: <http://imhcinc.org/uit-capital-campaign>

Or, to receive a pdf copy, please email Carrie Ann.



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 Treasurer:
Dr. Andreas Bienert

Dr. Andreas Bienert has devoted his professional life to advancing mental health and addiction treatment. A native of Austria, Andreas's path was shaped by the rich psychological legacy of his homeland, famously home to Sigmund Freud. He has nearly two decades of experience as a recognized leader in addiction and trauma across inpatient and outpatient settings. With a deep commitment to holistic and individualized care, Dr. Bienert has worked with children, adolescents, adults, couples, and families, skillfully adapting to a variety of therapeutic environments.

Wanting to integrate cutting-edge research into his practice, he chose to pursue both his master's and doctoral degrees at Regent University in Virginia Beach. This education experience was transformative. In 2013, he joined the very first cohort, led by Dr. Olya Zaporozhets and Dr. Linda Leitch Alford to Ukraine. He jumped at the chance to travel to Ukraine with a small group of students and faculty, contributing to the foundational efforts of the counseling profession in Ukraine by offering basic counseling skills training and cross-cultural practicum supervision. This early initiative laid the groundwork for long-term collaboration and helped establish essential infrastructure for counseling education in the region and helped bring to life what has evolved into two key organizations in global mental health: the International Institute of Postgraduate Education and the Ukrainian Institute of Trauma Therapy (UIT).

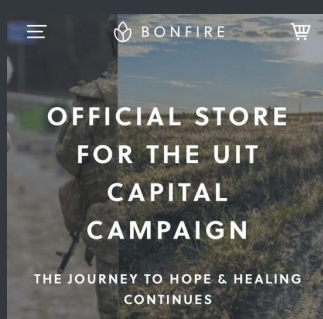
Andreas also played a crucial role as a liaison supporting the program's formal recognition by the International Registry of Counselor Education Programs (IRCEP), where he also serves as an Advisory Council Member. Under this expanded structure, the institute now offers not only skills-based training but also advanced, specialized postgraduate programs, including Child & Adolescent Mental Health Counseling, Marriage & Family Counseling, and Trauma Therapy. He views his role on the IRCEP Advisory Council as an opportunity to bridge the gap between academic standards and real-world mental health needs across cultures. Through both his leadership and international collaboration, he continues to shape the future of global mental health education and practice.

Andreas currently serves as Chief Clinical Officer at a leading outpatient addiction treatment facility in Virginia, is responsible for overseeing all clinical services and supervising a multidisciplinary team of clinicians. His leadership ensures the delivery of high-quality, evidence-based care that supports patient recovery and long-term well-being. In addition to his clinical role, Andreas is a counselor educator, dedicated to training emerging mental health professionals with a strong foundation in both research and compassionate practice, as part of his ongoing dedication to elevating counseling education worldwide.

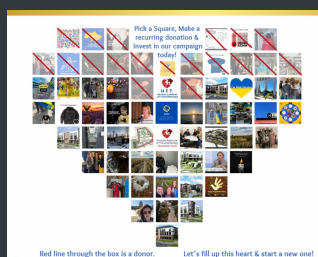
Away from his professional pursuits, Andreas lives in Virginia with his wife, two young children, and their family dog. He enjoys traveling when possible and treasures local adventures with his family. These moments of connection and exploration reflect the same values he brings to his work: empathy, curiosity, and a deep respect for the human experience.

We are so grateful that his journey from Austria to the United States, and from clinician to educator and global mental health advocate, led him to our team! He stands as a testament to the power of compassion, cross-cultural understanding, and a lifelong commitment to healing. Please keep Andreas and his family in your thoughts and prayers.

... In Other News ...



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



**RECURRING
GIFTS
2 gifts in 1!**

Setting up a recurring



**SPEAKING
ENGAGEMENTS**

Our UIT Capital Campaign Bonfire Shop has been selected to be a beta tester for Bonfire Pro! We'll be upgrading the shop in August to go live right after Labor Day.

So, we are having a Sizzling Summer Sale!

USE CODE SUMMER10 in August to receive 10% off of qualifying products.

We have t-shirts, tank tops, sweats, notebooks, hats, bags and more. Stock up on UIT merch and show your support!

gift ensures we can budget and plan with confidence. Whether you commit to \$5 or \$500 a month ~ it all contributes to reaching the goal of bringing hope & healing to Ukrainian men, women and children.

Join our growing list of recurring donors! \$20.25 per month (\$243/yr) is the most popular level.

UIT Capital Campaign: <https://secure.qgiv.com/for/uitcapitalcampaign/>

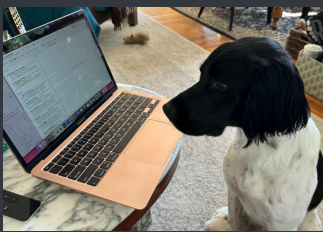
IMHC Annual Fund: <https://secure.qgiv.com/for/imhc>

Dr. OZ and Carrie Ann will be at Christ Church Episcopal in Alexandria, VA on Sunday, Aug. 10th.

Dr. OZ will speak at the 9:00am Adult Forum talking about her work in Ukraine. If you are in the area, come join us next Sunday!

Interested in having Dr. OZ or Dr. Syvak speak at your conference, event, church, synagogue or community group?

Please contact Carrie Ann imhcinc @ gmail .com



GET LINKED WITH IMHC

Our IMHC page on LinkedIn is growing by the day!

Join our growing community of government, diplomatic, military, veteran and advocacy supporters!

Follow us and share our posts on all our social media platforms to help us grow our community!



HELP UP BECOME A SPAVE FAVE!

Imagine if every coffee, grocery run, or gas fill-up helped UIT -- automatically!

You can with our friends at Spave! Download Spave 7.0 in the Apple Store or Google Play.

If 10 supporters download the Spave app and start giving, they will make us a "Spave Fave" which unlocks special benefit.



VOLUNTEERS NEEDED

We need YOU! Yes, really we do!

Are you awesome at social media? Do you have some time to give?

We STILL need help expanding our social media presence and need help creating posts, videos, memes and more.

Please contact Carrie Ann at 571-259-0110 or imhcinc @ gmail .com

Ukrainian Vocab Lesson of the Month:

повітряна тривога
(povitryana tryvoha) = air raid alerts

So far, our staff has remained safe from the almost nightly **повітряна тривога** and they keep showing up for their clients, doing **добре** (good) and spreading the **світло** (light).

дякую (thank you) for all the thoughts & prayers. Join us as we continue to pray for **спокій** (peace) in Ukraine.



2 of 7 | At least two people were killed in Kyiv in a major Russian missile and drone attack overnight into Thursday, according to Ukrainian officials.

Photo from the Associated Press, July 10, 2025.

STAY CONNECTED

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



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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.

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