



...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 (UIT-CF)

Chesapeake, VA • Alexandria, VA
• Kyiv, Ukraine



APRIL 2025 TO DO LIST

- ☒ Raise \$2,500 to connect Electric box
- ☒ Redesign YouTube homepage
- ☒ Apply for Fisher Service Award grant
- ☐ Sign Up 100 monthly donors
- ☐ Raise remaining \$41,300 for Pre-Build Phase

Hello Friends! This e-newsletter is sent to you each month with updates on the UIT Capital
Campaign, Spotlights on our Staff, Board & Volunteers and other useful information to you ~
our IMHC & UIT family. Thank you for your continued support.



CAMPAIGN UPDATE:

□ We have our zoning permit for building a medical facility! □

Dr. OZ and our team in Kyiv did a fantastic job navigating the land use zoning
process from private/residential to public use to medical.

On March 6, we celebrated Olya's birthday -
- and her birthday wish came true! We are
overwhelmed with gratitude at the
outpouring of support for our Let's Light Up
UIT for Olya's Birthday! Fundraising
Campaign. The request was simple - we
needed \$2,500 to connect our electrical box
to electricity, the next step in our pre-build
punch list.

To date, we have raised \$3,200 with
41 people participating!



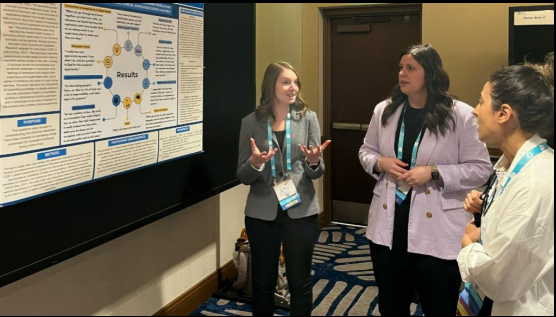
The funds over \$2,500 will still go to the
Pre-Build funding needs of \$42,000. We still
need to raise \$37,598.50 to finish paying our
Pre-Build phase bills.

On March 12, we posted a short video
update to our **YouTube** and social media
channels with pictures of Olya's recent
meeting with our architectural team and
photos of the electrical box on our property
being connected to electricity!

Please visit our **YouTube** page to watch the
video and **subscribe** to our channel. **Once
we get to 500 or more subscribers, there
are special perks for nonprofits!**



March 28-29, Olya attended the American
Counseling Association [ACA] conference
in Florida along with two of our team
members, Emily & Kelsea who presented
their preliminary research for the case study
"Impacts on Ukrainian Translators Working
In Transnational Supervision During
Wartime" work done with our own
translators in Ukraine.



On March 30, we were highlighted by
Immigrant Food in their *Engage With Us* e-
newsletter...which has a reach of over
30,000! We will be highlighted for this
whole week on their social media and
website. If you are in D.C. area go visit
them and say thank you! You won't regret it,
the food is amazing and comes from
Michelin-star chef Enrique Limardo. We
hope to build a long-term relationship with
this very special restaurant group based in
DC and Northern Virginia. You can check it
out at:



Also on March 12, Dr. Oksana Syvak was a speaker at the Ukraine "National Consultations on the Law On the Mental Health Care System" forum, where she convened with other experts and stakeholders to discuss two key documents regarding the creation of the [Ukraine] National Commission on Mental Health Issues; and the certification of mental health professionals. She says "it is just the first step, it opens a possibility to make real changes and reforms, we have a lot to do ahead."

<https://immigrantfood.com/engage/actnow/>



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DONATE: INTERNATIONAL MENTAL HEALTH CONSULTING (IMHC)

IMHC, Inc. is a nonprofit developing the Ukraine Institute of Traumatherapy (UIT), a cutting-edge rehabilitation center for Ukrainian military, veterans, and civilians, integrating science, technology, and humanity to support mental and physical healing from war's impact.

DONATE

We Need **\$37,598.50** of \$42,000 to reach our Pre-Build Fundraising Goal in April. It's a big goal, a big God-sized goal (if you will) but we can do it! Will you help us raise the funds need to finish our Pre-Build Phase?

- Consider giving an amount equal to:
- 1 WEEK = \$8,773*
 - 1 DAY = \$1,253*
 - 1 HOUR = \$52.25
 - 1/2 HOUR = \$26
 - 1/4 HOUR = \$13

**Qualifies the donor for one of our annual giving levels and additional benefits*

Pick a Square & invest in our campaign today!

Yellow line through the box is a donor. Join our Journey to Hope & Healing

Let's fill up this heart & start a new one!

DONATE

TEAM SPOTLIGHT:

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 co-founder and all around Swiss Army Knife:
Dr. Oksana Syvak



Dr. Oksana Syvak is an ob-gyn, mental health professional, teacher, administrator, co-founder, moral compass keeping us all on track and performing at a high level, and so much more. Her heart and current focus is serving the mental health needs of Ukrainian women - veterans, wounded soldiers in rehabilitation, and building up the Project Athena program to assist women veterans, widows and family members with innovative trauma therapy and counseling services.

She graduated with the Doctor of Medicine degree from the Bogomolets National Medical University, Kyiv, Ukraine. She worked as an obstetrician-gynecologist for 18 years, and also served as a Clinical Operation Lead conducting research at Paraxel International. During the Revolution of Dignity at Maidan, she effectively organized four underground medical hospitals for protestors, allowing for the treatment of over 500 patients.

Dr. Syvak went on to apply her skills in the public sector, serving as the Adviser to the Minister of Health of Ukraine and then, as the Deputy Minister of Health on European Integration in 2016 – 2017. She then served as adviser to the Minister of Veterans Affairs, and as Deputy Minister for Veterans Affairs for European Integration, where she supervised the direction of physical and mental health of veterans and their families. She oversaw the launch of the physical rehabilitation system in Ukraine and is the co-author of the Law of Ukraine “On rehabilitation in the field of health care”.

Dr. Syvak is the Director of the International Institute of Postgraduate Education and the Director of the Center of Psychological Counseling and Traumatherapy “Open Doors” which is currently providing the clinical care that will become UIT. She also co-founded, along with Dr. Olya Zaporozhets, the Association for Psychological Counseling & Trauma Therapy – Ukraine [APCTT] in 2020. The APCTT is dedicated to providing quality mental health services and training future mental health professionals in the use of advanced approaches and standards of trauma therapy. *Learn more about the Association partners here: <https://www.psycounseling.org/copy-of-our-partners?lang=en>*

On February 17, 2025 she received the prestigious award - ***The Medal of Saint Panteleimon***, the Great Martyr and Healer. The award was granted for her dedication, tireless work, and service to people of Ukraine. This high recognition is not just an award but a symbol of gratitude for her contribution to preserving the lives and health of Ukrainians. Oksana is a true example of strength, compassion, and selflessness. The Order of Saint Panteleimon is the highest-ranked public award for professionalism and charity presented for significant results in the field of health care, spiritual and physical development of Ukrainian society, established in 2009.

Dr. Syvak lives in Kyiv, Ukraine and her husband is the current Ukrainian Ambassador to Botswana. They have a son and daughter. In her spare time, Oksana loves to travel and take walks. We are so grateful to have Dr. Oksana on our team! Please keep her and her family in your thoughts and prayers. ☐☐



Photos: Oksana visiting Botswana this winter; The Medal of Saint Panteleimon

... In Other News ...

On March 12, our partner **Canada-Ukraine Foundation** launched a fundraising campaign "**Even The Brave Struggle**" with funds supporting the **Open Doors Psychological Counseling Center**, which is the IMHC partner currently operating the mental health programs that will become the Ukraine Institute of Traumatherapy, once it is built.



Please consider a donation to the "Even the Brave Struggle" campaign, running until April 6th, 2025. Your contribution will be doubled thanks to the **Myhal Family Foundation**, which is generously matching donations up to \$1 million until April 6th. *Click on the logo to go directly to their giving page.*

In 2024 alone, **Open Doors** served 5,100 individuals, providing 13,046 hours of psychological services by 60 trained psychologists employing EMDR, cognitive-processing therapy, and other trauma-informed approaches. As demand for psychological services continues to grow, we are working to expand service across Ukraine

and train more specialists.



**GET SOCIAL
WITH
IMHC & UIT**

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

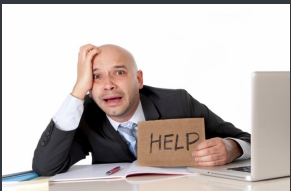
Website:
<http://imhcinc.org>

YouTube:
https://www.youtube.com/@uit_2023

Facebook:
<https://www.facebook.com/groups/611635875130314>

Instagram:
[@uitcapitalcampaign](#)

Please share our content with friends & family!



**VOLUNTEERS
NEEDED!**

Are you awesome at social media? Do you have some time to give? **We need YOU!**

We are expanding our social media presence and need help creating posts, videos, memes and more for Facebook, YouTube, Instagram ...and maybe other platforms too

Please contact Carrie Ann at 571-259-0110 or [imhcinc @ gmail .com](#)



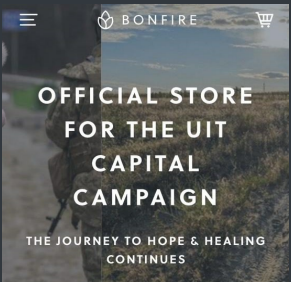
A fundraising platform to support your world-changing work.

**NEW GIVING
PLATFORM**

We have a new donor platform - **QGiv!** We will be closing our GiveLively pages soon. If you set up a recurring gift **before Feb. 10, 2025**, please create a new recurring donation at one of the links below & cancel your previous recurring donation(s).

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

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



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

Bonfire Shop now has **NIKE** apparel products... so we do too! ***Just Do It*** and show your support of our UIT Capital Campaign!

We also have notebooks, hats, bags and more.

<https://www.bonfire.com/store/official-store-for-the-uit-capital-campaign/>

All proceeds go to the UIT Capital Campaign.



**HELP UP
BECOME A
SPAVE FAVE!**

Imagine if every coffee, grocery run, or gas fill-up helped fund your dreams and causes you care about -- like UIT -- automatically!

You can with our friends at **Spave!** Just download the app and spend like you always do. Download Spave 7.0 in the Apple Store or Google Play.

IF **10** of our supporters download the Spave app and start giving, they will make us a "Spave Fave" which unlocks special benefits!



**PARTNER
WITH
US**

Interested in having Olya or Oksana speak about EMDR, mental health, resiliency, or Ukraine & war trauma at your conference, church, synagogue or community group?

Please contact Carrie Ann Alford, UIT US Project Manager: [imhcinc @ gmail .com](#)

**Ukrainian Vocab Lesson of
the Month:**

добре (dobre) = good

світло (svitlo) = light

*In this season of Lent & Springtime,
дякую (thank you) for doing добре
(good) and spreading the світло
(light).*

*Photo is our newly
connected electrical box!*



STAY CONNECTED

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

Email: imhcinc@gmail.com

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



Ukraine
Email: uatraumatherapy@gmail.com
Address: 7 Chystyakovska St., Office 75 Kyiv, Ukraine
Phone: *Ukraine* +38 (097) 750-22-57

DONATE:



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