



...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



It's September 1st...день знань "Knowledge Day"
for everyone in Ukraine!

Scroll down to our Ukrainian vocab lesson at the end of this email to learn more!

IMHC UPDATES



CallSign:Courage is our new program to give Ukrainian
men a sense of community and a "tribe" when reaching a
hand out to ask for help with their mental health.

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.

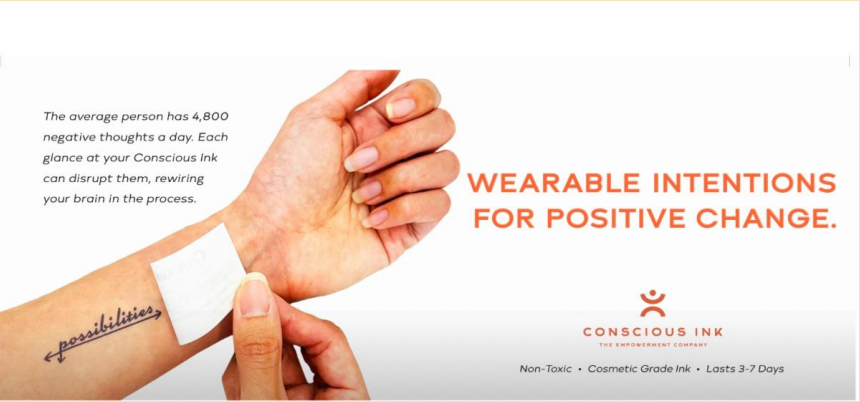
This partnership of IMHC, UIT Charitable Fund and Open
Doors is getting men in Ukraine the mental health support
they need. Our staff is currently work with about 150 men
in Ukraine through in-patient, out-patient and virtual
appointments.

Our program tag line says it all **"Rebuild Yourself. No Retreat."**

Meet our newest
CallSign:Courage
partner:

Conscious Ink

Based in Los Angeles, this
small business creates
temporary tattoos with
empowering messages of
wellness and mental health.
Founder Frank Gjata is
creating 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. Frank hopes to have our special
pack ready by mid-September - keep an eye out for an email with more details and the
link to purchase!



For smaller dollar donations, join our
Morale Force and provide direct support
to one Ukrainian man today.

Interested in investing this
groundbreaking program?

Contact Carrie Ann for more details to be one of our 12 **Guardian Force Ambassadors**. Ambassadors will commit to sponsoring 1 month of services plus helping us achieve our goal of a media campaign in Ukraine.



Ruck Buddy \$27
Supports our peer-to-peer programming allowing the men to enjoy time with each other and our staff in a relaxed, non-clinical way to build trust, community and a tribe committed to resiliency and mental health

UIT CAMPAIGN UPDATES:

Pre-Build Phase Update:

A very generous donor has provided **\$14,000** to ensure our current bills are paid for in full! We are so blessed to have such a wonderful community of support.

Which means, we have only one box left to check off! The last item on our Pre-Build Phase list is the building permit. It 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

We have many ways for donors to fulfill their pledges - check, credit card, DAF account, IRA distributions, or gifts of stock. Please contact Carrie Ann 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.

Partnerships:

If you missed our big news in August, we are very excited about 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**. We've tried it and it is so good! (check out the video on YouTube!) **100% of profits - about \$10 per bag** of this medium bodied coffee with notes of chocolate and almond **will be donated to our campaign**.



Love Nomads, based in Fayetteville, GA, roasts coffee beans in small batches for amazing, 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 in Africa with the Worldwide Discipleship Association. It's a platform to support, befriend, bless, and share love with people around the world

Staff Updates:

IMHC and the UIT Capital Campaign is excited to share that we have hired Heather Autey on a short-term contract to help us with research for fundraising and media/communications through December.

She brings a wealth of experience in business, organizational leadership and logistics, data management and marketing to our team. Heather lives in St. Paul, MN with her husband and three children.

She has already hit the ground running and is full of ideas for potential partnerships. If you have leads on potential partners for IMHC or the UIT Capital Campaign please email Heather at: research. imhcinc @ gmail.com



Thank you to everyone who participated in Carrie Ann's Nifty 50 birthday fundraiser! We raised **\$1,325.78** for UIT. Even though Olya's Sparkly Birthday campaign came out ahead (we're not competitive at all around here!) we garnered more new donors - 21 - through this campaign!
Thank you!

For any last minute gifts dedicated to CA's tipping over the hill...the donation link will remain open until Sunday, September 7!

BUY
NOW



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 Advisory Team Member:
Dr. Linda Leitch Alford

Dr. Linda Leitch Alford (Dr. LA to her students) is a devoted mental health professional, professor, and supervisor with over 40 years of experience. She is also part of our origin story! In this special Team Spotlight she recounts the journey that she and Dr. OZ took to get us here today.

"I met Olya in the spring of 2012 when she came to Regent to interview for a faculty position. I was coordinator of the PhD program and took her to breakfast one morning where we talked about my heart for Eastern Europe, which started in 1983 when my family traveled to what was then Yugoslavia (now Croatia). When I returned to the USA, I immediately realized I had left a large part of my heart in Eastern Europe.

By early Fall 2012, Olya was in my office sharing that she wanted to start the Ukrainian counseling profession. The notion of starting a program in Ukraine became part of my soul and together we spent the rest of the fall and spring terms planning the program and courses we would teach. Students were recruited from the Regent Masters and PhD programs in Counseling as assistant facilitators. Olya secured arrangements for us to spend two weeks at Tavriski Christian Institute, located in Kherson. Ukrainian students were recruited, we made travel plans, and we were off - realizing our dream.

That first trip to Ukraine was full of adventure, challenges, and learning for the program students as well as Regent teaching assistants (*Including Andreas, whom you met in the Summer e-news last month!*), and faculty. I led the Skills course and enjoyed every minute of the energy both Regent students and Ukrainian students brought to each session. Not all of the Regent students were Americans - they were also Lithuanian, Austrian, Singaporean, and Siberian. This gave us a very full perspective and a wonderful learning environment.

2014 brought the Maidan Revolution of Dignity protest followed by the Russian invasion and annexation of Crimea. Plans were adjusted. We continued our work online, and Olya eventually secured a new space for the program at the Ukrainian Theological Evangelical Seminary (UTES) just outside of Kyiv. In 2015, 2016, and 2018 I was able to again join the program in person. These trips were so rich and I will forever treasure these experiences. Even though my last trip was in 2018, the program has never been out of my mind or heart. Now I have left another part of my heart in a second Eastern European country – Ukraine.

One of my professional specialties is Counseling Ethics. I taught the Ethics course in Ukraine and talked about the reality that no profession is valid until there is a hammered out Ethics Code. The Code we now have is truly a reflection Ukrainian thinking and I am so pleased for the work the committee did to create this very professional and very Ukrainian document.



What joy it is to see our efforts from 2013 grow into a graduate school, and a counseling center serving military, children, and community members both face-to-face and virtually. My heart hurts for Ukraine in this wartime yet I am learning to hold the sadness and pain with the embrace of God."

When not dreaming of/actively plotting her return to Ukraine, Dr. LA lives in South Jersey with her husband Tom, and Toffee, a rescue Cavalier King

Charles Spaniel. She loves tending her garden with her daughter Julia, visiting the Jersey shore and weekends in Alexandria with her daughter Carrie Ann, who works for IMHC. Daughter and son-in-law Julia and Keith live just outside of Philly. Please keep Dr. LA and her family in your thoughts and prayers.

Photo: Dr. OZ & Dr. LA having a little carefree fun in Zaporizhzhia pre-war

... In Other News ...



RECURRING GIFTS

2 gifts in 1!

Setting up a recurring gift ensures we can budget and plan with confidence.

Even a monthly gift of \$5 contributes to reaching our goal of bringing hope & healing to Ukraine.

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>



MATCHING GIFTS

2 gifts in 1!

Did you know that up to **\$7 BILLION** in donations goes unclaimed each year?

Crazy but true....**Corporate matching gifts** are one of the most powerful, and yet underutilized, forms of fundraising.

Matching gifts represent free money that's readily available to organizations like IMHC and UIT.

Talk to your employer about the matching gifts policy and if you need any donation receipts please contact Carrie Ann!



IRA Giving IRA Qualified Charitable Distributions (QCDs)

are a tax advantaged way for eligible individuals to make charitable donations from your **IRA**. If you are 70½ years or older, your accountant has probably already called you!

In 2025, you can donate up to \$108,000 from traditional IRAs, inherited IRAs, and inactive SEP or SIMPLE IRAs.

Thank you to our donors who have already given through an IRA QCD account!

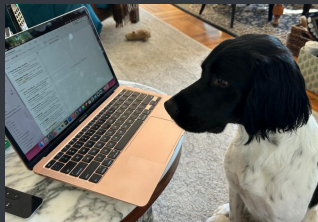


Subscribe to our YouTube Channel

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

But, did you know that 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!



GET LINKED WITH IMHC

Our IMHC page on [LinkedIn](#) is growing by the day! Join our growing community of government, diplomatic, military, veteran and other supporters!

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

[IMHC on Facebook](#)

[UIT on Facebook](#)

[UIT Capital Campaign Group](#)

Instagram:
[@uitcapitalcampaign](#)



SPEAKING ENGAGEMENTS

On August 10, Dr. OZ spoke to a full room at **Christ Church Episcopal** in Alexandria, VA about her work in Ukraine and some cutting edge research making an impact in Israel as well as Ukraine.

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

Please contact Carrie Ann for available dates.

Ukrainian Vocab Lesson of the Month:

ДЕНЬ ЗНАНЬ (den' znan') = Knowledge Day

September 1 - a day is marked by joy, fun and the beginning of the school year for millions of students of all levels. Girls wear ribbons in their hair and boys march and ring bells to welcome in the new academic year.

дякую (thank you) for all the thoughts & prayers.
Join us as we continue to pray forспокій (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



CONSCIOUS INK
THE EMPOWERMENT COMPANY



Lithographics



EVEN THE BRAVE STRUGGLE
DONATE AT CUFOUNDATION.CA



Resurrection
A UNITED METHODIST CHURCH



spave



Асоціація психологічного консультування та травматерапії
Association of Psychological Counseling & Traumathepy



Association for Play Therapy
United States



INTERNATIONAL INSTITUTE OF POSTGRADUATE STUDIES
PROFESSIONALISM & EXCELLENCE



Good Sports
FOR THE BODY - SPORT
FOR THE SPIRIT - HUMAN



LOVE MADE



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](#)

