



Capital Campaign for Healing Ukraine

[HTTPS://IMHCINC.ORG/UIT-CAPITAL-CAMPAIGN](https://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



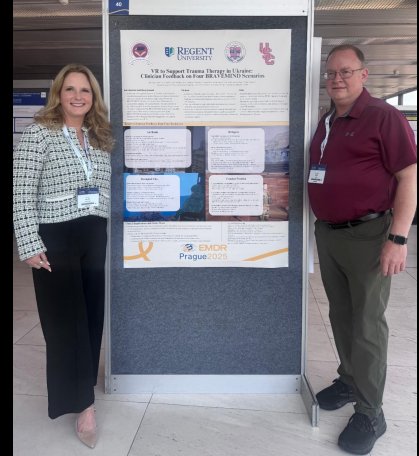
As you are reading this newsletter, several members of our team are in Prague for the 2025 EMDR Europe conference. IMHC, Inc. is proud to be a Silver Sponsor of this prestigious conference that brings together mental health professionals from around the world to share research and information on the use of EMDR (Eye Movement Desensitization and Reprocessing) in therapeutic settings. EMDR has shown great results in treating war-related trauma in veterans and civilians, especially children.

Make sure to follow us on Instagram @uitcapitalcampaign
for photos and IG Reels from our team!

To everyone we connected with this weekend, thank you for your support of Ukraine and
our project! Please make sure to check out our partner organizations:

Open Doors Psychological Counseling Center
and the International Institute of Postgraduate Education
(click on logo to visit the website)





CAMPAIGN UPDATE:

Our first promo video for our UIT Capital Campaign premiered on YouTube on Friday, May 23. Thank you to everyone who participated in the live viewing with our team or watched it later on. We hope you agree, it's compelling, touching and perfectly captures how big our vision really is for UIT. It is now live on all our social media platforms and will remain on YouTube to watch, like and share!

If you haven't already, please watch the video, like it & leave a comment and then share with your network to help our YouTube algorithm so others can find it and learn about UIT.

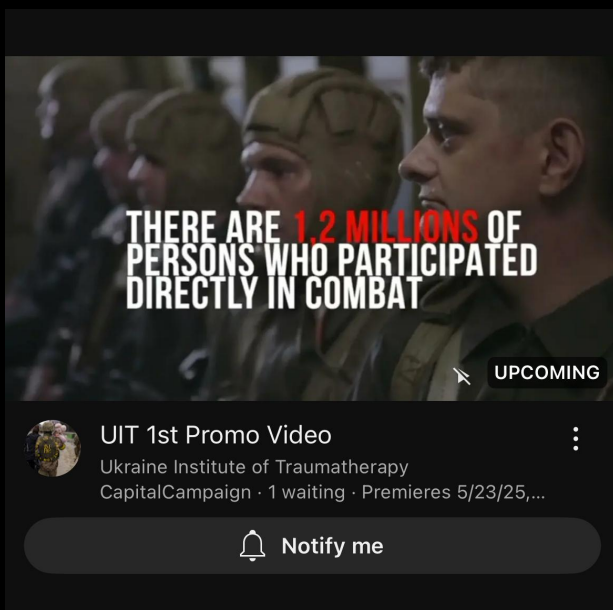
□□ Dr. OZ, Carrie Ann, and Advisory Team member Cindy Palen will travel on from Prague to Kyiv for a few days with our Ukraine staff.

We will have fun team building activities and a little pampering for our Ukrainian staff who definitely need some R&R. Carrie Ann will also be working with the staff to collect photos, videos and stories of how IMHC, Open Doors and the Int'l Institute of Postgraduate Education are helping people every day across Ukraine. Make sure to keep us in your thoughts & prayers. □□

Pre-Build Phase Update:

We are still waiting for our final few items such as the final detailed plans from the architects and the building permits. We still need to raise \$17,580 to ensure everything on our pre-build punch list is 100% paid for.

DONATE



Thank you to the donors who have already answered the call for signed pledge forms! We received \$6,500 in pledges in May.

We need more donors willing to make formal pledges of \$1,000 or more to help us secure funding to break ground in 2025. You watched our video. You follow the news. You know the critical need to get this building built and start healing war trauma - especially with children.

We are happy to schedule a meeting and provide more information before you make a commitment. We would love the



On Saturday, May 3 we raised \$260 in just a few hours for the UIT Capital Campaign at the Belle View Yard Sale in Alexandria, Virginia. A big shoutout to donors *Megan & Randall Judt* for donating items to sell and helping with set up and breakdown!

We had wonderful conversations with folks who support Ukraine, including one very touching conversation with a Vietnamese man who had been a POW during the Vietnam War and offered kind words for Ukraine.

Is there a similar event in your neighborhood, church, synagogue, or community center? Contact Carrie Ann at imhcinc@gmail.com for help organizing and to receive flyers and items to sell.

opportunity to share our vision and answer your questions. We have many ways for donors to fulfill their pledges and documents regarding budget & architectural plans not available on our website that we share after a face-to-face meetings.

Please contact Carrie Ann at imhcinc@gmail.com (or by phone at 571-259-0110 after June 9) to schedule a video meeting. Donors in Washington, D.C., Hampton Roads, VA or Philadelphia may request an in person meeting.

INVEST IN UIT

Partners in the UIT Campaign are encouraged to submit a letter of intent, which may be fulfilled over time - up to 5 years

Pledges may be:

- ★ Annual
- ★ Semi-Annual
- ★ Quarterly
- ★ Monthly
- ★ One Time Payment


Paid By:

- Personal Check
- DAF or IRA Disbursement Check
- Credit Card
- ACH or Wire Transfers

INVEST IN UIT

Level	Amount*	Number
Slava Ukraini	\$1,000,000+	1
Leadership Gifts	\$100,000+	10
Generals	\$50,000 ~ \$99,999	10
Colonels	\$25,000 ~ \$49,999	20
Majors	\$10,000 ~ \$24,999	30
Lieutenants	\$1,000 ~ \$9,999	150
NCOs	\$250 ~ \$999	250
Privates	\$20.25/month (\$243)	Many!

* Gifts can be pledged and payments made for up to five years

The need is now. The time is now.

The **Ukraine Institute of Traumatheapy** is a partnership between IMHC, the UIT Charitable Fund and Ukraine Institute of Traumatheapy, LLC.

UIT' will be a state-of-the-art, first of its kind, rehabilitation center for mental, physical, emotional, and spiritual healing, created to restore Ukrainian soldiers, veterans and civilians - with special services for children & adolescents.

An innovative place where science, technology & humanity are combined to ensure every Ukrainian affected by war trauma has the opportunity to heal and lead a resilient life.



UIT will also be a training and research center focused on best practices and educating the next generation of clinicians to provide world-class trauma care. UIT staff will train medical and mental health professionals, conduct research and test treatments & techniques.

Our goal is to be a global leader in war related trauma therapy.




<https://imhcinc.org/uit-capital-campaign>

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We also have a new UIT Capital Campaign *Case for Support* now stylistically aligned with our new video. Check it out on the Capital Campaign page of our website.

For a pdf copy, please email Carrie Ann.

Pick a Square, Make a recurring donation & Invest in our campaign today!



Red line through the box is a donor.

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

Recurring gifts ~ 2 gifts in 1!

Setting up a recurring gift is really 2 gifts in 1 - the funds of course, AND 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

Consider giving \$20.25 per month (\$243/yr).
100% of your donation goes to the capital campaign



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:
Dr. Kathie Erwin

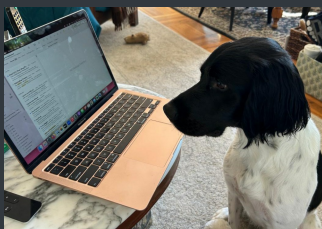
Dr. Kathie Erwin is a Professor at Divine Mercy University School of Counseling. She is a Licensed Mental Health Counselor, National Certified Counselor, National Certified Gerontological Counseling and AMHCA Diplomate in Geriatric Counseling. A Master Field Traumatologist, Dr. Erwin has served as team leader in Trinidad, India, and Romania.

Dr. Erwin taught trauma counseling for our Ukraine Project including distance support for Ukrainian counselors impacted by the war. During those visits, she developed a kinship with the people of Ukraine and profound respect for our students and counselors dedicated to serving their nation.

In addition to serving on our board, she has served as Secretary/Board Member and President of Florida Mental Health Counselors Association, and is also a Board Member of Green Cross Academy of Traumatology. She was appointed Fulbright Specialist teaching at University of Iceland.

Kathie lives in Florida and is getting married this year. We are so grateful that she is putting all of her experience and knowledge to good use with us here at IMHC and UIT. Please keep Kathie - and her fiancé Vincent - in your thoughts and prayers. ☐☐

... In Other News ...



GET SOCIAL WITH IMHC & UIT

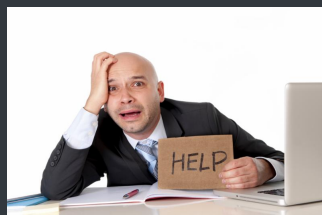
We have a new social media page! Find us on [LinkedIn](#)

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

[Website](#)

[YouTube](#)

[Facebook](#)



VOLUNTEERS NEEDED!

We need YOU!
Yes, really we do!

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

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



NEW WAY TO GIVE!

You can now give easily through Venmo!

Find us at @IMHC UIT
or simply scan the QR code:

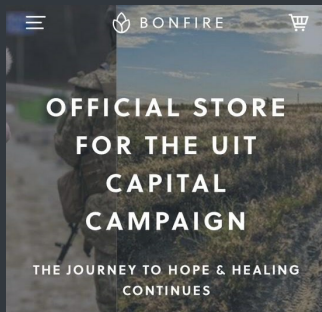
Instagram

Please share our content with friends & family!

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



venmo



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.

Click on the photo above to visit our shop. 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! Download Spave 7.0 in the AppleStore or Google Play. If 10 supporters download the Spave app and start giving, they will make us a "Spave Fave" which unlocks special benefits!



NEW GIVING PLATFORM

If you set a recurring donation 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/uitcapitalcampaign/>

IMHC Annual Fund:

<https://secure.qgiv.com/for/imhc>

Ukrainian Vocab Lesson of the Month:

СПОКІЙ (spokiy) = Peace

Join us as we continue to pray for **спокій** in Ukraine.

And дякую (thank you) for all the thoughts & prayers in May - keep them coming!



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

In Ukraine:

Email: uatraumatherapy@gmail.com
Phone: +38 (097) 750-22-57
NEW Address: 01024 Kyiv, 20 Yevhena Chykalenka St., Office 65



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