



At the True Top 1% Foundation, our mission is simple yet profound: to honor, empower, and uplift our military community. With a lineage steeped in service and sacrifice, we understand firsthand the unique challenges faced by veterans, active-duty service members, and their families. Inspired by our deep-rooted connection to the armed forces, we've dedicated ourselves to providing comprehensive support and resources to those who have served our nation.

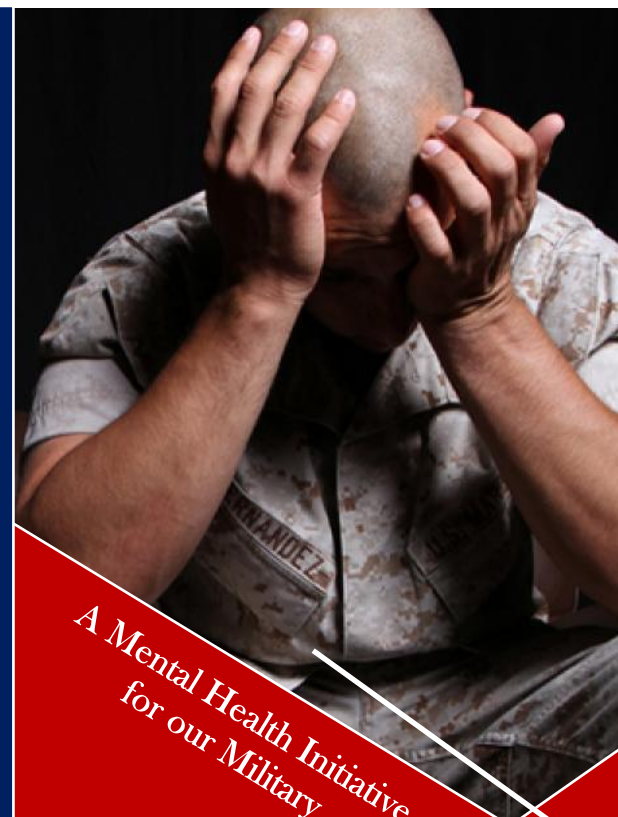
Through innovative programs like Arts4Vets, we harness the transformative power of art therapy to address mental health challenges among veterans. Our Arts4Vets program offers a safe and supportive environment for veterans to explore their emotions, express themselves creatively, and find healing through artistic expression. From painting and drawing to poetry and music, we provide a variety of avenues for veterans to engage with the arts and rediscover their sense of purpose and well-being.

## How We Help:

TT1P addresses the mental health needs of veterans by offering art therapy classes, workshops, and events. We recognize the challenge of addressing conditions like PTSD and MST, which can also evolve from the transition period post-service and lack adequate support. Through our programs, veterans gain access to creative expression, coping skills development, and a supportive community environment. We ensure accessibility by hosting classes at local veteran and community centers, as well as organizing special events. Our goal is to provide veterans with meaningful opportunities for healing, self-expression, and connection through the transformative power of art therapy.

We measure the effectiveness of our programs by monitoring veterans' participation, self-reported enhancements in mental health, and feedback from sessions. Working closely with our Art Therapist, we will tailor programs based on participant feedback and collaborate with Directors to evaluate impact. Our objective is for veterans to experience lasting improvements in mental well-being, strengthened social connections, and enhanced coping abilities as a direct result of our art therapy initiatives.

137 N. Michigan St, Suite B  
South Bend, IN 46601  
574-350-6562  
Info@TrueTop1percent.com




*A Mental Health Initiative  
for our Military*



Saluting those 1% who choose to Serve

**TRUE TOP 1% FOUNDATION**  
www.TT1P.org





All our programs are Free for  
our Military. We never have  
and never will charge for  
anything we do.

## Art Classes

We started with a Beer Bottle... We take the Beer Bottle; the more self-destructive form of self-medication that many in the military with PTS tend to use to cope with, that has led to 22% of Veteran Suicides to date. We find out their vice (i.e. their choice of alcohol, vodka, bud light, etc.) and give it back to them clean and empty of liquid and scent. This is so they can see the "demon" they are battling internally, manifest itself into something more positive.

That's where we start, then to help more, we have created other opportunities to help our Veterans in a workshop format, including drawing, painting and soon to add drama, music, poetry and many more classes.

**Expressive Arts Toolkits:** A.K.A. Mental Health Art Care Packages are personalized kits designed to provide therapeutic tools and resources for individuals coping with mental health challenges. Each package includes a variety of art supplies tailored to individual preferences and needs, ranging from drawing materials to crafting supplies. These kits serve as a creative outlet for self-expression, allowing recipients to explore their emotions and experiences through artistic mediums. By engaging in art therapy exercises, individuals can promote self-awareness, reduce stress, and enhance their overall well-being.

## Our Programs:

### Unofficial Angry Letter Therapy:

Also known as Trauma on Canvas or Trauma on Fire, offers individuals a cathartic outlet to express their emotions and confront past traumas. Participants write down their feelings in a raw and uncensored manner, allowing them to release pent-up anger and frustration. In Trauma on Canvas, individuals paint over their written trauma with scenes symbolizing healing and moving forward. Alternatively, Trauma on Fire involves sketching the trauma letter on canvas, then ceremoniously burning it to symbolize letting go and closure. These therapeutic techniques provide individuals with a tangible and transformative way to process their emotions and begin their healing journey.

### #Painting4PTS

We provide veterans with a powerful means of processing post-traumatic stress through artistic expression. In this program, Artists create artwork inspired by Veterans own experiences/stories, offering a form of self-expression and emotional release. By fostering a supportive environment, the program empowers veterans to explore their emotions and narratives through painting. Through guided sessions and personalized instruction, participants learn how to confront and navigate their trauma, ultimately promoting resilience and well-being.