

Let's Collaborate!

Help veterans heal through creativity and connection.

Refer a Client

Therapists and case managers can easily refer veterans to TT1P's therapeutic art or wellness programs at tt1p.org/referrals.

Volunteer

Artists, clinicians, and community members are invited to join our mission.



Let's Create Change Together

Whether you're a therapist, counselor, or mental health partner – your role matters.

Together, we can help veterans heal, reclaim purpose, and reconnect with life through creativity.



Contact Us

www.TT1P.org

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132 W. Mishawaka Ave,
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Empowering healing through art, connection, and purpose.



Creative Wellness &
Therapist-Assisted
Programs for
Veterans

Why TT1P?

- Trauma-informed & ethical care
- Helps bridge barriers to therapeutic engagement
- Promotes creative, community-based healing

When words fall short,
creativity speaks.

About Us

The True Top 1% Foundation was built on the belief that service doesn't end when the uniform comes off. We provide creative wellness programs and therapist-assisted art experiences to help veterans reconnect with themselves and their communities.

Our programs combine evidence-based principles of art therapy with the freedom of creative expression, designed and facilitated by trauma-informed artists and overseen by clinical professionals.

Our Mission

To support the mental health of veterans through creativity, connection, and community.



Therapist-Assisted Programs

Painting4PTS: RECLAIM

A personalized artwork created for your client, reflecting their story of strength and growth.

Therapists can integrate the art into sessions to deepen emotional processing.

IGNITE: The Unofficial Angry Letter Workshop

A guided journaling and creative release experience that helps veterans externalize suppressed emotions in a contained, therapeutic way.

You stay the clinical lead while we provide creative facilitation and measurable outcome support (PCL-5, PHQ-9, GAD-7, WHO-5).

All programs are trauma-informed and confidential. Therapists may participate directly or refer clients for creative support.

Creative Wellness Programs

FREE Art Classes

Inclusive sessions in painting, wood-burning, and other media.

Art Toolkits

Veteran-requested art supplies mailed directly—removing barriers to creativity and self-expression.

Creative Wellness Workshops

Themed experiences exploring growth, mindfulness, and emotional resilience.

