

Greek Orthodox Ladies Philoptochos Society

Biennial Convention: July 1-4, 2012
Phoenix, AZ



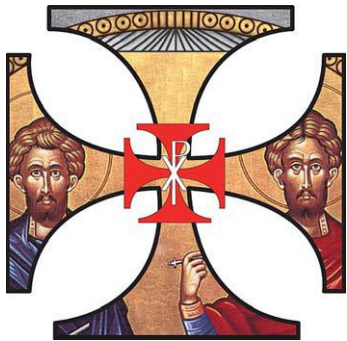
Chapter Challenge

Metropolis: San Francisco

Chapter Name: Omonia, Long Beach, CA – Barbara Soupos, President

Project Title: Ladies of the Military! Women helping women

Project Summary: Demonstration of our chapters accomplishments over the past two years while working alongside the military women of the Long Beach Veterans Hospital and surrounding areas.



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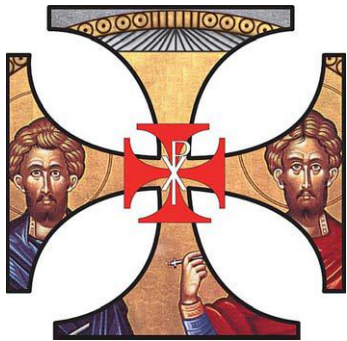
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**LADIES OF THE MILITARY! WOMEN HELPING
WOMEN!**

Top 5 mental health conditions for female veterans

1. Military Sexual Trauma (MST)
2. Post traumatic Stress Disorder (PTSD)
3. Traumatic Brain Injury (TBI)
4. Depression
5. Suicide



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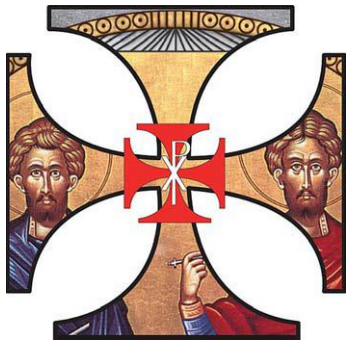


Military Sexual trauma (MST)

Any sexual harassment or sexual assault that occurred while serving on active duty in the military.

Sexual Harassment

Sexual Assault



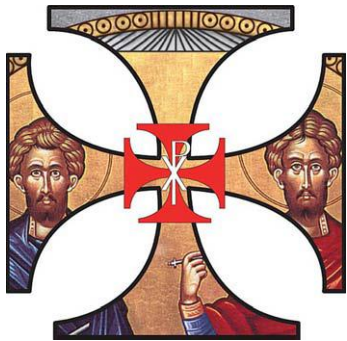
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Post traumatic Stress Disorder (PTSD)

- An anxiety disorder that results from exposure to extreme trauma.
- Symptoms
- PTSD has been diagnosed in 23 % of veterans.
- Washington's response



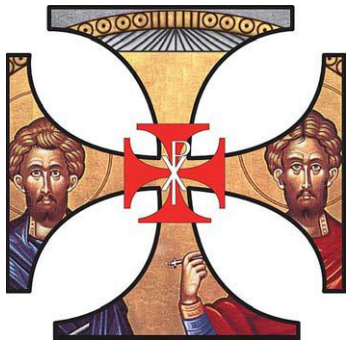
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Traumatic Brain Injury (TBI)

- Causes
- Percentages
- Challenges



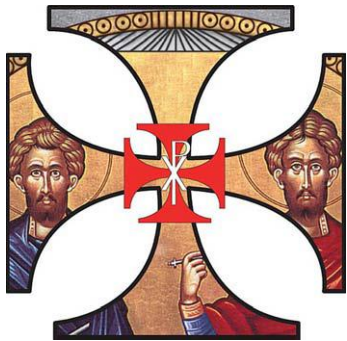
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Depression

- Mood disorder characterized by decreased energy and feelings and thoughts of hopelessness.
- Difficulties living with depression
- Signs of depression



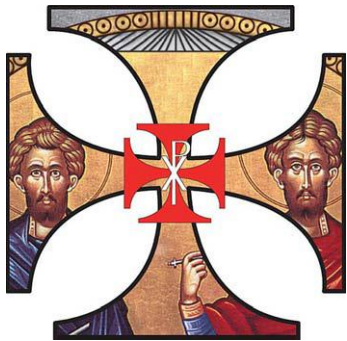
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Suicide

- Nationwide there are 30,000 suicides annually
- 20% of suicides are veterans
- Studies show...



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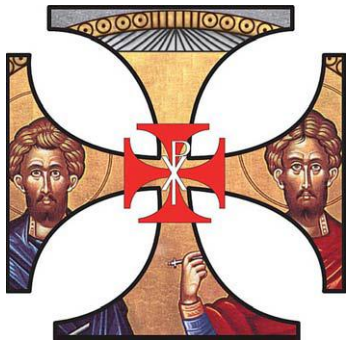


Homelessness

The number one unmet need for the Veterans is the lack of affordable permanent housing.

Current national estimates suggest about 154,000 veterans – over 29,000 in California alone are homeless on any given night.

Veterans represent 25% of the homeless population.



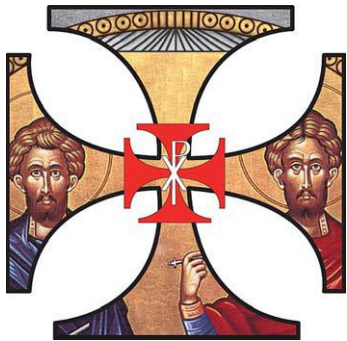
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RENEW

- GOAL:** to help these ladies of the military gain their lives back.
- 12 week intensive program for woman veterans with sexual traumas.
 - Renew is the only program of its kind.
 - They must be clean and sober for 90 days with no psychiatric hospitalization and no self-harm/self-injury for 6 months prior to RENEW



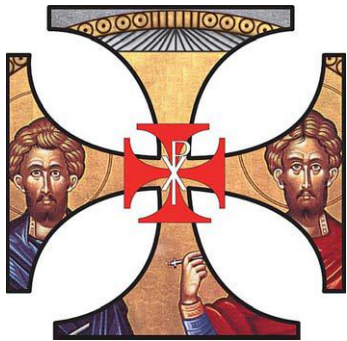
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The Graduation Party

- **Recognition**
- **Bonding**
- **Other events**



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Our Chapter is in hopes that other Chapters will pick up their phones and/or go visit their local Military Facilities and get involved like Long Beach Chapter has.

It is most rewarding, and very much appreciated by all those you touch.

Thank you and God Bless America!