

National Veterans Wellness + Healing Center

ANGEL FIRE

The National Wellness and Healing Center in Angel Fire, Inc. (NVWHC) is a 501(c)3 non-profit organization incorporated as a result of a study conducted by the Village of Angel Fire and the New Mexico Department of Veterans Services, alongside Angel Fire business and community partners. The mission of the NVWHC is to establish an environment that is responsive to the needs of veterans and military families using creative therapies and processes that focus on emotional and physical healing.

In 2009, NVWHC began retreats for veteran families who had been diagnosed with PTSD (Post Traumatic Stress Disorder Syndrome). Eleven veterans and their spouses successfully completed the week-long retreat and have been celebrating their success since. In 2010, two retreats have been held and more are expected to be held in 2011.

National Veterans Wellness and Healing Center in Angel Fire has teamed with Presbyterian Medical Services, the New Mexico Department of Veterans Services, Angel Fire Resort, Yatra Yoga International, Roadrunner Tours, and the Native American community to create the programming for these retreats. Such a team coupled with the hands on experience along with total community support are a unique and winning combination that guaranties successful accomplishment of the veterans retreats.

PTSD is an anxiety disorder that can develop after a terrifying event in which the person was physically harmed or felt threatened. Symptoms can range from flashbacks to problem drinking and beyond.

Aside from the clinical approaches used to help the veterans, complementary alternative medicine such as yoga, guided imagery, Reiki, massage therapy, acupuncture and Native American ceremonies are used. The wellness and healing retreats have also successfully incorporated the use of equine assisted therapy into the program. After determining their past experience with horses, participants are then grouped for grooming, team driving and horseback riding.

Nature and it's inherent therapeutic benefits are integral to all of the retreats. The beauty and serenity of the Moreno Valley provides a natural setting offering a sense of well-being and connectedness to the participants and staff. Participants are out in nature, watching wildlife and participating in Native American ceremonies in an outdoor setting that becomes an integral part of the therapeutic recreational experience.

Looking toward the future, the National Veterans Wellness and Healing Center in Angel Fire will have a year-around campus that will accommodate veterans and their families, support staff, and researchers in the pursuit of assisting veterans to reclaim their productive and active lifestyles.

PO BOX 805 Angel Fire, NM 87710

COUPLES WELLNESS RETREAT AT ANGEL FIRE, NM

RETREAT APPLICATION

PERSONAL INFORMATION

All personal information is confidential and treated accordingly

Service Member/Veteran Name _____ DOB _____

Name of Spouse/Partner _____ DOB _____

Home Address _____

City _____ State _____ Zip Code _____

Number of Children _____ Ages/Gender _____

Telephone _____ Cell Phone _____ E-mail _____

SERVICE INFORMATION

Branch of Service _____ Service Years _____ Combat Zone _____

Deployment Dates _____

Units/MOSs _____

Awards/Decorations _____

Current Status _____

MEDICAL INFORMATION

Physical limitations that require assistance/unique accommodations _____

Medical/Dietary requirements _____

RETREAT INFORMATION

Participants should arrive at Angel Fire and check in at the Angel Fire Resort Hotel between the hours of noon and 4:00 PM on _____, 2010.

Travel will be by POV.

Billeting will be provided at the Angel Fire Resort Hotel at no cost to the participants.

Meals will be provided at no cost to the participants.

Comfortable casual attire such as jeans, shorts, tennis shoes, and bathing suits are recommended. Some activities, such as the sweat lodge, will require loose clothing that is not transparent when wet. Cool evening temperatures are expected and sweaters and light jackets are appropriate.

Signature of Service Member/Veteran

Date _____

Signature of Souse/Partner

Date _____

APPLICATIONS

Applications should be forward to the below address. Applicants will be advised by _____ 2010 if they have been selected for participation in the next retreat. Applicants not selected due to limited facilities will automatically be considered for future retreats.

Please contact Hoot Gibson at (575) 377-1082 relative to any questions or change of status after selection.

National Veterans Wellness and Healing Center in Angel Fire, Inc.
PO Box 805
Angel Fire, NM 87710-0805