

A4TH Needs Your Donations!

During the present economic state of our country, funding the work our nonprofit does serving our veterans has been difficult to come by. We need the continued support of all who are able to give. A donation in any amount will allow A4TH continue to serve those who have sacrificed so much for all of us. A4TH is a IRS 501 (c) (3) public charity. Your contribution is tax deductible.

Checks and money orders can be made payable to:

Artist for the Humanities
PO Box 882,
Appleton, WI 54912-0882

A4TH

Artists for the Humanities

{ ISSUE #4 OCTOBER 2011 }

VIETNAM VETERAN REDUCES SYMPTOMS OF PTSD IN RETURN AND RECOVERY PROGRAM AT ST. NORBERT ABBEY

A combat veteran's recollections of war and the behavior that it may bring on, in the form of Post Traumatic Stress Disorder (PTSD), can terrorize or even drive the battle hardened warrior to suicide. It takes courage for a veteran to step forward and get the help they need so they may begin to cope with their PTSD.

What follows is the story of one such veteran and his journey with PTSD as written by A4TH Board Member and psychotherapist George Kamps MSW ALSW LCSW.



Larry as he experienced the Vietnam War 1966-67.

Memories of war had affected Larry ever since his tour of duty in South Vietnam from October of 1966 to October of 1967. As a U.S. Army soldier, he had experiences there that left vivid and traumatic memories. He returned home to Wisconsin with a mixture of thoughts and feelings including anger that he could not explain. Larry began a very successful career in the construction of water towers that took him all

over the U.S. Staying busy kept Vietnam at arm's length to a limited degree. His career ended when prostate cancer and depression forced him to retire in 2006.

With this health-related retirement Larry began to re-experience the events from the jungles of Vietnam more intensely. Nightmares terrified him and intrusive thoughts of his experiences in Vietnam provoked a mixture of anxiety, guilt, anger and feeling alone.

In early 2008, Larry began psychotherapy for these symptoms of PTSD, which the V.A. had diagnosed as a service-connected disability. With a growing understanding of these normal responses to his wartime experiences, Larry began to manage the anxiety and depression. The images of his nightmares and related emotional stress continued, however.

Then in June of 2010, he agreed to try expressive art as a method of treatment being offered by Artists For The Humanities through the Return and Recovery Program held at St. Norbert Abbey in De Pere, WI. He participated in monthly sessions by choosing to draw from images in his memories from Vietnam. The initial images he created depicted a scene from a re-occurring nightmare in which he was a POW in a



Larry works in a expressive art session during the Return and Recovery Program held every third Thursday of the month at St. Norbert Abbey in De Pere. Here he works with A4TH artist Jennifer Thomas. A4TH programs are free to veterans and family members.

cage on a boat far from shore and guarded by two Viet Cong enemies.



One of Larry's expressive art pieces done at St. Norbert Abbey De Pere, WI.

He also made a picture of a radio complete with a tuning dial and volume control. He described how he often wished he could change the channel in his head and stop the flow of thoughts related to Vietnam. As he continued to draw from memory each month, Larry found that he could relate varying feelings associated with his Vietnam experience. (Continued on page 2)

A4TH Visits Camp American Legion

In August Executive Director and mental health therapist and A4TH Board Member George Kamps traveled to Camp American Legion located at Lake Tomahawk, WI.



Camp American Legion, Lake Tomahawk, WI.

The Camp, which is operated by the American Legion, provides veterans and family caregivers with a place where they can relax and rest while they return to health. The Camp serves 400 injured and disabled veterans each summer.

The trip required leaving Appleton at 4:00 am. The Camp Director Kevin Moshea asked that A4TH be present for breakfast which is served at 8:00 am, so a presentation of our program could be made to all Campers.

A4TH set up in the Camp's library and worked with a total of seven veterans and their care givers. Veterans from WWII to the present war in Iraq were represented.



A group session held this August at the camp. Second from left is psychotherapist George Kamps.

(Continued from page 1)

ences. He also saw that his spouse, adult children and grandchildren were positively impressed and urged him to continue his drawing. As he continued in the program over a period of 13 months, Larry has become more free to share his once dark chapter of his life with the important people around him. He has gained a sense of self-worth that had been invisible for decades. He has become more giving of his time as a member of the Disabled American Veterans Chapter in his community, and has escorted WWII veterans on the Honor Flights to Washington D.C. He has been more able to recognize his status as U.S. Army veteran who served his country in Vietnam.

Updates On The Return And Recovery Program At Tomah VA And St. Norbert Abbey



Expressive art facilitator and A4TH Executive Director Tim Mayer displays his painted portrait of US Marine, Moises Langhorst KIA Iraq, to combat veterans in the nine week PTSD program at the Tomah VAMC.

of Wisconsin; Paul and Jean Harder; American Legion Riders Wisconsin; VFW Nicolet Post 2126; Bemis Corporation; Disabled American Veterans Department of Wisconsin.

A4TH will soon surpass the 500 veterans served mark.

As our program at St. Norbert Abbey in De Pere continues we will have been offering drop-in sessions to area veteran for nineteen months. A4TH has now been serving veterans at the Tomah VA Medical Center for over a year.

Our efforts to serve those who so bravely serve our nation can only be done by the generous support of our donors. We would like to thank the following for their recent contributions:

DAV Chapter's 24, 56; Campus Barber Shop; American Legion Post's 10, 38, 405; George Kamps; Province of St. Joseph of the Capuchin Order; Jacobs Market; Weigel, Carlson, Blau & Clemens, S.C.; Jennifer Thomas; Jim and Sharon Hubbard; Lawrence and Sandra Cavanaugh; Appleton Souvenir & Cigar; Fox Communities Credit Union; Walgreens; Sarah Norton, Desert Veterans



Vietnam veteran Daryll explains his expressive art piece to veterans and spouses following the art session in a group talking circle. Holding his work is psychotherapist and A4TH Board Member George Kamps.

Return and Recovery Program Gets The Word Out To State's Veterans Groups



In July A4TH presented an update on the Return and Recovery Program to the Desert Veterans of Wisconsin in Green Bay. Pictured is A4TH Executive Director Tim Mayer.



The Paper Valley Hotel in Appleton was the site for the American Legion Department of Wisconsin convention. In the background is the A4TH booth. On the final day of the convention A4TH Executive Director and President Tim Mayer addressed the convention informing Legion members of the progress being made in the Return and Recovery Program.



In October DAV Department of Wisconsin held its Fall Conference at the Paper Valley Hotel in Appleton. A4TH Executive Director Tim Mayer listens to Vietnam Veteran David Lee and James Wagner Iraq/Afghanistan.



A4TH attended the DAV Convention in June held at the Radisson Hotel in Green Bay. Pictured: Jeff Babcock Chapter 24 Commander (left) and Chapter member Roger Treece (right). A4TH is grateful for the continued support of Chapter 24 and other DAV Chapters throughout the state.

Forest County Potawatomi Foundation Supports A4TH



Forest County Potawatomi Foundation Executive Director Kaye Garcia and A4TH President Tim Mayer with Mayer's portrait of USMC Adrian Soltau of Milwaukee, KIA Iraq. The generous support of the Potawatomi Foundation over the last three years has helped establish A4TH's Return and Recovery Program.

A4TH With Return And Recovery Program, At Ft. McCoy For 5th Annual Women's Conference

On Saturday September 24, A4TH attended the 5th Annual Women's Veterans Conference held at the Wisconsin Military Academy at Ft. McCoy. The Conference was sponsored by the Wisconsin Department of Veterans Affairs and organized by the Department's Women's Outreach Coordinator Carolyn Morgan.



A4TH Executive Director and psychotherapist George Kamps explain A4TH's Return and Recovery Program to Iraq veteran and artist Yvette Pino during the conference.

A4TH set up an information table at the Conference and spoke with attendees about the Return and Recovery Program and our efforts to assist our female veterans who are suffering and coping with PTSD and MST (Military Sexual Trauma).

During the Conference, Executive Director and Board Member Tim Mayer along with psychotherapist George Kamps had the pleasure of meeting Yvette Pino a talented artist and Iraq War Veteran. Earlier that day Ms. Pino had presented a program she has begun working in partnership with the Wisconsin Veterans Museum, called the Veteran Print Project. Ms. Pino's project creates original prints made by artists based on an oral history given by a veteran.