

“Returning Warriors: Using Outdoor Recreation for Restoration & Resilience”

MFLN Family Transitions webinar – December 8, 2015

Presenters Background:

Dr. Keith Tidball: <http://dnr.cals.cornell.edu/people/keith-tidball>

Stacy Bare: https://www.youtube.com/watch?v=hfeD_Q39okE

Book:

This Land Is Your Land

Toward a Better Understanding of Nature’s Resiliency-Building and Restorative Power for Armed Forces Personnel, Veterans, and Their Families

Sagamore Publishing -- <http://www.sagamorepub.com/products/land-your-land>

Research:

The Department of Natural Resources at Cornell University’s “Returning Warriors: Outdoor Recreation, Restoration, and Resilience project - <http://reworrr.blogspot.com/>

Short films about the power of the outdoors:

- The Land We Defend: <https://www.youtube.com/watch?v=NEVDtjdGSHI>
Published on Nov 9, 2015
A story of seven military veterans, strangers before connecting in the wilderness.
- Flush in the Wild: <https://vimeo.com/145949930?from=outrio-embed>
Follow Iraq War Veteran Erik Packard into the Boundary Waters for his first grouse hunt. When Erik returned from duty, he suffered from PTSD. After struggling for years, Erik experienced the healing powers of wilderness during a Voyageur Outward Bound School trip in the Boundary Waters. Erik is the creator of the Save the BWCA Veterans Group and wants to use his story to help inspire others to discover the healing power of nature and to speak up to protect the Boundary Waters from proposed sulfide-ore copper mining.
- Hero for a Day 2012: Improving a Wisconsin Wildlife Haven for Veterans
<http://www.fieldandstream.com/hero-for-a-day/warriors/videos>

Six Purple Heart recipients joined volunteers at the Wounded Warriors in Action Foundation's Camp Hackett property. They improved whitetail and ruffed grouse habitat and connected with the outdoors to heal wounds you can't always see.

Resources Outdoors:

<http://blogs.sierraclub.org/military/2012/02/resources-outdoors.html>

Veterans and Military Families in America: Mission Outdoors

Authored by Mark Lemke

Recreation Opportunities for Service Members, Veterans and Families:

<http://www.operationwearehere.com/VeteransFamiliesRecreation.html>

ORGANIZATIONS AND PROJECTS

Farming & Forestry

[Farmer Veteran](#)

[Farmer Veteran Coalition](#)

[Veterans to Farmers](#)

Fishing

[Flyin' Heroes](#)

[Heroes on the Water](#)

[Project Healing Waters](#)

[Rivers of Recovery](#)

[Warriors & Quiet Waters](#)

[Wounded Veterans Fishing Program](#)

Hunting

[Freedom Hunters](#)

[Freedom Isn't Free Veteran Hunt](#)

[Healing Outside of a Hospital \(HOOAH\)](#)

[Hero Hunt, Inc.](#)

[Honored American Veterans Afield \(HAVA\)](#)

[Hunters Helping Heroes](#)

[Patriot Hunts](#)

[Sportsmen's Foundation for Military Families](#)

[Veterans Outdoors](#)

[Wounded Warriors In Action Foundation](#)

[Wounded Warriors Guide Service](#)

[Wounded Warriors Outdoors](#)

Outdoor Adventure

Combat Wounded Veterans Challenge
Equest - Hooves for Heroes
Higher Ground
Hope for the Warriors Outdoor Adventure Program
LOF Adaptive Skiers
OASIS - Outdoor Adventure for Sacrifice in Service
Operation Amped (surfing)
Operation Climb On
Outward Bound for Veterans
Project Sanctuary
Sierra Club Military Outdoors
Soldiers to Summits
Team River Runner
Veterans Adventure
Veterans Expeditions
Warriors in Motion
Warriors on Cataract
Wounded Warrior Patrol (skiing)