



Healing Warriors Program

Clinic Program Information and Resources

Offering non-narcotic care options for pain and Post Traumatic Stress

*Presented by
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Healing Warriors Program Clinic



Northern Colorado Healing Warriors Program Clinic

Stuart Professional Park
1136 E. Stuart Street, Ste 4202
(in the clock tower building)
Fort Collins, CO 80525

970-776-VETS (8387) to schedule

Non-narcotic care Services for Pain and PTS

- Acupuncture
- CranioSacral (CST) Therapy
- Healing Touch Therapy
- Sleep and PTS Programs

...and Education and Training

Open 5 Days a Week





Healing Warriors Program Clinic

- Services provided to **All service members and their families** (partner, sibling and parent) show military id or DD214
- Each individual entitled to 3 free sessions, additional sessions below market cost (between \$85-\$125) at \$35, free if referred via VA
- Healing Warriors Program (HWP) is a Registered Vendor with the Denver and Cheyenne VA Medical Centers
- As of Jan 2017, Healing Warriors Program has delivered over 6,000 clinic sessions since opening 07/2013.



Free Veterans Pop Up Clinics

We offer 3 monthly free clinics in the Metro area

- Denver – 2nd Saturday of the month 9 am – 1 pm
Where: VFW Post 1 → 841 Santa Fe Drive, Denver
- Co Springs – 2nd Saturday of the month 9:30 am – 1:30 pm
Where: National American University → 1915 Jamboree Drive,
Colorado Springs
- Longmont 3rd Saturday of the month 9 am – 1 pm
Where: Longmont National Guard Armory → 1512 N. Main St
Longmont

Acupuncture

Acupuncture is a form of Chinese Medicine which uses the conductive power of metal needles, inserted at specific energy points within the body, to re-balance a person's system flow.



Sample acupuncture approach models¹:

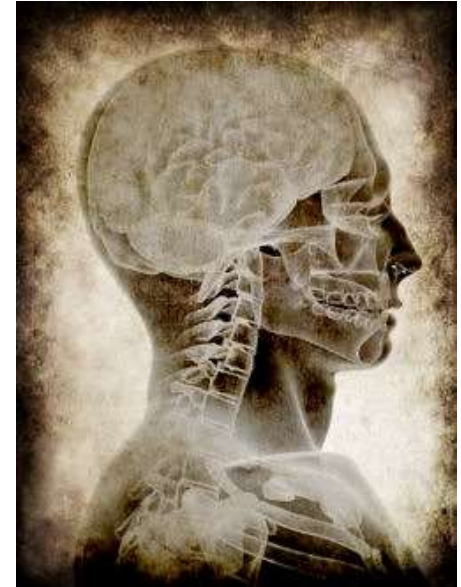
- Helms Medical Institute auricular trauma protocol (ATP) using ear points
- “Koffman Cocktail” is a bilateral, 4-point acupuncture protocol developed by U.S. Navy Capt Robert L. Koffman, MD
- Battlefield Acupuncture², developed by Richard C. Niemtow, MD, PHD, MPH, Colonel, USAF, MC, FS is a bilateral, 5-point ear acupuncture protocol aimed at addressing a number of pain conditions.

¹<http://www.intechopen.com/books/acupuncture-in-modern-medicine/acupuncture-in-military-medicine>

²http://www.n5ev.com/uploads/1/2/0/1/12016391/pdf_battlefield_acup.pdf

CranioSacral Therapy

- CranioSacral Therapy (CST) is a gentle, hands-on method of evaluating and enhancing the functioning of a physiological body system called the CranioSacral system.
- This is comprised of the membranes and cerebrospinal fluid that surround and protect the brain and spinal cord. Practitioners release restrictions in the CranioSacral system to improve the functioning of the central nervous system.⁶
- CST was pioneered and developed by osteopathic physician John E. Upledger following extensive scientific studies from 1975 to 1983 at Michigan State University, where he served as a clinical researcher and Professor of Biomechanics.



⁶Upledger Institute <http://www.upledger.com/>

Healing Touch

- Healing Touch was developed by Janet Mentgen, RN, BSN a practicing nurse for 43 years. Her early work was with the U.S. Navy.¹
- Healing Touch utilizes light touch to affect the mind-body energy system.
- A recent study with Scripps and Camp Pendleton returning marines found “... a clinically significant reduction in PTSD and related symptoms in a returning, combat-exposed active duty military population. Further investigation for mitigating PTSD in military populations is warranted.”²
- Oklahoma City VA is piloting the study at their facility, and Healing Warriors Program is offering a 6-session PTSD protocol modeled after the Study
- The VA Office of Patient Centered Care awarded a \$525,988 grant funding training for disseminating Healing Touch and other Touch Therapies

¹ For More information about Healing Touch:

<http://www.healingtouchinternational.org>

<http://www.healingtouchprogram.com>

²<http://www.ncbi.nlm.nih.gov/pubmed/23025129>



Healing Touch / Guided Imagery PTSD series & Healing Touch for Sleep Series



Service Dog, Solo, enjoys coming for Healing Touch sessions

**Open to all
Referrals not necessary**

**Available free under state
grant if Veteran (Hon or
Gen discharge)**

- Series of 6 sessions combining HT and Guided Imagery
- PTS series modeled after Scripps/Camp Pendleton Combat Marine study
- HWP clients report:
 - Improved/deeper sleep
 - Less anger
 - Less anxiety
 - Improved problem-solving
 - Improved focus

What are the benefits?

Acupuncture, CranioSacral and Healing Touch Therapies offer a variety of benefits such as:

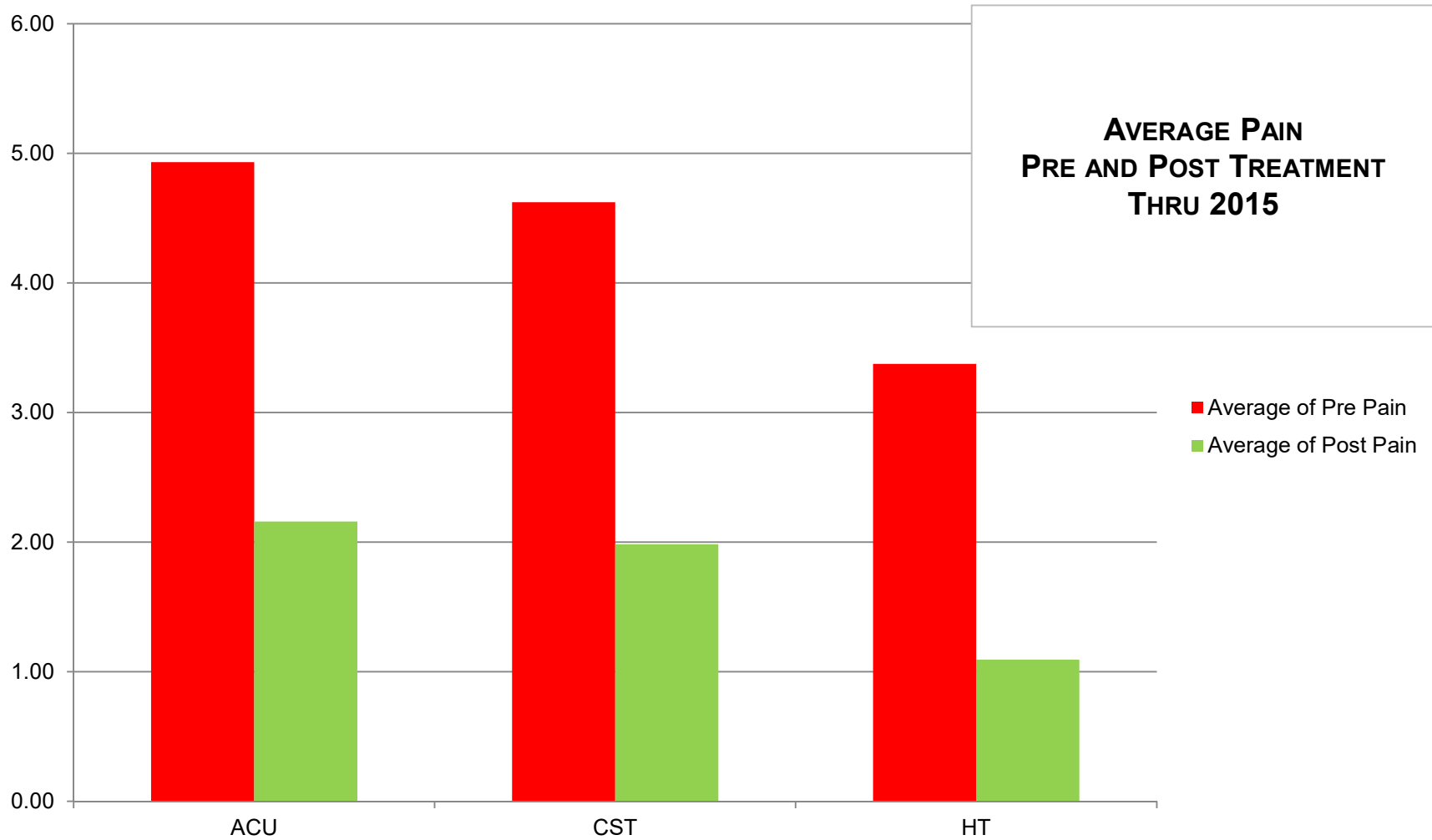
- Improving sleep
- Decreasing pain
- Calming anxiety or depression
- Alleviating post traumatic stress symptoms
- Improving resiliency
- Strengthening the immune system
- Enhancing recovery from surgery
- Easing neck and back problems
- Supporting cancer care
- Easing acute and chronic conditions



Reduced pain and anxiety assists with improved quality of life. Reduced pain and anxiety can assist in supporting successful transitioning to civilian employment and life.

The National Center for Complementary and Alternative Medicine <http://nccam.nih.gov/> publishes research on Complementary and Alternative Medicine (CAM). A sampling of research studies is included at the end of this presentation.

Session Findings



FAQ: How can you receive services?

Q. Do I need a Referral?

A. No. No referral is needed for services, just call the clinic to schedule an appointment:
970-776-VETS (8387)

Q. How do I know what service to schedule?

A. Our staff will make recommendations for you based on your goals and objectives when you contact us to schedule your appointment.

Q. Is there a fee for your services?

A. We provide 3 sessions at **no cost**. Additional sessions are offered at the below cost rate of \$35 per session - market value runs \$85 - \$125

Q. Where is the clinic located?

A. The clinic is located in Fort Collins, just east of 287. We also have free Pop-Up Clinic events in Denver and Colorado Springs and Longmont. Follow us on FB for dates, or join our Mailing List.

