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10 Year Anniversary | **February 2025**

February at the Emory Healthcare Veterans Program

While February is the shortest month of the year, it's packed with holidays and events. We celebrate Presidents' Day and note that 31 Presidents have served in the US military. The Super Bowl is America's most celebrated unofficial holiday, and did you know that six veterans have played in the Super Bowl?

But February is probably best known for Valentines Day. We believe that healing invisible wounds can help improve relationships. The family sessions in the Emory Healthcare Veterans Program's Accelerated Brain Health Program make loved ones part of our care. We also offer two services to veterans and their families: FOCUS Family Resilience Training and The Relationship Checkup. These services help spouses, partners, and families overcome challenges and learn strategies that improve communication and build trust. Every year, we take pride in knowing there are hundreds of our graduated veterans and service members who celebrate Valentines Day in strong and loving relationships, thanks, in part, to our family services.

A Family's Journey to Healing and Growth



Samantha knew something had to change. When her husband, Derrick, returned home after serving as a Sergeant in the U.S. Army in Afghanistan, he wasn't the same man she had married. Instead, she saw a soldier—always on high alert, tense, and bracing for danger.

"He needed to be in control of every situation, and if he couldn't be, he didn't want to be there," Samantha recalled. She watched as Derrick withdrew from the world, unsure of how to help him.

"As a soldier, we're trained to focus on the mission, survive, and move on. There's no time to process what happens—even the terrible things," Derrick explained. "When I came home, I carried that training with me. I knew I had an incredible wife and amazing kids, but I wasn't happy. I didn't know what was wrong with me or if anyone could help."

Realizing they couldn't go on like this, Samantha searched for support and found the Emory Healthcare Veterans Program. At first, Derrick was skeptical about the two-week accelerated treatment program, but he agreed to try.

"The prolonged exposure therapy and care I received made an immediate impact," Derrick shared. "For the first time, I understood what I was feeling and, more importantly, what I could do about it." In just two weeks, Derrick received a full course of personalized treatment designed specifically for his needs.

Samantha saw the change almost instantly. "Since we lived nearby, we were able to visit during the middle weekend of his treatment, and I could already see the difference. Derrick was engaged, communicative, thoughtful, and open. It was like night and day compared to how withdrawn he had been before."

And the healing and growth continued after graduating from the treatment program. When Derrick returned home, he reconnected with friends, became more present with his family, and started enjoying life again.

The impact of his healing rippled through their entire family. "I felt like I got my husband back. Our daughters felt like they got their dad back. Our lives improved in so many ways," Samantha said.

Healing PTSD and other invisible wounds isn't just about the individual—it's a force multiplier. When veterans heal, their families, friends, and communities heal and grow with them.

Samantha wants other families to know that help is out there. "I know there are others going through what we went through. If you see your spouse, family member, or friend struggling, reach out. Let them know about the Emory Healthcare Veterans Program. It truly changed our lives."

Watch Derrick and Samantha share their inspiring story.



Join Our Celebration!

For the past decade, the Emory Healthcare Veterans Program has been a lifeline for veterans and service members battling post-traumatic stress and related conditions.

As we celebrate our first ten years of transformative impact, we honor the resilience of those we serve and the hope we provide to veterans like Derrick,

whose journey of healing inspires us all.

We are proud of all we've accomplished in our first ten years, but we need your help to accomplish even more in the next ten. Whether it's by giving financially, referring patients to our program, or being our champion and spreading the word about our program, your support transforms lives. Together, we can continue providing life-changing care at no cost to post-9/11 veterans and service members, conduct groundbreaking research, and train the next generation of providers. Join us in celebrating this milestone and help us shape the future of veteran mental healthcare.

How you can help continue our mission:

Transform Lives

Your donation today makes healing possible for post-9/11 veterans and service members in need.

Give Here

Share Hope With Others

Spread the word about our mission and inspire others to join us.

Share Our Story

Celebrate With Us

Mark your calendar for November 13, 2025, and celebrate a decade of healing and growth with us!

Save the Date

Get Help

If you or someone you know is struggling, take the first step toward healing. Call 888-823-4014 to speak with a veteran care coordinator or fill out this confidential form and we will contact you.

Get Help Today

Keep an eye out for these monthly emails, highlighting a new veteran or service member in each edition.



Read Our Impact Report

We heal our nation's heroes. Read more about the life-changing impact of the Emory Healthcare Veterans Program in our Impact Report.

Read Now

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