



# Military Outreach USA

## Stand By Me Heroes

3020 Milwaukee Avenue, Northbrook, IL 60062

FALL 2022

### OUR MISSION

*Military Outreach USA is a faith-based Judeo-Christian organization focused on Veterans and First-Responder Communities, regardless of their denomination or beliefs, demonstrating the compassion, love and healing of Christ our Lord*



WHEN YOU CAN'T RUN YOU WALK,  
WHEN YOU CAN'T WALK YOU CRAWL  
AND WHEN YOU CAN'T CRAWL  
WE WILL CARRY YOU



### A message from our Founder

**Major General (Ret) James H. Mukoyama**  
U.S. Army 1964-1995

President & CEO of Military Outreach USA

As the summer of 2022 comes to a traditional end with the Labor Day holiday, it is only fitting that we celebrate the American workers who have been the backbone of the success of our nation through their determination and quality effort. The definition of laborer is not limited to members of unions, but rather to all those millions of able-bodied Americans who have worked for a paycheck in every field of our economy for the benefit of our society and its citizens and who are not dependent upon the government or others to sustain them without working. This includes men and women from every walk of life, regardless of race, gender, religion, or country of origin. We celebrate those who strive to be contributing members of our nation in every endeavor.

There is no such thing as “undignified” work when done at the best of the ability of the worker and contributing to the service of others whether it be in manufacturing, farming, education, healthcare, corporations (large and small), entertainment, government, transportation, sports, non-profits, media, finances, construction, law, travel, social services, military, and houses of worship.

Honest, dedicated workers lead to a well-motivated society that creates opportunities for advancement and success. Our veterans, first responders, and their families are the clearest example of such laborers for they serve selflessly for a cause greater than their individual selves – they serve our communities and our nation.

Military Outreach USA is privileged to honor them and all of our American laborers who have and continue to contribute to the American dream – a nation of freedom and opportunity for those willing to work for it. Happy Labor Day to all hard-working Americans!



## A message from Chappy

Chappy Ferrer  
Executive Director & Operations

### *Veterans Exiting Homelessness Program (VEHP)*

Our mission continues to positively impact our veterans and first responders guarding the gates of freedom locally and abroad. No matter your faith, race, color, religion, sex, national origin, disability or age we honor your service as a grateful nation.

Research [our website](#) and listen to Major General (retired) James H. Mukoyama's introduction to our mission and commitment. Our national newsletter speaks to our commitments and impact across the nation. Go on our website, top right click "Newsletter" if you are not yet receiving our seasonal digital newsletters. PDF versions are also available.

Military Outreach USA serves communities through two programs: Veterans Exiting Homelessness Program (VEHP) and Stand-by-me Heroes Program (SBMH).

Through the **Veterans Exiting Homelessness Program (VEHP)** we purchase **Beds-for-Vets** for those who have qualified to move from the streets, shelters and alleyways into an apartment in partnership with VA's HUD-VASH facilities across the country. To date **2,354 Beds-for-Vets** have been purchased and distributed to veterans and dependent children in 19 states. With your financial support we can continue to grow this number as winter approaches.

The second arm of our VEHP program is the **Move-In-Essentials** project. Our team partners with houses of worship, corporations and community organizations to collect those essentials needed when a hero moves into an apartment – items such as hygiene products, cleaning materials, toilet paper, pots and pans and dishes to name a few. We do not have the capability to collect/ship furniture at this time. We are proud to have provided **\$1,353,246** worth of move-in-essentials helping over 50,000+ veterans to date. Will you go onto our website a make a monthly donation?

The mission of our **Stand-by-me Heroes Program (SBMH)** is to reduce the 22+ suicides per day in our veterans' communities and now also among first responders. Our heroes have issues with Moral Injury, Post-Traumatic Stress, rape and other traumas and are pleading within for someone to Stand-by-me.

Although the VAs provide a meeting once per month, our certified teams, known as Foxhole Soul Counselors, are the after-hours individuals who meet at our local offices

(aka Dunkin Donuts). Simplicity is the solution, not a monthly clinical appointment and drugs.

We listen and empathize. We DO NOT provide medical assistance. Our one-on-one grass-roots approach has helped many men and women who were on the precipice and struggling. Walking together, we have averted tragedies that would have negatively impacted families, children and communities. We are recruiting and certifying veterans, first responders, civilians, counselors, doctors, nurses, chaplains and others who can be a friend and help to guard the mind-body-souls of those struggling with traumas. If interested send an email to [Sue.Brown@militaryoutreachusa.org](mailto:Sue.Brown@militaryoutreachusa.org) and ask for information on how you can help save a life.

**Suicide Prevention Workshops.** Organizations interested in more information or willing to host a workshop should contact [Sue.Brown@militaryoutreachusa.org](mailto:Sue.Brown@militaryoutreachusa.org). We need a facility, 2-3 sponsors, a sponsor to host breakfast and lunch and a team to get the word out. We then launch a drive with local organizations, first responders, veteran groups or others who would like to attend. The workshop can be hosted on a Saturday and Sunday. We are grateful for donations to underwrite this vital program.

**Volunteers are needed and welcome.** We continue to recruit volunteers across the country from veterans' organizations to houses of worship who have the heart to take on a project such as our SBMH or the VEHP programs in their area. All you need are two souls to start and we provide training and guidance. We are hoping Posts like the American Legion, Combat Veterans, Disabled American Veterans, Rolling Thunder, Veterans of Foreign Wars and others will partner with us across the nation and change lives through compassionate actions.

We are Blessed!

Philip Chappy Ferrer  
Executive Director & OPS  
<https://www.militaryoutreachusa.org/>  
(877) 734 - 4244

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## Veterans Exiting Homelessness Program (VEHP)



### Beds-for-Vets Program

**Our Veterans Exiting Homelessness Program** includes our Beds-for-Vets program. Since our effort began in 2016, we have supplied **2,344 beds** to veterans in 19 states, thanks to the support of people like you!

Funds for these beds come to us from a grateful nation - individuals, schools, VSOs, civic, social and faith-based organizations - to honor veterans for their service and sacrifice and to encourage them in their new lives now that they are off the streets and out of the shelters.

A recent **\$20,000 grant** from an anonymous donor enabled us to resume this program and provide 57 Welcome Home beds this summer to formerly homeless veterans who are now able to rest more comfortably.

Thank you to all who hold this program in prayer and to those of you who financially support this way of honoring the men and women who served us so well.

## *Move-in-Essentials Collections*

Houses of worship and other organizations, individuals and groups provide hope and encouragement to local veterans transitioning from homelessness into subsidized housing through a program called Move-in-Essentials (MIE) coordinated by Jim Dunne's team of volunteers for Military Outreach USA. To date, we have distributed items valued at **\$1,353, 246** to veterans from the Jesse Brown, Edward J. Hines and James Lovell VAs in the greater Chicago area.

Thank you to the St. Edna and First Presbyterian churches in Arlington Heights, Immanuel Lutheran Church and American Legion Post 171 in Crystal Lake and Holy Family Church in Inverness for their donations of **\$18,450** worth of Move-In-Essentials over the summer. These items have honored local veterans in Illinois for their service and sacrifice and let them know they have not been forgotten.

Want more information on how to do this in your area? Leave a voice message for Sue Brown at 877-734-4244 or email [JimDunne@militaryoutreachusa.org](mailto:JimDunne@militaryoutreachusa.org)



Immanuel Lutheran Church/American Legion Post 171 generous MIE Collection 2022 despite some bad weather.



Holy Family Parish's 2022 MIE donations almost filled the UNITS container!



## How you can reach us!

**SBMH Help line - 877-734-4244**

**For additional information please email us at [Info@militaryoutreach.org](mailto:Info@militaryoutreach.org) or leave us a message on our website by [clicking here](#).**

More than 30 people donated \$4,496.58 to the **Adam Brown memorial fund** to help reduce the number of suicides among our nation's first responders, veterans and active military. We are grateful for the life and memories of Adam and will use these funds carefully to provide intervention, training and awareness of moral injury, PTSD, depression and other issues which can lead to suicide.

You can designate a donation in memory of a lost loved one, or to celebrate a birthday or anniversary. Just let us know when you make a donation of this type, so we can be sure to designate it to that purpose.

## Stand by me Heroes (SBMH) Chapters



### SBMH Northern Illinois

Contact us

Voice Mail: 877-734-4244

3020 Milwaukee, Northbrook IL 60020



The mission of Rolling Thunder@, Inc. is to publicize the POW-MIA issue: To educate the public that many American Prisoners of War (POW) were left behind after all previous wars and to help correct the past and to protect future Veterans from being left behind should they become Prisons of War or Missing in Action (MIA).

Rolling Thunder IL Chapter 1 has been a consistent partner with Military Outreach

USA. Providing donations to purchase Beds-for-Vets and supporting veteran retirement homes, they are also involved in helping veterans throughout the communities of the Warrenville IL area. We are thankful for their efforts and impact on veterans and their families.

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**Support Over Stigma**, one of our partners founded by Zoeie Kreiner, focuses on reducing the number of suicides among veterans and first responders. Her team of volunteers provides care packages to deployed troops and first responders to remind them that they are appreciated. Each care package, gift, snack and visit includes cards and letters of encouragement and resources on where to find help if they or someone they know is struggling with thoughts of suicide.

Volunteer to donate items or pack boxes in Geneva, IL. [For more information, click here.](#) or call 630-492-0308

First-responders, active duty and veterans struggling with anxiety, depression, post-traumatic stress, moral injury? We can help! Call 630-492-0308.

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## UPCOMING EVENTS

Here are links to some events you might like to attend in the greater Chicago area:



September 10: Operations Firm Handshake - 9th Annual and Illinois' Largest Absolutely Free Veteran's Picnic. All Illinois veterans and active duty service personnel are invited to bring their family to the pig roast and picnic. [Coal City Operation Firm Handshake](#)



September 18 Rolling Thunder Chapter 2: 20th Annual Thunder Run, North Chicago to Woodstock, IL 9-11 am registration KSU 11am @ James A Lovell VA, North Chicago IL 60064 To benefit POW/MIA Awareness and Veterans Assistance For more information, click: [Rolling Thunder Run](#)



September 24: Veterans Appreciation Event 10 am - 1 pm, Knights of Columbus, Lake Zurich, IL Click here for more info: [Veterans Appreciation Event](#)



September 30-October 1: Arlington Heights IL looking for volunteers to serve as Event Marshalls for their Harmony Fest. 2 hour time slots; observe people entering and exiting - Marshals do not have police authority, but serve as a set of eyes for security. In appreciation for their contribution, marshals will receive \$10 in Food/Beverage Vouchers per shift Click here [For more info.](#)



**Military Families - 3rd Monday of each month at 6:30 pm CST in person or via Zoom.** Maria's Tribe, a support group for veterans' spouses, caregivers, partners and loved ones offers an opportunity for members to share personal experiences, feelings and coping strategies. Bodyworks for Vets, 1448 Old Skokie Valley Road, Suite A, Highland Park IL 60035 [Bodyworks for Vets](#) RSVP @ 312-818-9721.



## Salutes SBMH Missouri



Toni and the SBMH Team in West Plains, Missouri

Facility Directors Kevin and Bethany Falkner, Toni's team and the local community continue their efforts to provide a self-supporting Community Center and residence for homeless veterans in West Plains, Missouri.

The center also added a country music and dance on Saturdays in the community room. This not only helps with donations, but includes the surrounding communities.

We continue to pray and lift up this West Plains SBMH Veterans Community Center as they provide many supports as part of the recovery process and eventually toward full-time employment . Strong partnerships include Pine Bluff VA, Sheriff's department, combat veterans and others.



## SBMH Florida



Chapter director Phil Jelen is in Englewood, FL. He is a proud member of American Legion Post 113, Rotunda West, FL, and VFW Post 5151 in Streamwood IL.



Chapter Directors Rick and Gwen (Leah) McCool are in Seminole FL

## South Carolina



17 veterans moved into "new" housing in August in the Greenville SC area, including 4 female veterans (2 with children) and an 82 year old veteran who had been living in a van for 14 months.



**Veterans are Heroes,** one of our partners, coordinated by Eunice Morris and her team of 1200 Facebook volunteers, has been faithfully serving veterans in the Greenville and Spartanburg areas of South Carolina and we are grateful for them!

This organization typically provides Move-in-Essential items (quilts, towels, dishes, pots and pans, food for the first few days, toilet paper, paper towels, personal hygiene items, dish soap and hand soap, etc.) for about 50 veterans each year as "Welcome Home" gifts from a grateful nation.

What a great and practical encouragement they provide!

## The Chaplain's Corner

On this Labor Day, let us remember God's instruction:

*"Come to Me all who labor and are heavy laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and lowly in heart and you will find rest for your souls." Matthew 11:28-29*

**Contact us via email at [info@militaryoutreachusa.org](mailto:info@militaryoutreachusa.org) or call our Helpline (847) 734-4244. There is HOPE!**

**Leave a short message and let a Veteran return your call.**

## CONTINUING EDUCATION: Foxhole Soul Counseling



Foxhole Soul Counselors (FSC) from our SBMH Chapters attend events and engage any who ask for 1:1 Soul Counseling. Not only are those who lost comrades continuing to hurt, but we must not forget their families and friends. We hear souls crying out for someone to 'Stand-by-me.' Our Foxhole Soul Counselors are there to speak with anyone suffering from a soul pain, moral injury or PTSD.

Foxhole Soul Counselors focus on faith, not religion, to restore one's whole person and

to walk with them as friend, as family. Help Line ((877)734-4244. Conversations are private, names are never released and you can use your call sign.

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### ***Francis “Doc” Beeman***

*Doc Beeman is an SBMH director in the greater Chicago area and provides pro bono biblical counsel and soul care to active military, veterans, first responders and their families. Professional education includes general and surgical medicine, clinical psychology, neuropsychology, and group & individual therapy. “Doc” earned his nickname serving with the MACV-SOG in Vietnam as U.S. Navy Combat Corpsman. He experienced, firsthand, the impact combat has on a person.*



## **Putting Your Past In Its Place**

In our role as advocates, friends and Foxhole Soul Counselors, we will frequently encounter veterans who struggle with experiences and events that impact their life in a negative manner. Today I would like to share some thoughts for you to consider as you minister to the men and women that you encounter on your journey as a Foxhole Soul Counselor ( FSC).

We all have a “past,” a personal history. In this personal history, there are experiences and activities that when they are recalled elicit a pleasant, enjoyable feeling. There are others that can bring pain and even sorrow. We all have them. As we engage with the veterans and others that we meet, we must be quick to listen and be alert for how the past is coloring the present in their life. In my role as counselor and therapist, I spend hours listening to, and helping those I meet to sort through these memories and put them in a healthy perspective. I call this “Putting your Past in it’s Place.”

Serving in the military is a life-altering experience. Most of us joined up early in life. Some of us came from happy healthy homes. Some of us came from a different environment. Boot camp is designed to meet you where you’re at, and transform you into a soldier, sailor, marine or airman. If you survive the transformation you’re forever a new person, ask any marine you meet. During your career in uniform you are constantly being shaped and molded into an efficient member of your unit. A part of the machine so to speak. You’re being taught that your responsibility and purpose is to be directed to the good of your unit, your team. Your value, your worth, is never personal.

Some of us are selected to serve overseas. Many of us are chosen to serve in combat roles or support roles and deployed in hostile climates and vastly different cultures. We are introduced to uncommon and sometimes intense experiences. As we engage our daily tasks, we encounter and collect new life events. We grow new memories, new pieces of who we are. What we’ve seen and done, what we’ve experienced. What has been done to us, and how we’ve reacted. We grow and weave all of this into what we call “our life.” The bits and pieces of what we now recognize as “our past.”

You've been there. The past is a hard thing to hold on to, and a hard thing to let go. Sometimes it seems extremely hard to hold onto the pleasant thoughts and memories, but hard to let go of the unpleasant or guilt-ridden ones. Ironically, the harder we try to forget the shameful, regret-filled thoughts the more we are haunted by them. These experiences, and the emotions that they evoke, become the constituent parts of the clinical diagnoses of Moral Injury, and Post Traumatic Stress. These experiences of the past are carved into our personal history book. As much as we might sometimes want to erase or tear some of these pages from the book, we are frustrated by our inability to do it. As a Foxhole Soul Counselor, a fellow veteran, and a fellow human being who also has a history, a past, you have everything you need to minister to an injured or fallen comrade. Well almost everything,

I have one additional thought for you. As we have discussed, forgetting is virtually impossible. The more we try to forget, or understand the past, the more it haunts us. Instead, let us help ourselves, and those who we are assigned to help, to apply two tools that put the past in it's place.

We hear a lot these days of the practice of "multi-tasking", the doing of two things at the same time. While we might be able to do two tasks (rubbing your belly & patting your head) at the same time, holding onto and processing two thoughts at the same time is virtually impossible.

The first tool to use to defuse a painful memory is to: Engage a pleasant one. WW2 veteran, Sargent Horace Lee, learned this tool and describes how he applies it in his life: "I battle it a lot of times at night. I just have to ask the Lord to help me flip the page over and get off the memories and get on what I am going to do tomorrow ... I just flip the page and think about other things ... I flip the bad thoughts away and take on some new ones."

Sargent Lee learned that he can't hold two thoughts in his mind at the same time. He may not be able to stop the unpleasant thoughts and memories from coming to mind, but he does have the power to bring new (pleasant) thoughts into his mind. Sargent Lee has chosen to think about the chores and activities he will be doing tomorrow. I believe that you will discover that the only requirement for a replacement thought in the application of this tool is that it be a pleasant or enjoyable one.

The second tool I want to share with you is this: Consider the possibility that this thought or memory from the past has a meaning in your future. This tool is simply a repurposing of the event from your past by considering the possibility that this unpleasant experience that altered your life was designed to change you for a positive reason.

As a man of faith, my counseling has a biblical rather than a clinical flavor. I find a particular wisdom in the words of the Bible, and frequently apply that wisdom to those whom I counsel.

One example of how this tool works is found in 1 Samuel 17 beginning in verse 19. I'm sure you remember the story of David and Goliath. I'm reflecting on the events David experienced as a young boy who was assigned the responsibility to care and protect the family's flock of sheep. From what I have learned, caring for sheep is a tough job. The sheep aren't too bright and tend to get in trouble. They aren't equipped with sharp hooves or sharp teeth. They don't run too fast and so they become an easy meal for a hungry lion or bear. David wasn't issued an M16 when he guarded the

flock, just a couple old sticks, a few stones and a slingshot. I'm not sure I'd want to face a hungry bear or lion with a stick and a few stones. So, scary and unpleasant as it must have been, he learned to protect himself and the sheep, and as history has disclosed killed a few lions and bears on his watch.

I think fighting with a lion might be a good underlying cause for post traumatic stress. But fast forward to verse 33 where David, now a young man, recalls the trauma of fighting a lion in a different light. David has learned to repurpose the lion experience and in verse 36 and 37 declares (and I paraphrase) If God protected me when I battled and killed lions and bears, He'll protect me when I battle this guy. And you know the rest of the story.

David has learned to see the trauma in his past history from a different and new angle. Instead of fear of going hand to hand with a powerful adversary, he learned to find peace and strength. Just like sergeant Lee, David changed his thinking. He substituted fear-filled thoughts in his mind with positive successful thoughts. This is a familiar theme in the Bible, new thinking that replaces old thinking.

If you have been struggling with painful or traumatic thoughts I ask you to try one of these tools yourself. I'd be pleased to hear how it worked out for you. It always works for me. If you or someone you know would like to meet and discuss your specific struggle please reach out to Military Outreach USA and its team of Foxhole Soul Counselors.

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## *Recalling our Stories*

### **Healing, Surviving, Transforming**

*by Oluwatoyin Olabisi Hines, LCPC, NCC  
Brigade Chaplain, Army, Retired  
FSC, SBMH Illinois Chapter  
MA, MS, MEd, PhD, LCPC, NCC, RYT  
Peace of Mind Counseling Coaching & Consulting LLC*



Sometimes, I sit in silence. In silence, it can get too crowded with my thoughts.

The echo of statements:

“I don't want them to be impacted by the experience.”

“I am ashamed of how I will be seen.”

“I don't want them to carry the burden of my journey.”

“They can't handle it.”

“They won't understand.”

What I am really asking: “Can I be vulnerable while trusting a person to hold sacred space, as I speak of my journey?”

Do not go silent. Find your safe person, and sacred space.

If you are, or if you know someone who is a survivor of sexual violence, reach out for support. We are here.

## *Worthwhile Women*

### *POWER*

*Leah Gwen McCool, SBMH Florida Chapter*

*Co-Director with Rick McCool*

*Veteran Sergeant, US Air Force, MAT education Liberty University*



Instructions, emails, conversations, training seminars, and coffee shops rely on communication. Essentially, everything in this life functions as a result of communication. The brain communicates with the body, employers communicate with employees, and people often speak with friends, neighbors, and acquaintances. When communication is faulty or ceases to exist, difficulties may become unavoidable.

Often people make choices to halt communication, sometimes for a good reason, and sometimes as a defense mechanism. Individuals may be silent and withdrawn for personal reasons, or the individuals may have been offended in some manner at home, school, workplace, or organization. Many people suffer from trust issues and may have difficulty in relationships.

People need people, and friends are a gift from above. Years ago a dear friend told me “The power is in the telling...” (Sellers, Pseudonym). Everyone has a need to be accepted and acknowledged. Imagine a kindergarten classroom: a student shares a story about visiting a new baby cousin. Immediately, little voices start chattering about a neighbor's new kitten, a family vacation, or favorite ice cream! Little people and the child within the adult need acceptance, to be heard, and feel acknowledged.

The truth is, that hurting people can function under disguise. You and I can encounter someone who is genuinely a good actor or actress. This person is vulnerable because the masquerade is most challenging to maintain. Sometimes the actor is the center of attention and sometimes the actor avoids crowds. Possibly, the person feels isolated and thinks no one can fully understand. An individual may fear that speaking in confidence with a person of trust will not remain confidential. Many individuals fear judgment. Often individuals condemn themselves or harbor shame for something they do not own. Sometimes children of divorced parents think they are to blame for a failed marriage; children do not “own” the broken relationship, financial hardships, infidelity, abandonment, or any other reason two adults legally separate.

Emotional struggles can stem from traumatic memories, but there is hope. Individuals have found healing when they find others who have endured similar trials and hardships. Once the memory is shared with a person of trust, a breakthrough begins. The thoughts and memories may continue to be painful, but over time healing comes. Experiences that you and I have had or will encounter can be beneficial in helping others who are hurting and in need. You have everything you need for healing and helping others. Someone somewhere is to be a blessing to you, as you are to be a blessing to others.

Where is the power? My dear friend says, “The power is in the telling”.

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## Need Help?

**SBMH Help line - 847-734-4244**

**For additional information please contact us at [Info@militaryoutreach.org](mailto:Info@militaryoutreach.org) or email us on our website by [clicking here](#).**

To receive our newsletter electronically every other month, click on the Newsletter box on our website at [Military Outreach USA](#)

If you're interested in helping out, [\*\*\*DONATE HERE\*\*\*](#)

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