

*A lot of things really make sense
when you're doing them
over there.*



How do I join the program?

Any Veteran who is emotionally and mentally prepared to participate in a process of growth is eligible.

To make an appointment for an individual orientation meeting with a Veteran Peer Support Specialist please call **312-564-2426** or email us at **H2H@voail.org**.

Our mission

VOLUNTEERS OF AMERICA OF ILLINOIS partners with the people we serve to create transformational and lasting change in their lives through programs that support, empower and transform.



Volunteers of America®

ILLINOIS

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Where Veterans
stand together

HERO 2 HERO

in support of
one another



Volunteers of America®

ILLINOIS

HERO 2 HERO Program

HERO 2 HERO is a comprehensive, highly individualized program delivered by Veterans for Veterans who are struggling or in crisis in any number of life domains.

The purpose and structure of the program is to meet Veterans where they are **PHYSICALLY, EMOTIONALLY,** and **PSYCHOLOGICALLY.**

Our program seeks to ensure successful outcomes without creating additional burdens or barriers for Veterans. The program can be used to help increase the Veterans participation in multiple services for more acute situations or as a stand-alone support for Veterans who can't or won't engage in other services or interventions.

Our Veteran Peer Support Specialists are able to customize a support plan that is unique to their circumstances by being proportionate to both their level of desired support and the other pressures they are balancing in their life. The support can focus on more tangible issues like connecting the Veteran to needed resources or more complex issues like confronting the effects of Moral Injury.

The HERO 2 HERO program utilizes Veterans who are formally trained in both Peer Support and Moral Injury Repair.

www.voainline.org

What is Moral Injury?

The military is very effective at training young men and women to become warriors. But how do you adapt when it's time to come home and be a husband, wife, father, mother, brother, sister, friend? How do you leave the moral baggage of military service behind when it has had such a profound effect on you?

Moral Injury is defined as a complex wound of the soul. It is caused by one or more of the following:

- Having to make difficult moral choices under extreme conditions
- Experiencing morally anguishing events or performing morally anguishing duties
- Witnessing immoral acts
- Behaving in ways that profoundly challenge one's moral conscience and identity and the values that support them.



How do you recover from Moral Injury?

Repairing moral injury is a unique and deeply spiritual journey that one must take with the assistance of compassionate and informed support. While this is a **SPIRITUAL JOURNEY** that must reconnect a person to the deepest parts of themselves, **IT IS NOT A RELIGIOUS PROCESS** that requires any particular theological or denominational orientation.

The most basic definition of spirituality is a feeling of being connected to something outside yourself.

Our program is goal-oriented with the Veterans we support to achieve greater connection to the world outside themselves.

Our program is the only Veteran Peer Support Program that is **MORAL INJURY INFORMED AND MORAL INJURY RESPONSIVE.**