



Challenge America

Ohio DAC State Regent's Project 2024-2027

GOAL

To provide Virtual 4-Week
Music Therapy Retreats
for Ohio Veterans with
PTSD and/or MST

10 Veterans Per Retreat

*How many retreats will Ohio DAC Daughters
provide in 2024-2027?*

Questions about the retreat?

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Participant Testimonials



"This helped me get my
motivation for living life back."

"The concert was the most
inspirational time of my life. There
was connection."

"The amount of stress hasn't changed,
life has gone on and things are
coming up but my ability to manage
them has increased."

"Learning the guitar has brought my
son and I closer together because it's
something we can share."

"Being a part of this retreat
hit me in the soul."



How You & Your Chapter Can Donate

\$980 - Provides for one Veteran to attend the retreat

or PER VETERAN:

\$250 - Provides a guitar

\$250 - Provides a Songwriter

\$250 - Provides the Music Therapist

\$100 - Provides Program Coordination

\$85 - Provides Materials & Shipping

\$45 - Provides a Gig Bag & Guitar Stand

Purchase your State Regent's Project Pin





Challenge America

Virtual Music Therapy Retreats

The Challenge America Virtual Music Therapy Retreat leverages technology, the healing power of music, and best practices from trauma-informed music therapy to help Veterans cope with the diagnosis or symptoms of PTSD and Military Sexual Trauma.

Over the course of this 4-week program, Veterans meet together twice a week to learn brain-balancing skills utilizing guitar and mindfulness, while experiencing two 1:1 songwriting collaborations with a professional songwriter who will perform the Veteran's song in a virtual concert during the last week.



Veteran participants benefit from:

- Trauma-informed music therapy with a Board-Certified Music Therapist
- A songwriting opportunity with a professional songwriter to facilitate self-expression
- A Veteran group experience that interrupts the vicious cycle of isolation
- A guitar to turn to in times of darkness for comfort and to express emotions
- Access to resources, including the Challenge America Veteran Arts Community (CAVARTS), the Military Sisterhood Initiative (MSI), & our growing library of free video tutorials on guitar, songwriting, & mindfulness lessons
- A renewed sense of hope, belonging & purpose

National Peer-Support Communities



Created by Veterans, for Veterans, CAVARTS is an exclusive community that brings together 8,200+ Veterans & service members to connect, learn, & grow through the creative arts. Members have access to workshops, concerts, panel discussions, guitar lessons, clubs, & more.



MSI is a national peer support network of and for women of the military with 5,600+ members. Members provide support for one other & build connections through shared experiences in mental health, MST, PTSD, art, cooking, & more.

