

Welcome Veterans, Family, and Guests!

The retreats are designed to enhance comradery and an ability to meet other Veterans as well as discuss issues that affect Veterans. We operate on a peer-to-peer model and our staff/volunteers are mostly Veterans themselves. We also have a Mental Health (MH) provider on site in the event anyone feels like they need to talk about any issues. Retreats are a lot of fun and an opportunity for Veterans to enjoy the outdoors with other Veterans but there is a serious undertone to the retreats. The focus of all our retreats is about managing traumas and afflictions (PTSD, MST, anxiety, panic attacks, depression, isolation and suicidal thoughts/actions) through finding stillness in the woods, pondering your own coping abilities and hearing other Veterans talk about their journey. Because of this you may hear topics or discussions that can be disturbing. As stated above there is a MH provider at all our retreats in the event anything triggers a person or someone is struggling with any issues. Retreats are a challenge by choice so we will encourage you to partake in all we have to offer, however, there is no requirement that anyone participates in anything they do not choose to. This is your time to spend healing in a beautiful setting.

At Homeward Bound Adirondacks® (HBA), integrity is fundamental to all that we do. By acting with integrity: we honor the sacrifice and journey of our veterans, and their families and guests; we value the work and efforts of our HBA teammates and organization; and we respect the trust of those who donate to and support our mission, programs, and services. As a registered Veteran, Family Member or Guest, you are an extension of our values and mission. By registering, you are acknowledging and agreeing to the following expectations and standards while engaging with HBA while participating in HBA programs and services, both for yourself and your accompanying family or guests. If either you or your guests do not follow these expectations and standards, you and your guests may be excused from the event, may be ineligible to attend any future events, and you may be unenrolled as a future attendee. Be polite, respectful, and supportive to others, including HBA teammates, service providers, guests, and the public. Discriminating, harassing, or sexually offensive actions or behavior, verbal or nonverbal, are strictly prohibited. Always exercise reasonable care and safety for the wellbeing of yourself and others, including following established safety instructions, directions, and practices. Misconduct is unacceptable, including

engagement in unwanted or aggressive horseplay, and any expression of violent, threatening, or damaging actions or behavior to person or property. Criminal behavior or activity is not tolerated. HBA reserves the right to conduct a review of any provided information and documentation. The use or possession of illicit controlled substances, illegal drugs, or alcohol is strictly prohibited. If you are ever in doubt or if you ever have a question, ask a HBA teammate. Please ensure that you and your guests remain aware and mindful of these expectations and standards. With your commitment and cooperation, we will continue to succeed in honoring and empowering our nation's wounded veterans.

Thank You – HBA Staff

The retreats are funded by the Staff Sergeant Parker Gordon Fox Suicide Prevention grant.