FALL 2026

RETURNING VETERANS PROJECT

RETURNING HOPE

21 YEARS AND COUNTING

CHANGING AND SAVING LIVES

For more than 20 years, Returning Veterans Project has fulfilled our mission because **people like you** say, "**YES**!"

A Provider says, "**Yes,** I will serve."
A Veteran says, "**Yes**, I'm ready for support."
A Donor says, "**Yes**, I'll help make this possible."
"**Yes**, we will be there."

A Community Says, "Yes!"

One yes becomes another. Then another. And another. This is how **RVP works**.

Our licensed and credentialed Volunteer Providers raise their hands to provide confidential, no-cost mental health and somatic care to Veterans, Service Members, and their Loved Ones.

As we push onward and into future years we're asking our community to raise their hands with us.

RETURNING HOPE Is a Hand Raised



503-954-2259 | PO Box 14035 | Portland, OR 97293 | **returningveterans.org**



U.S. Army Soldiers, 198th Infantry Brigade Graduation

A Veteran Says, "Yes!"

*Identifying details have been omitted to protect confidentiality.

He had served honorably, deployed overseas, and returned home believing the hardest part of his life was behind him. On paper, he was doing everything right. He enrolled in college, used his education benefits, found jobs, and tried to build a life that looked like the one he thought he should want. But something never settled. Jobs became temporary stops. Relationships began with hope and ended with familiar disappointment. He kept moving, convinced that the next opportunity, the next person, or the next change of scenery would finally make him feel at home. It never did.

As a student Veteran, he struggled with the social landscape of college. His classmates worried about exams, weekend plans, and what they wanted to be when they grew up. He had already lived a different kind of life. He understood responsibility, teamwork, and the weight of decisions that could not be undone. He struggled to find common ground with people who had never shared his experiences.

> *"My story is not a story of weakness. It is a story of someone who had carried too much alone for too long."*

He missed the camaraderie of service, the feeling of belonging to something larger than himself. In civilian life, he could be surrounded by people and still feel entirely alone.

Healthcare appointments offered little relief. Providers asked about sleep, work, and general stress. No one asked about his military service. No one asked what it was like to return home, what he carried from deployments, or whether he felt connected to the life he had built since leaving the military. His service was a line on a form, a number, a percentage, not a conversation.

Returning Hope Campaign

November – December 2026. Donate online at returningveterans.org.

YOU said, "yes!" as a Veteran or Military Family seeking care, as a Provider offering your services at no cost, as a Donor supporting a cause you care about. Collectively we agree in the healing and hope that Veterans, Service Members and their Loved Ones deserve. You raised your hands to help fill the gaps in our system. Your generosity changes and saves lives.



A Veteran's Testimonial Continued...

Eventually, the weight of his despair became too much. Suicidal ideation forced him to confront what he had spent years trying to outrun. He had been surviving, but he was not well. He began to recognize how long he had allowed his pain to linger without asking for help that truly fit his experience.

When he learned about Returning Veterans Project, he reached out. He was not looking for someone to fix his life overnight. He wanted a place to start, a way to explore support without having to explain why his experiences mattered or justify why he was struggling.

Through RVP, he began exploring options for care with a Provider who could meet him where he was. For the first time in a long time, seeking help felt less like admitting defeat and more like taking responsibility for his future.



U.S. Army, 10th Mountain Division 12 mile ruck march

"My story is not a story of weakness," he shared, "it is a story of someone who had carried too much alone for too long. Sometimes, the first step toward healing is not having all the answers. It is finding someone willing to ask the right questions, listen without judgment, and remind you that you still belong, and RVP did that for me."

A hand raised. A life changed.

A Provider Says, "Yes!"

Growing up, Rosemarie remembers family adventures while stationed in Germany. After her father's return from deployment, however, their family faced unexpected challenges as he struggled to find the care he needed. Later, witnessing his recovery from substance use showed her that healing is possible with patience and hope. These experiences inspired Rosemarie to become a counselor and support those who feel unseen or overwhelmed by trauma. When she discovered RVP, saying yes felt natural.



Rosemarie Trevino, MA, LPC
Forging Paths Counseling

It offered a meaningful way to honor her father while serving the military community that shaped her life.

"I want to help destigmatize therapy within military culture," Rosemarie shares. "Veterans, Service Members, and their families deserve to know that people truly want to hear their stories, understand their experiences, and walk alongside them in their healing." Rosemarie hopes every person who seeks support feels respected, empowered, and never alone. She reminds us that healing can help people reconnect with the parts of themselves they may have tucked away to survive.

A hand raised. A life changed.

A Donor Says, "Yes!"

For Mark Buchholz, Founder of Honoring Heroes, supporting Veterans is more than a mission. It is a lifelong commitment to service. A proud U.S. Air Force and Air National Guard Veteran, Mark was inspired to act in 2009 after hearing a radio interview with a Guardsman describing the need for basic personal care items among deployed Service Members. Mark rallied friends to assemble care packages, launching a journey that continues to support military-connected individuals and families today.

After 28 years as a Corrections Officer at Oregon State Penitentiary, Mark witnessed firsthand the effects of trauma, PTSD, and suicide among Veterans. As he learned more about the need for



mental health support, he connected with Returning Veterans Project in 2012. Mark and the Honoring Heroes team recognized that RVP provides something they cannot offer themselves; access to no-cost confidential, mental and somatic care. Their financial contributions help ensure Veterans, Service Members, and their Loved Ones can access the support they deserve. Today, Honoring Heroes serves thousands of military-connected individuals and families each year, helping meet basic needs and supporting transitions into permanent housing. The entirely volunteer-run organization has 28 regular volunteers, many of whom have served for years.

Mark's advice to the community is simple: **"If you have a little amount of time to help someone, do it. You make a difference. Even the smallest effort can be significant to someone in need."** We are grateful to Mark for standing alongside RVP in service to our military community.

A hand raised. A life changed.

RETURNING HOPE Is a Hand Raised

This Fall every $50 you give helps connect Veterans, Service Members, and Military Families to hope by delivering care that is:

1. Free

All services are donated by Volunteer Health Providers who care about Veterans and their Families.

2. Easy to access

Veterans connect with Volunteer Providers of their choice and get care without a long wait.

3. Non-judgmental

We are a trusted place where Veterans turn for open-minded, unprejudiced care.

4. Confidential

Personal information is never shared. No referrals or insurance verifications are needed.

5. High quality

RVP Volunteer Providers are equipped with training to meet the unique needs of military connected clients.

SUPPORT A VETERAN IN NEED

Please don't wait to give generously.

Use the QR Code, go online, or return the enclosed envelope.

Every day a Veteran goes without the care they need is one more day without the hope they deserve.