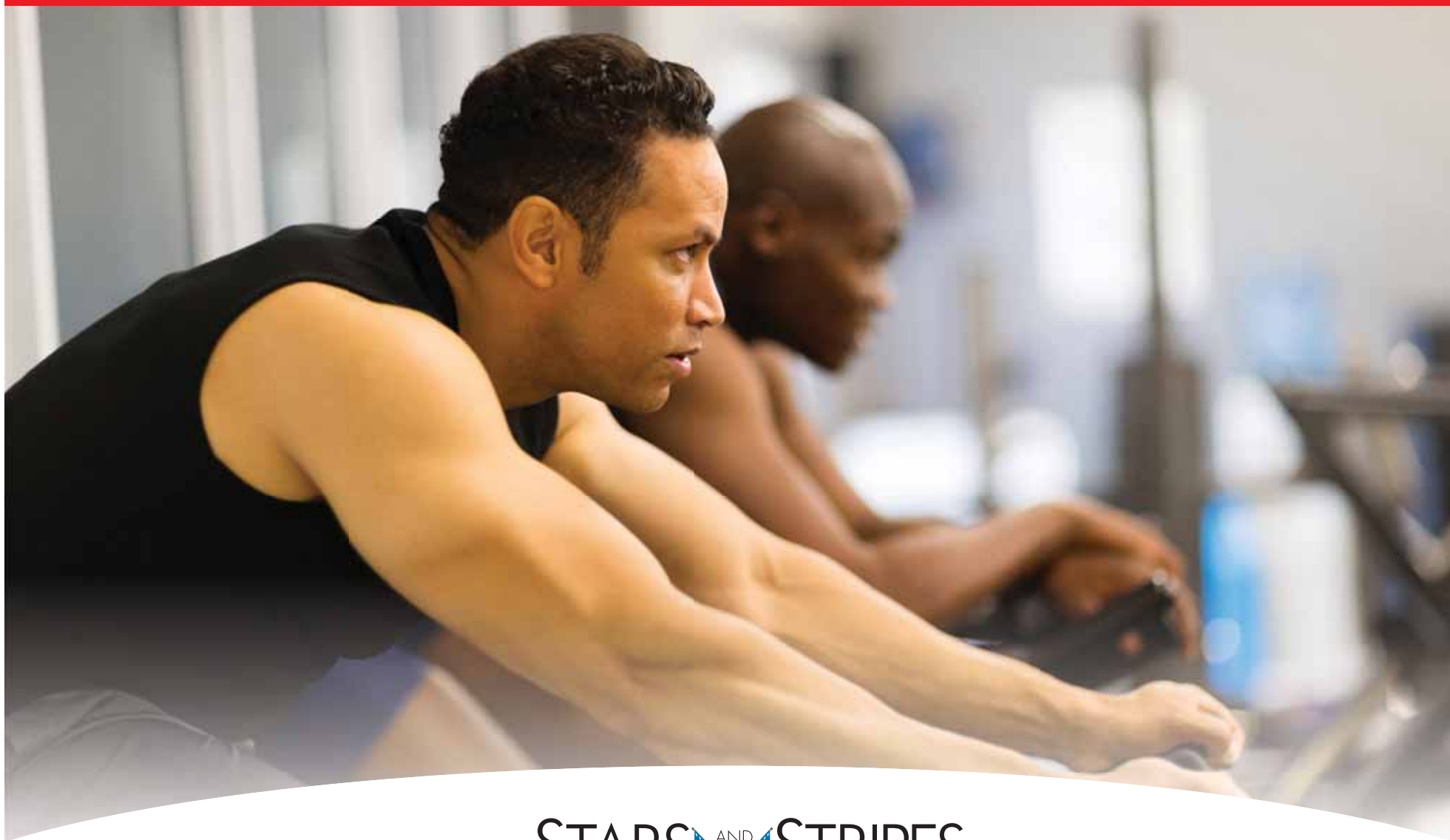


MARCH 2020



STARS  STRIPES®

# Korea Healthy Living Guide

- Digital maps help track coronavirus
- Shaping resilient airmen
- K9s For Warriors – Together they stand



8-PAGE PULLOUT



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# Digital maps help track coronavirus

BY CHIHON KIM,  
STRIPES KOREA

As the new coronavirus, or COVID-19, spreads throughout South Korea, various digital maps created by private software developers and even young students are helping those in the country keep track of confirmed cases and where an individual with the virus has traveled.

Wearing a mask in public and washing your hands frequently with soap and water are just two ways the public is trying to avoid the virus. Officials are canceling events and recommending the public stay home if possible. Staying indoors is not always an option, so make sure to take advantage of the useful maps below before you head out.

## ■ <https://coronamap.site/>

Coronamap features places where confirmed patients have been. They visualize the latest updated info using Korea CDC data plus user-generated markings. This map is color-coded to help track the variances of patients' movements and other locations. Red signifies where a patient has visited less than 24 hours prior. Yellow is where a patient has been for more than 24 hours and less than nine days.

## ■ <https://coronaita.com>

If you type an address in the search bar, Coronaita will show you the total number of places where patients visited, including places that are currently shut-down within a 3km radius of the address. (KOR only)



Courtesy of <https://coronamap.site>

## ■ <https://corona-nearby.com> ★★☆☆☆

This site uses GPS to show virus-affected places. Here, users can also get the latest information on which hospitals and health centers are offering testing for coronavirus. This app is a little on the slower side.

## ■ <https://corona-live.com/>

Corona-live allows you to see updating interactive news articles in real-time, with the latest figures. This website shows all confirmed patients, along with recovered patients and deaths. (ENG/KOR)

## ■ <https://coronamap.live/>

Coronamap features detailed information

about confirmed patients. You can check the patient's age, sex, and whether the patient has recovered or not. If you enter the address of a specific place, this English-friendly website shows you places where the patient visited within 3, 5, 10 km of the address. This website is temporarily not available due to losing info and updating, but it is worth checking out when it comes back online. (ENG/KOR)

*Note: Use these sites as reference, but be aware that information may not always be reflected in real time due to server issues, backlogged information, third-party reporting, etc.*

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**The Marianas**  
[ Saipan | Tinian | Rota ]

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**THE MARIANAS**

THE MARIANAS - SAIPAN • TINIAN • ROTA

The Marianas are an archipelago of 14 islands - including Saipan, Tinian, and Rota - in the Western Pacific under the U.S. Territory. Latte stone limestone monoliths from the time of the pyramids, traditional nature-based ocean navigation not reliant on modern technology, and a culture seasoned by East and West influences are just a few of the experiences awaiting visitors to The Marianas, where pristine sea, sand, and skies are just three to four hours by plane from major Asian gateway cities. The Marianas are home to indigenous Chamorro and Carolinian people, as well as over 20 different ethnicities from around the world who live and work in this harmonious tropical paradise. For more information on The Marianas, visit [www.mymarianas.com](http://www.mymarianas.com), Facebook/[mymarianas](https://www.facebook.com/mymarianas), or Instagram [@themarianas](https://www.instagram.com/themarianas).

Managaha, Saipan

House of Taga, Tinian

Songsong Lookout, Rota

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Ingredients, for the Korean dish bibimbap, sit on a counter during a cooking class.

Airmen attend a spinning class at the fitness center.

# Shaping resilient airmen

STORY AND PHOTOS BY  
SENIOR AIRMAN JESSICA BLAIR,  
8TH FIGHTER WING

KUNSAN AIR BASE -

Airmen from the 8th Fighter Wing participated in Airman's Choice Day, a wing resiliency event, Feb. 21.

Airman's Choice Day consisted of more than 30 events, workshops and activities which brought the Wolf Pack together with the intention to promote

the empowerment of airmen and set them up for success when overcoming personal and professional challenges.

"Resilience is like having the right equipment," said Lt. Col. Michael Howard, 8th FW chaplain and event motivational speaker. "When my family lived in Norway, the Scandinavians had an expression: 'There's no

bad weather, only bad equipment.' Life is like the weather; it just throws all kinds of things at you; sunny days, rainy days, fog, sleet and hurricanes, but if you have the right equipment then you can endure."

There was an extensive range of events for airmen to participate in including fitness opportunities, cooking demonstrations,

a civilian workforce reintegration workshop, language classes, and numerous motivational speakers to listen to.

"I think wing resiliency days are important because they give us time to really reflect on what is going on in our lives and evaluate ourselves," said Airman First Class Kyser Clark, 8th Communications Squadron technician.

Janine Sijan-Rozina, Capt. Lance P. Sijan's sister, also visited the base to share her inspiring and motivating message about resiliency, family and

survival. Sijan-Rozina took the opportunity to speak with airmen and share her brother's legacy and courageous story as a Prisoner Of War, and about his extraordinary resilience which posthumously earned him the Medal of Honor.

"Lance's lesson is an extreme example of what the spirit can do to override physical needs," said Rozina. "His extreme and unbelievable persistence to continue to move forward despite his physical challenges is a story of true resiliency."



Col. Tad D. Clark, Chief Master Sgt. Steve C. Cenov and Janine Sijan-Rozina provide Airman's Choice Day opening remarks.



Chief Master Sgt. Aaron Agner, superintendent, teaches resiliency class attendees racquetball basics.

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Janine Sijan-Rozina, Capt. Lance P. Sijan's sister, and 8th Fighter Wing F-16 Fighting Falcon pilots pose for a group photo. Sijan-Rozina visited the Wolf Pack to share her brother's inspiring story about resiliency, survival and his legacy which posthumously earned him the Medal of Honor.

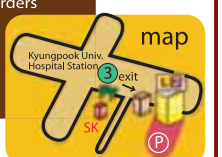


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Courtesy photos

James Rutland, with his service dog Duncan.



Shari Duval, Founder, with her son, Brett Simon, President of K9s For Warriors.

# TOGETHER WE STAND

BY SCOTT SMITH,  
WWW.CONSUMERSADVOCATE.ORG

## MEET JAMES AND DUNKIN

James Rutland is a 12-year Army veteran who served a tour of duty in Iraq in 2004, followed by two more tours in South Korea. He left the military in 2014, suffering from multiple medical conditions related to his service, including mild traumatic brain injury (TBI), sleep apnea, and hearing loss, to name a few.

Most importantly, he suffered from depression and often thought about suicide. Thinking he could do it alone, Rutland tried healing from the trauma on his own. That wasn't working. "If you do what you've always done, you'll get what you always got," says Rutland.

In 2016, Rutland finally rounded the bend of recovery when he was paired with his service dog, Dunkin. "I started focusing on "we instead of "me", says Rutland.

He has a semi-colon tattoo on his right wrist, a known symbol of taking a pause when

thinking about suicide. Unlike a "period" which ends a sentence, the semicolon creates a pause, for the reader, then continues the story. Rutland wears it proudly. "It's a great conversation starter," Rutland says.

He goes on to explain that breathing, family, friends, and the program that gave him Dunkin are what keeps him going.

## THE PROGRAM: K9s FOR WARRIORS

K9s For Warriors is a BBB accredited charity organization located in Ponte Vedra, Florida, that has been pairing rescue dogs with traumatized soldiers since 2011. The dogs are trained to be service dogs, specifically performing tasks to quiet the symptoms of war trauma disabilities in soldiers.

"The skillsets our dogs learn help these warriors with anxiety, isolation, depression, and nightmares," says Shari Duval, the founder of K9s For Warriors.

"So, the warriors can function again in public."

Specifically, the dogs are trained to deal with symptoms of Post-traumatic Stress Disorder (PTSD), traumatic brain injury (TBI), or military sexual trauma (MST), as a result of military service on or after 9/11.

Duval started the program after watching her son Brett Simon suffer from PTSD after he returned from Iraq. Simon did two tours, developing PTSD during the first one. Watching her son suffer from the debilitating condition motivated Duval to research alternative treatments to the standard talk therapy and medication, neither of which worked for her son.

"On average, soldiers take 14 meds a day to treat PTSD, TBI, or MST," says Duval. If treatment is not working, she says veterans are prescribed more and more drugs. "I even knew one soldier who was taking 44 meds per day."

After two years of researching alternative PTSD treatments, Duval came upon a program that paired service dogs to alleviate their PTSD symptoms in veterans.

According to Simon, "Mom was the one that suggested I use a service dog to deal with my PTSD when nothing else worked." Duval saw her son's symptoms begin to improve. She then wanted to help other veterans do the same.

Thus, the K9s For Warrior program was born. With her

son's background in training dogs, including 13 years as a canine police officer, Duval convinced Simon to start the nonprofit together.

To date, the program has rescued more than 850 dogs and 440 military service members, with an astounding 99% program success rate.

Based on a recent Purdue study, the organization's mission seems to be making a difference in the

*"K9s For Warriors sees it as two battles: fighting the past of the dog and fighting the past of the warrior. We're saving two lives here."*

-Brett Simon

lives of warriors.

## WHAT IS PTSD?

PTSD is classified as a mental disorder that develops after a person experiences severe trauma as a result of a traumatic event such as warfare, sexual assault, auto accident, or other severely traumatic events. PTSD symptoms are re-experiencing, avoidance, arousal, and negative changes in beliefs and feelings. The disability manifests itself in depression, anxiety, night terrors, and social embarrassment resulting in isolation. Many individuals have initial symptoms while others can worsen, requiring treatment.

According to the Department of Veterans Affairs (VA), it is common to have reactions such as upsetting memories of an event, increased anxiety, or trouble

*"What Life Without Dunkin?"*

-James Rutland of K9s For Warriors



K9s For Warriors veterans walking with their service dogs.



sleeping after experiencing a traumatic event. If these reactions do not go away or worsen, then the individual may have PTSD.

Along with TBI and MST, PTSD is recognized under the American Veterans Aid (AVA), the Department of Justice through the American Disabilities Act (ADA), and the Veteran's Association of America (VA). The Department of Defense (DoD) is also strongly committed to providing service members and families with access to quality mental health care and resources for all mental health conditions including PTSD.

### PILOT STUDY AFFIRMS ANTICIPATED OUTCOME

K9s For Warriors recently partnered with Purdue University College of Veterinary Medicine on a pilot study testing the effectiveness of service dogs as a complementary treatment for military members and veterans who suffer from PTSD. Dr. Maggie O'Haire, assistant professor of human-animal interaction, along with Kerri E. Rodriguez, research assistant, conducted the study and published the findings earlier this year.

The study had a total of 141 participants from the K9s For Warriors' program or individuals on the program's waiting list. Half of the program's participants had service dogs; the other half did not.

The study found that PTSD symptoms were significantly lower in veterans with service dogs, demonstrating that service dogs are associated with lower PTSD symptoms among war veterans. "The initial findings showed lower depression, lower PTSD symptoms, lower levels of anxiety, and lower absenteeism from work due to health issues," says Dr. O'Haire.

Each morning, she measured levels of cortisol - a stress hormone, in each participant; an increase of the hormone in the morning is indicative of a healthy level or curve. We tend to see a rise in cortisol immediately after waking up. "We call it the morning rise", says Dr. O'Haire.

Dr. Anantha Shekhar, Director of Indiana Clinical and Translational Sciences Institute, and professor at Indiana University School of Medicine was the lead researcher on the grant at the university. "Service dogs are a great resource for veterans to modulate their own reactions and to cope better with symptoms of PTSD," says Dr. Shekhar.

Dr. Timothy Hsiao, a Yale graduate, as well as the Program Director of the National Center for Advancing Translational Sciences (NCATS) at the National Institute of Health (NIH) awarded the NCATS award to Dr. O'Haire as a KL2 Scholar under the CTSA Career Development Award.

"This is an innovative approach to a serious medical issue," said Dr. Hsiao. "This study highlights the unique skills that the CTSA Program Hubs and their KL2 Scholars bring to address difficult conditions like PTSD."

Other key findings (in a related study) included a significant reduction in suicidal thoughts, required medication (not suggested by K9s For Warriors), night terrors, and an increase of three to four more hours of sleep per night. That is, in part, due to the fact that the service dogs are trained to wake up the warriors when experiencing night terrors. Purdue University is currently studying this behavior and although it hasn't been substantiated scientifically, it has been reported by K9s For Warriors anecdotally.



Tiffany Baker and service dog, Buddy.

By Bridget Cassidy

*Soldier, take me from this shelter's cage.  
Give me back my life. In return, I'll cover your back.  
I'll be your canine warrior, your sixth sense.  
I'll stand guard into the night and chase the demons away,  
the uninvited, cloaked in night sweats and darkness.  
I will help you open your cage of solitude  
then walk tall by your side into the light of day.  
Together, our faith will rise as tall as your soldier's pride.  
We are now family in this post-911 world.  
Because together, we stand.*



Damian Jungermann, 45, kneels with his service dog Shai, who turns two years old in March.

Dr. O'Haire has been granted additional funding from NIH to perform a large-scale study on the efficacy of service dogs as a complementary treatment of PTSD symptoms in military members and veterans. The study is scheduled to be completed in 2019.

### THEY RESCUED EACH OTHER

Her senses were always up, in a constant state of fight or flight, ever since that day in May of 2012. Tiffany Baker,

an Army National Guard soldier, was traveling in a Mine-Resistant Ambush Protected (MRAP) vehicle while stationed in Afghanistan when it hit a 250-pound IED. The bomb was so powerful, it rolled the heavily-enforced vehicle.

Baker sustained major physical injuries, requiring four hip surgeries the next year. She also suffered a traumatic brain injury because of the attack. "I was taking 17 medications between being overseas and then coming back,"

says Baker. She was frequently going to the VA, seeing a counselor, psychiatrists, and psychologists. "They were constantly giving me medications." She was feeling more and more isolated.

In February 2015, Baker medically retired, saying goodbye to her unit, the 1157 Transportation Company. That same year, she met Buddy through K9s For Warriors.

Buddy had been badly abused and neglected by his owner. Before being rescued, he was found tied to a tree without any food or water. "K9s For Warriors is great at pairing the dog with veterans," says Baker. She explains that Buddy always covers her back. He's "got her 6", and he creates a safe barrier between her and other people, allowing her to function in public.

Baker was so taken with Buddy and the K9s For Warriors program that she got involved in supporting the PAWS (Puppies Assisting Wounded Service Members) Act of 2017 that got the VA on board with service dogs helping veterans. The bill directs the VA to carry out a five-year pilot program, providing grant funding to qualifying nonprofits that provide service dogs to military members or veterans who suffer from PTSD after they finalize other traditional treatments.

Baker actually spoke at a press conference in support of the act. "Going into the public was very difficult," says Baker. "I'm always watching over my back."

But Buddy has helped Baker to get back out into the public. Tiffany graduated this past May from Waukesha County Technical College with a degree in business management, and an emphasis in social media marketing. As Baker puts it, she is like every other broken person whose service dog keeps them going. She says, "I need to get out of bed to take care of him."

The two rescued each other.

### WARTRAUMA: THE MONSTER IN THE ROOM

Nineteen years at war with a volunteer military has resulted in U.S. soldiers being deployed multiple times more than any other time in modern history.

The DoD reported that between 2000 and September 2017, about 173,000 active-duty service members were diagnosed with PTSD in the military health system, with about 139,000 of those being diagnosed following a deployment of 30 days or more.

According to the DoD, PTSD is treatable, and many service members will recover with appropriate treatment. However, many do not.

Dr. Andrea Roberts, Research Scientist with the T.H. Chan School of Public Health at Harvard University says PTSD is common in civilian life. "Most PTSD goes untreated," says Roberts. "Individuals suffering from PTSD have higher tendencies for cardiovascular disease, high-blood pressure, and autoimmune disease (Lupus)."

Roberts went on to explain there are effective treatments for PTSD, including talk therapy or exposure therapy (where a patient is led through the trauma to understand that the event is part of the past and not in the present). Another treatment is prescription medication on its own or in combination with talk or psychotherapy.

SEE STAND ON PAGE 6





K9s For Warriors Training Program.



Marine and service dog at K9s For Warriors headquarters.



K9s For Warriors headquarters built and donated by Summit Contracting.

# STAND: Saving lives

CONTINUED FROM PAGE 5

## HOW K9S FOR WARRIORS IS SAVING LIVES

### ■ Take Me from the Shelter's Cage

According to the American Society for the Prevention of Cruelty to Animals (ASPCA), 670,000 dogs are euthanized each year in the United States. "We take shelter or rescue dogs and turn them into warriors," says Duval. K9s For Warriors rescues dogs from animal shelters across the United States, particularly local ones including the Alachua County Humane Society, Putnam County Shelter, and Lake City County Shelter.

It takes K9s For Warrior six months to train a dog. They train a total of 120 dogs per year. They rescue most breeds except full-bred Pitbulls, Dobermans, Chow Chows, Rottweilers, or Dalmatians due to insurance restrictions or state sanctions. The service dogs have full public access (with papers) but are not emotional support dogs or pets.

Once the dogs are fully trained, they are ready to be paired with their warrior. As Duval says, "When the dog's healthy, the warrior is healthy."

**As of March, K9s has rescued 1,175 dogs with 612 dogs becoming service dogs, and the remaining rescues placed for adoption with loving families.**

### ■ I Got Your 6

The K9s For Warriors program trains rescue or shelter dogs to perform four specific tasks: averting panic attacks, waking warriors from nightmares, creating personal space comfort zones in public situations by standing in front of the veteran (barrier) and reminding warriors to take their medications.

Dogs also learn two other commands: brace and cover. Many warriors suffer physical disabilities as well, so the brace

command prepares the dog to assist the warrior with standing, sitting or kneeling. The cover command is used to cover the warrior's back.

Many soldiers with PTSD do not like people coming up from behind them. In the field, soldiers say to one another, "I got your back" or "I got your 6." The cover command does just that. The service dog literally becomes the warrior's sixth sense, by sitting and facing the opposite way the warrior is facing. When someone approaches from behind, the dog wags its tail.

According to Moira Smith of the ASPCA, service animals can also boost the handler's social and emotional life, in addition to providing safety and autonomy in public. "The dog acts as a bridge for social interaction," says Smith. She explains that most Americans can't relate to war experiences, but they are familiar with taking care of a dog as a pet. "It also adds another dimension to their identity."

### ■ Dogs and Warriors Together: Let the Healing Begin

The three-week program is open to veterans or military members who became disabled while serving in the U.S.

Armed Forces on or after 9/11. The program costs \$27,000 per participant but at no cost to the warrior. If one cannot cover travel costs, K9s pays for travel to and from the facility. To Duval, every military member or veteran who walks through her door is family and is treated with honor and respect. "We bring the warrior home to heal, to a place to regroup, to hit the reset button," says Duval.

To qualify, a warrior must submit an application and have a verified clinical diagnosis of PTSD, TBI, or MST. All applications go through a full vetting process that takes 2-4 weeks to complete. During that time, a trained service dog is identified that matches the applicant's specific situation and needs. The organization stays in constant contact with applicants throughout the entire application process, including after approval or while a warrior is put on the waiting list. The waiting period is currently one year.

If accepted into the program, the warrior must reside at Camp K9, the organization's Florida facility, for three weeks. There is one program per month with 12 warriors in attendance. Warriors arrive on a Sunday and are introduced to their canine warriors within 24 hours. "After that, you go nowhere without your dog," says Simon.



Dr. Maggie O'Haire and Jason Snodgrass of K9s For Warriors.

K9s For Warriors believes their program is unique. In addition to matching warriors with service dogs and providing training, certifications, seminars, legal instruction, and housing, they also offer what Duval calls "wrap-around services." These include lifelong health care and food for the service dogs and ongoing unconditional love and support of the warrior pair.

The program includes grooming, health care, and command classes, among others. Public access classes take warriors out in public with their dogs, to Costco, to the Jacksonville Zoo, to downtown St. Augustine or a restaurant. "They go to places in a high-stress environment to force them to use their dogs," says Simon. At the end of the program, warriors and their dogs go to a local park and practice all the commands. Before graduating, the pairs take a Public Access test regulated by the Assistance Dogs International (ADI).

ADI sets the standards for training guide, hearing, and service dogs. Sheila O'Brien, the President of the North America Chapter, says, "This is a rigorous process, holding organizations to the highest standards." According to O'Brien, the committee was formed (with ADI) nine years ago to look at programs that are placing dogs with vets and persons with PTSD to develop best practices.

She went on to explain that the initial purpose of ADI was to meet the physical needs of veterans. "After speaking with vets, we understood they could handle the physical disabilities, but it was the PTSD that was with them 24/7, and that's where the service dogs provided the most value."

There are now 72 ADI-accredited programs throughout North America with a total of 17,502 service dog teams formed from accredited programs. Each team must be recertified every five years.

Courtesy photos



## ■ We Are Family

Duval is all about family and serving those she vehemently sees as our nation's greatest asset: our country's military members.

Each month, a new family is formed when a warrior takes his or her first step onto the grounds at Camp K9 in Florida. In addition to meeting their dog and dog trainer, warriors meet the "Housemoms," volunteers who stay in the facility day and night and talk with the warriors about everyday things instead of their military service.

The Housemoms run errands, grocery shop, and take warriors on outings. After graduation, Housemoms continue to stay in touch with the warriors by phone and on social media.

Apart from the Housemoms, K9s For Warriors relies heavily on its volunteers, local businesses, and support from Florida's veteran community. Many of the meals donated to the program come from local restaurants, neighbors, and organizations. Whether it be offering emotional aid to our veterans or helping with kennel enrichment, K9s is readily available to accept new Volunteer Ambassadors.

At the start, K9s For Warriors operated out of two houses with the dogs in the garages and vets sleeping on couches. "Then our humble beginnings were transformed by Summit Contracting. They believed in our

*"It is invisible and causes panic attacks, survivor guilt, anger, etc."*

- Brett Simon



Serviceman shaking paw of service dog. Photo courtesy of U.S. Air Force

*"The dog doesn't know or care about their diagnoses - they love the handler unconditionally."*

- Moira Smith of the ASPCA

program and built us a beautiful 17,000 square foot facility on nine acres. It was the most incredible gift in the world" said Simon.

In 2017, Steve Gold

*"Service dogs are prescriptions on four legs."*

- Shari Duval

and family, gifted The Gold Family Campus to K9s For Warriors. The campus is a 67-acre property featuring a 9-bedroom and 7-bath house. It is powered by solar panels (worth \$1 million), making the campus energy-independent.

It allows four more veterans to attend each monthly program, bringing the total number of warriors graduating per month to 16. The campus will also function as the primary facility for female military members and veterans.

An additional facility means more space for Duval and Simon to save lives.

The future for K9s For Warriors looks promising as Duval and Simon continue

to fight to save lives, both of soldiers and their canine warriors.

Because together, they stand.

For more information on PTSD treatment options, visit the U.S. Department of Veterans Affairs, PTSD: National Center for PTSD or the DoD, which encourages service members to ask for help by affirming that seeking help is actually a sign of strength.

Co-Author Bridget Cassidy,  
Associated Editor

## Warrior FAQs

K9S FOR WARRIORS

### How do I know if I qualify for the program?

K9s For Warriors provides highly trained, accredited Service Dogs for servicemembers who became disabled while serving our country on or after 9/11/01. The disability does not have to be combat related. Applicants must have a verified, clinical diagnosis of PTSD, TBI, or MST to qualify for our program. At this time, K9s For Warriors does not provide Service Dogs to individuals who are legally blind or hearing impaired. We accept applications from all 50 states. Qualifying veterans can apply here.

### What is the application process like?

The Warrior Relations department will go through the application, perform a background check and conduct a phone interview with the veteran applicant to learn more about his/her disability(ies), home and work environment, personality, and family. This information allows K9s For Warriors to train and provide the best dog suitable for each warrior's needs. Once accepted into the program, a class date is scheduled. Our team remains in constant communication with veterans on the waitlist to answer any questions, provide emotional support, as well as assist with travel to and from K9s For Warriors.

### How long is the training and where is it?

In total, the training program is 21 days long. Warriors come to one of our two residential training facilities in Florida, either Camp K9 in Ponte Vedra, or Gold Family Campus in Gainesville. They stay for the entire time to be fully immersed in the training. While at K9s For Warriors, warriors are

provided housing and meals in addition to their daily training, all at no cost. Our campuses are dry.

### Do I get to pick my own dog?

No, you will not be able to choose which dog you are paired with. The pairing process is done by our warrior trainers and dog trainers who consider your personality, activity level, etc. and match you with the dog that will best meet your needs.

### If I am accepted, how long will it be before I get my dog?

Once accepted, our waiting period is approximately 16-18 months long, but can change depending on a variety of factors. Our wait list is one of the shorter waiting periods of all similar agencies. If you're ready for a Service Dog, apply now.

### I have a dog/puppy that I want trained. Do you do this?

K9s For Warriors does not train owned pets. This is because our dogs must meet very strict breed, height, weight, health & trainability criteria. We have over 60 kennels that house our hand-selected dogs who are formally trained before being paired with a warrior.

### What is the cost of the dog and training?

K9s For Warriors is a 501(c)(3) nonprofit and our service comes at no cost to our accepted warriors. The only cost is travel to and from the campus, and we even have outside resources to assist with that.

### What documents are required with the application?

We require a letter from your clinician

stating that you have been clinically diagnosed with service-connected PTSD and/or TBI and/or MST. The letter must also state that you are both mentally & physically capable of sustaining our 21-day training regimen. The completed "Mental Health Verification" form must be attached and filled out by your clinician.

We require the completed "Agreement to Support" Form. The veteran must provide names and contact information of two individuals who have

agreed to provide support to the service dog team.

We require the member 4 copy of your DD214 that shows your signature & status of discharge.

We require a full-length photo for identification purposes.

### How long is the application process?

Application processing can take anywhere from 1-4 weeks, depending on what documents you have available.

### Is my spouse or caregiver permitted to attend training with me?

No, we do not allow visitors or caregivers to attend training with our warriors. We do this to give the warriors a chance to form a relationship with their dog without distraction. Violation of this policy will result in dismissal from the program.

### Am I able to bring my personal weapon (firearm) on campus?

Weapons of any kind are NOT permitted on campus.

### Will I be able to take my dog into a VA hospital or facility?

Yes.

Apply for one of our Service Dogs at  
<https://www.k9sforwarriors.org/warrior-application-survey>





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