



VETERANS REBUILDING LIFE

501(C)(3) NONPROFIT ORGANIZATION
ESTABLISHED 2011

PROJECT 360°

2025 VETERANS PROGRAM

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01

URGENT NEED **SUICIDE CRISIS**

2001 - 2020: VETERAN SUICIDE RATES ROSE FOR EVERY AGE GROUP

Youngest veterans are at the highest risk.¹

Age 18-34: up 95% • Ages 35-54: up 13% • Ages 55-74: up 58% • 75 and older: up 21%

2021: VETERAN SUICIDES ARE 4 TIMES HIGHER

Than casualties of war in Iraq & Afghanistan combined²

2023: SUICIDES RATE INCREASED BY 25% FOR ACTIVE DUTY MILITARY

There has been a gradual increasing trend for suicide in the military over a 10-year period.³

2023: 24 VETERANS COMMIT SUICIDE EVERY DAY NATIONALLY

According to a recent study by the University of Alabama.⁴

¹<https://www.usatoday.com/story/graphics/2023/09/21/veteran-suicide-rate-2023-decreases/70909134007/>

²<https://watson.brown.edu/costsofwar/papers/2021/Suicides>

³<https://www.stripes.com/theaters/us/2023-07-03/military-suicides-pentagon-report-10631188.html>

⁴<https://www.abc27.com/news/top-stories/study-suggests-veteran-suicide-is-higher-than-reported/>

02 VISION + MISSION

Veterans Rebuilding Life (VRL) is an award-winning 501(c)(3) nonprofit founded in 2011, with the vision of healing the long-term wounds of war, by providing humanitarian services to U.S. veterans & victims of conflict abroad.

VRL's core mission is to end the veteran suicide epidemic, improve reintegration and health outcomes for veterans and their families, & re-engage veterans in their communities through meaningful service.

VRL envisions a future where no veteran dies by suicide, no child is wounded in crossfires, and every person has the opportunity to rebuild a life of health, purpose, and dignity after war.

VRL uses a uniquely collaborative peer service provision model designed to improve measurable outcomes for veterans across all dimensions of wellness.⁵ This comprehensive approach has proven effective, maintaining **a record of zero suicides** among VRL service recipients since its foundation.

⁵<https://www.wm.edu/offices/wellness/about/eight-dimensions/index.php>

03 FOUNDATION + PURPOSE

VRL was founded in 2011 by U.S. Marines Dre Popow, Christian Zamora, and Army Major Marykay Satryano. The trio enlisted in their respective branches after witnessing the devastation of 9/11. Upon returning home from combat in Iraq, they, along with fellow vets, began struggling with the physical & emotional wounds of war. Strained family relations, untreated mental health concerns, unemployment, homelessness, & a lack of meaning resulted in substance abuse, hopelessness, and, for many, suicide.

By 2011, VRL's founders lost more of their fellow vets to suicide than the war itself. Despite services available at the time, a national average of 22 veterans committed suicide daily, according to the Dept. of Veteran Affairs (VA)⁶. In response, VRL was born.

Their strategy focused on helping veterans to rebuild their lives by engaging them in meaningful humanitarian projects that offer a sense of closure, atonement & sense of purpose. It's through the implementation of this strategy that VRL has successfully prevented potential suicides among all service recipients.

⁶https://www.mentalhealth.va.gov/suicide_prevention/data.asp

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FIRST MISSIONS 2011-2013

VRL's first mission was Army Sgt. Brendan Marrocco, the first quadruple amputee to survive since the Vietnam War.

Brendan's amputations left him utterly reliant on the assistance of others. VRL supported the construction of specialized housing designed to allow Brendan to live independently. The wheelchair-accessible, voice-activated home was completed in 2013, giving Brendan back the independence taken from him by war.

Tabarek, an eight-year-old girl, was severely wounded during the Iraq War & unable to walk. The war destroyed Iraq's medical infrastructure, leaving her without treatment. VRL sponsored Tabarek's journey to the U.S. where she received surgery at the Shriners Children's Hospital. Just days after her medical operation, she was able to walk again.

The veterans that helped accomplish these missions reported having a renewed sense of purpose in their lives, reduced suicide ideation & improved sense of well-being. VRL identified this service component as the key factor in preventing veteran suicide.

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PROJECT 360° 2015 - 2018

Despite early success, the broader veteran suicide crisis continued with deaths increasing year after year. In response, the VRL founders created Project 360° a comprehensive and evidence-based veteran suicide prevention program.

Project 360° uses peer service provision to address key risk factors contributing to veteran suicide, including barriers to mental health treatment, criminal justice involvement, financial hardship, Morally Injurious Experiences, (MIE's) and a lack of purpose. (See attachment)

More than 200 veterans participated in Project 360 from 2015 to 2018.

100% graduated the program. Among graduates, 86% remained employed, and 92% had no new arrests after 6 months of completing the program.

Most importantly, there were **zero suicides** reported of Project 360° graduates a year post-graduation.

006 PROJECT 360° **NOW**

DEVELOPED FOR VETERANS - BY VETERANS



To date - almost 500 veterans have completed Project 360 with zero suicides.

VRL has also provided short-term services to over 1,500 veterans and their families and sponsored nearly 100 humanitarian missions and local community service projects.



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SERVICE PROVISION

VRL provides both short-term and long-term support services to all U.S. veterans regardless of age, the branch of service, sexual orientation, gender identity, ethnicity, socio-economic status, or specific needs. The sole exception is a dishonorable discharge from military service. Project 360° prioritizes veterans at heightened risk of suicide.

Short-term services address a veteran's immediate needs, including crisis counseling, referrals for pro-bono legal services, mental health treatment, and advocacy (legal, education, health, employment).

VRL also provides college tutoring, resume development, interview coaching, job placement, benefits enrollment, and issue-specific education (financial literacy).

Long-term support services fall under Project 360°, VRL's incremental 3-phase peer support and suicide prevention program, which provides consistent support to individual veterans for periods of 3 to 9 months.

00 HOW YOU CAN HELP

BECOME A SPONSOR: HELP OUR PROGRAMS EXPAND

Funds support expanding the capacity and reach of our programs by hiring and training veteran peer mentors and service providers.

Previous Sponsors: NETSUITE · NYS DIVISION OF VETERANS SERVICES · CIGNA · TECH2SUCCESS · NATIONAL GRID · HUB INTERNATIONAL · A&E · NY KNICKS · FORD · NIKE · BUDWEISER · STOP & SHOP · AMERICAN RED CROSS · COLLISION TRAINING INSTITUTE.

MAKE A DONATION: PROVIDE EMERGENCY AID

Funds cover urgent expenses like rent, utilities, food, clothing, funeral expenses, computers, moving costs, and more. Donate at vrlnyc.org/donate

NETWORK FOR VETERANS: CONNECT A VETERAN WITH EMPLOYMENT

Many veterans just need a foot in the door to get them started in their next career after serving. If you can make a connection or be a professional mentor, reach out to info@vrlnyc.org.

VOLUNTEER: PROVIDE ESSENTIAL SERVICES

We need crisis-counselors, service support specialists, and more to accomplish our mission!

00 AWARDS & MEDIA

2024 Guidestar Platinum Seal of Transparency

2024 · Sweetwater Clifton City Spirit Award · NY Knicks, HUB International

2010-2024 · Top-Rated Nonprofit Award · Great Nonprofits

2019 · Veterans Hall of Fame Award · New York State Senate

2018 · Conspicuous Service Star · Office of the Governor of NY

2018 · Queens Impact Award · Times Ledger

2016 · The Medal of Merit · Office of the Adjunct General

2024 · Pix 11 Interview

2022 · A&E Voices Magnified Feature

2022 · NY1 News Interview

2020 · Ford Entercom Built for New York Feature

2020 · Intrepid & Budweiser Feature

2016 · Witness to War Interviews, Washington DC

2015 · NY1 News Interview

www.veteransrebuildinglife.org

CONTACT US AT INFO@VRLNYC.ORG OR VIA PHONE (718) 255-1630

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