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Heartbeat Serving Wounded Warriors

March 14, 2014

TEAM HEARTBEAT:

Wanted to give you an update on what's happening with the "Scuba Warriors program" and where your generous donations are being spent.

SCUBA Warriors in the News



Scuba diving therapy may aid physical and mental recovery

Scuba Warriors is an incredible therapeutic program that's not only cutting edge, but is truly making a difference in the lives of the Wounded Warriors that are

participating in the program.

In a recent article written by Brandon Scott he relates "Scuba diving provides a unique environment with many therapeutic characteristics that simply can't be replicated on land. First, the weightlessness of being underwater may relieve physical pain and may help patients exercise in a more comfortable manner. Mental and emotional benefits abound also - it's a place where patients may be able to focus, be more in control and feel a sense of achievement".

[Read the full article here.](#)

Northwest wounded warriors dive into SCUBA clinic

Our team brought Try Scuba to the Navy and the wounded and the Command was very positive about it. We are also going to be starting Scuba Warriors in Bremerton.

Scuba Warriors on the Move!!

[Read the full article here](#)



SCUBA Warriors

Here's a look at what's been happening:

- 1) Each month we have an open water certification course.
- 2) We are now including up to 2 spouses a session. Because the family unity is so broken down by war this can help families start to heal and stay together. A lot of times the spouse is the warrior's caregiver so this is an important addition to the warrior's progress.

"Too often, people with major injuries may isolate themselves as they deal with new challenges. It may be difficult to socialize with loved ones and in society, especially at first. Scuba diving is always done with a "buddy" - an instructor or therapist, and sometimes even in groups. This encourages communication and bonding with others".

- 3) We are also offering "advanced classes" along with "stress & rescue classes" which are crucial for some of these warriors. ([Please see attached testimonial from one of the warriors that is getting tremendous help from the Scuba Warrior program](#)).

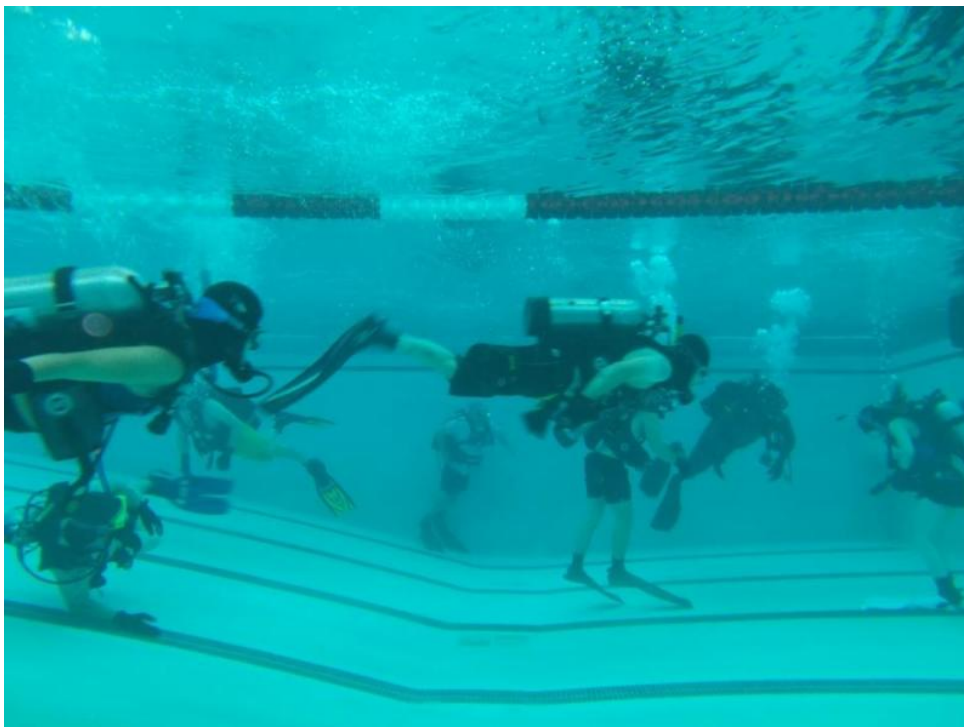
- 4) We are also giving warriors who take a class their own bag with made to fit fins, mask, snorkel, and boots. All other equipment they need is rented and Heartbeat pays for it through [donations](#) made to us for this program.

5) We are now enlarging the Scuba Warriors program to include a "[Dive Control course](#)" which is the big step before taking the instructors course. After completing the Dive Control Course which includes the science of diving, Warriors can be considered "assistants" to instructors and even find jobs.

6) And finally the most exciting news because of a recent grant from Infinite Hero in California we will hopefully in the near future be taking the "Scuba Warriors Program" to wounded Marines and Sailors in San Diego area; we are working on that now. Stay tuned!



Scuba Warrior Class



Attached is a pic of one of our Scuba Warrior classes with one

Diving!!

When I dive I am filled with excitement. My heart begins to race! As I descend, I have to clear my ears to relieve the pressure. In all cases pressure isn't normal for the human body. In my case, and so many other Wounded Warriors alike, pressure had an effect



on our wounds in a positive way. The pressure seems to relieve the pain. I don't know if it re-fires the nerves like they were before my injury or if it puts everything back into proper place. Regardless what it does, it helps immensely. Once my dive comes to a end and I head to the car, I am physically exhausted but my pain is almost nonexistent. It lasts for almost three hours. As I continue to dive on a regular basis, I meet fellow divers and some are fellow Soldiers. Trust is earned and camaraderie builds. A form of support system is built and an emotional hole begins to be filled.

On top of the many benefits diving provides for me, I am sleeping longer and better. I suffer from PTSD and sleep is a huge issue for me for many reasons. Nightmares play a big part in the lack of sleep and I can't remember having one since I began diving. So to sum it up, diving helps my pain, builds my self worth, and improves sleeping habits as it relieves stress better than any doctor or medication has. The Heartbeat foundation is saving my life!

Wounded Warrior
Chad Sullivan

Dive Control Program

Attached is an essay from one of the Soldiers who is being given a scholarship for the Dive Con class of Scuba Warriors paid for by Heartbeat Serving Wounded Warriors. The Wounded Warriors is Jason and he served One Tour In Afghanistan before he was injured and medevac'd back to JBLM.

[SCUBA Essay](#)

3 of the 10 Scuba Warriors on our boat dive.

From left to right:
CWO 4 Rick in our Dive Con program, **main man Mike Biggs**,
SF Mark recently accepted into our Dive Con program



Please take a minute and check out the [Scuba Warrior page](#) on our website. You will see more pictures and videos.

As always we appreciate all of your [donations](#), but could always use more help so while you're visiting the website please click on donate now and give. It doesn't matter if its \$5, \$10, or \$25, whatever you can give it all goes towards helping these warriors get back the lives they once had.

We cannot serve these brave wounded men and women warriors and their families without you.

Heartbeat Serving Wounded Warriors

For any comments or questions, please email Janice Buckley directly at janice@heartbeatforwarriors.org

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