



August 19th, 2017
at Giants Ridge - Biwabik, MN
www.rampagerun.org

WHY SUPPORT MY RUN?

Rampage at the Ridge Extreme 5K Mud/Obstacle Run was created by the United Way of Northeastern MN (UWNEMN) to raise awareness and funds for their initiative "United for Veterans". After a study was completed by Wilder Research on UWNEMN's behalf showed critical service gaps for veterans and their families in the region, the initiative was formed. "United for Veterans" is led by United Way staff and a group of local veterans and servicemembers whose mission is **"To create an environment of honor and respect for all fellow comrades in Northeastern Minnesota, while developing opportunities, supporting those in need and empowering veterans."**

All dollars raised at Rampage at the Ridge stay local and support the development of current and upcoming programming.

To date, United for Veterans has accomplished the following:

1. Manage a crisis fund which allows veterans and servicemembers experiencing a hardship to apply for financial assistance to offset the cost of a basic living expense. UWNEMN receives most referrals from providers such as the local VA Clinics and County Veteran Service offices who reach out once their options have been exhausted.
2. A partnership with Speare Psychological Services is providing any veteran or servicemember experiencing depression, anxiety, PTSD, military sexual trauma or other mental health issues related to the military experience that reside in the UWNEMN service territory to access up to 12 free and confidential therapy sessions at no cost.
3. Host local retreats for veterans and their families. The first was held in September of 2016 at Veterans on the Lake Resort in Ely which will be offered again in the Fall of 2017. Currently, a retreat for female veterans is being organized.
4. Developed a veterans resource center on the Hibbing Community College Campus which provides a space for on campus veterans to convene, study and access the veteran resource officer for assistance with their G.I. Bill and other military benefits.
5. A partnership with the Minnesota Family Assistance Center allowed United for Veterans support the printing of over 6,000 Military Connection Guides which provide information on services available to Northeastern MN veterans and their families. An update and re-print will take place in early spring of 2017
6. Grants disbursed to local veteran service organizations and providers. Most recent was a \$10,000 grant to Veterans on the Lake Resort in Ely a barrier free resort that serves veterans and their families throughout the Midwest. This grant will be used to provide scholarships for veterans that may not otherwise be able to afford their stay at the resort.
7. United for Veterans is currently exploring a partnership with the MN Assistance Council for Veterans to create a shelter/transitional housing unit for the Iron Range area that would be used by veterans in crisis.

It is the vision of United Way of Northeastern MN, that through collaborative efforts with veterans and their families, local service providers, community stakeholders and funders; all veterans in our region will have access not only to improved health care, financial stability and employment, but to high quality and culturally competent support. This access and support will allow veterans, their families and our communities to flourish, grow and thrive.

