

HERO ASSISTANCE



WHO WE ARE?

"Hero Assistance' is a charitable foundation that in 2023, together with partners and patrons, created a shelter for soldiers who are on short-term "leave" or have completed their military mission and need quick physical, psychological, and social recovery



RELEVANCE

Even with the best training and equipment, soldiers can suffer physical and psychological injuries as a result of actions on the battlefield.

Returning to civilian life, 9/10 of defenders need not only rest but also comprehensive mental and physical rehabilitation

Short-term rehabilitation is becoming an essential step in ensuring quick and effective recovery of the military and prevents further complications and development of mental disorders in the future

PROJECT TARGETS

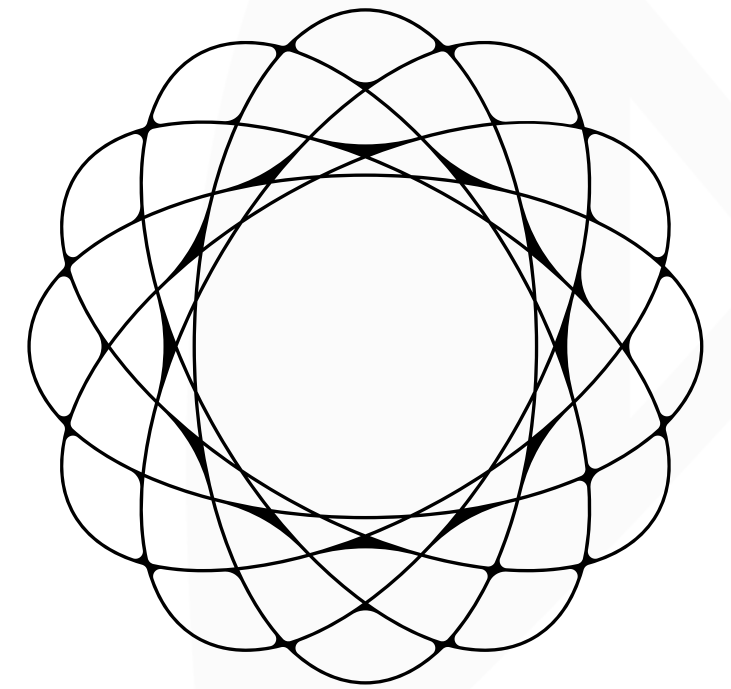
Improving the physical, psychological,
and personal functioning of our
Ukrainian defender

Improvement of the moral and
psychological climate in military units,
military families, and society

Areas of activity

Physical and psychological rehabilitation of military personnel and their families

- ◆ Diagnosis of post-traumatic stress disorders and other mental and psychosomatic disorders
- ◆ Forming categories, providing individual consultations, and drawing up a plan for further rehabilitation
- ◆ Physical rehabilitation after injuries and wounds, preventive measures
- ◆ Formation and support of social skills, social prevention of recurrence, and social support after rehabilitation programs
- ◆ Organization of medical services, medical-check-ups, etc.
- ◆ Providing psychological assistance to military family members



ABOUT SHELTER



LOCATION AND PEOPLE

350 SQ.M.

15 ACRES OF ADJACENT TERRITORY

The center is located in the private sector in the format of a three-story building with a plot and a -1st floor hall:

- Underfloor heating
- 2 showers and 6 rooms
- Technical room
- Electric heating, central sewerage, water and generator

LOCATION AND PEOPLE

40+

Specialists who help our soldiers recover every day: rehabilitators, psychologists, therapists, surgeons, prosthetists, narcologists, and coaches

20

Currently, we can accommodate up to 20 people at a time. Therefore, we have an online queue format

We are open 24/7



ARRANGEMENT OF THE CENTER (HOUSE)

1st floor

- ◆ **Front desk**
- ◆ **Group room + library**
- ◆ **Kitchen-dining area**



ARRANGEMENT OF THE CENTER (HOUSE)

2nd floor

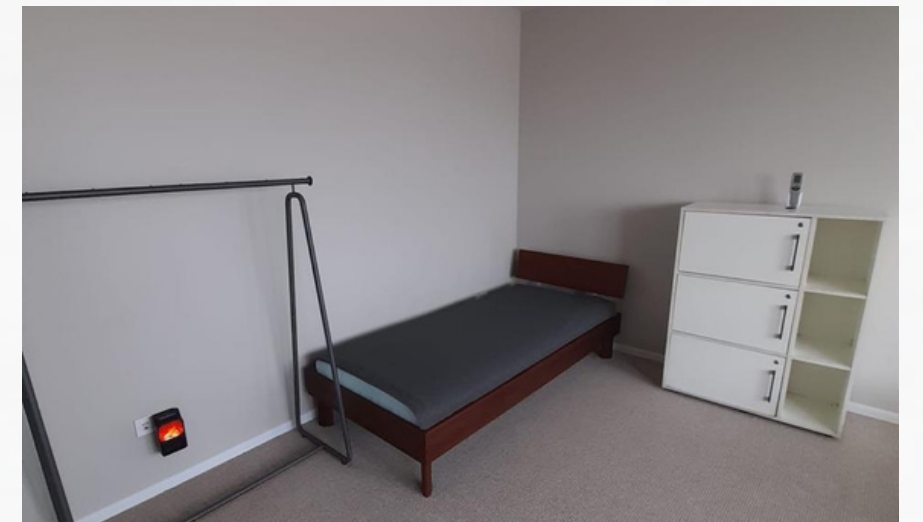
- ◆ **Living room for 3 persons**
- ◆ **Living room for 5 persons**
- ◆ **Living room for 6 persons**



ARRANGEMENT OF THE CENTER (HOUSE)

3rd floor

◆ Living room for 6 persons



ARRANGEMENT OF THE CENTER (HOUSE)

-1 floor

◆ **Psychologist's office**

For group and individual sessions with shelter psychologists



◆ **Physical therapy room**

For individual sessions with each soldier according to the rehabilitation plan



◆ **Technical room**

For storing food, linen and other necessary equipment



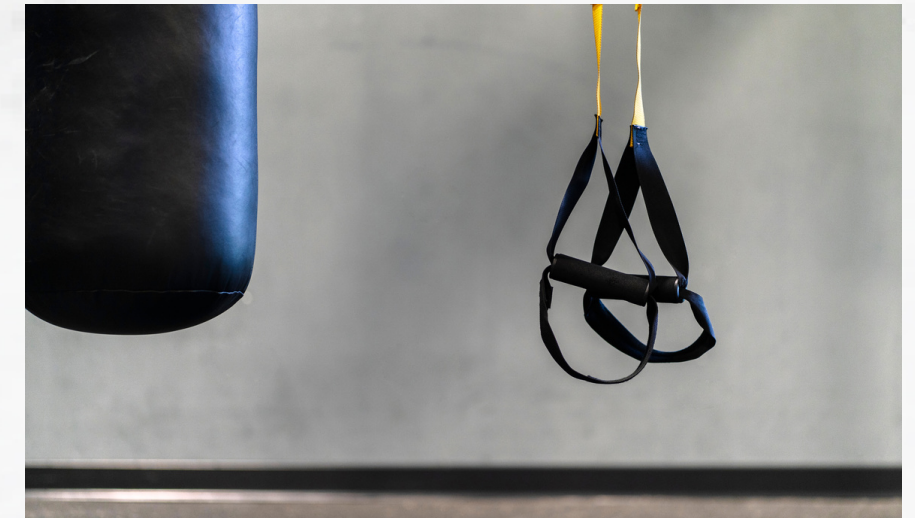
GYM (PROJECT)

-1 floor

At present, the issue of arranging the gym is urgent and requires the involvement of partners and patrons

◆ Necessary equipment for a shelter gym

- Evminov's board
- TRX 2 pcs
- Set of dumbbells
- Barbell set
- Sports bars 2 pcs
- Set for barbell
- Treadmill set
- Swedish wall
- Boxing pear
- Sets of gloves for boxing
- Rowing trainer
- Yoga mats 10 pcs
- Mats 8 pcs
- Rubber espadrilles
- Music equipment



REHABILITATION 21 DAYS

Why 21 days of rehab?

The Shelter uses a 21-day rehabilitation program as the most optimal and shortest period for qualitative psychological, behavioral, and physical changes:

- Enough time for the body to get used to new regimens, procedures, and rehabilitation measures
- Enables to see significant improvements in your physical condition, as some physiological changes in the body can occur during the first weeks after an injury or extreme conditions.
- Sufficient to develop certain psychological patterns and get used to a new lifestyle
- Can be effectively implemented in a rehabilitation program, as it fits into one three-shift cycle and is easy to plan and organize

Although the duration of 21 days is not a legal requirement, it is a commonly accepted term in many short-term rehabilitation programs due to its logical and practical nature

A large, stylized outline of the number '21' is positioned on the right side of the slide. The number is composed of thick black lines and is set against a background of light gray geometric shapes, including a large triangle and a circle.

REHABILITATION PLAN

Post-traumatic psychological assistance

We provide qualified psychological assistance for soldiers who returned from the front and survived injuries and contusions. The process of rehabilitation is accompanied by a curator, psychologist, and psychotherapist

Consulting assistance to the military on prosthetics issues

We are working with the coordinator of Kind Deeds Inc., an American non-profit organization in Ukraine that helps with prosthetics and rehabilitation of wounded soldiers. We will provide consulting services and help you contact foundations and non-profit organizations that deal with this issue

Comprehensive physical rehabilitation

We restore the military's physical and mental condition through group functional training accompanied by sports instructors in various areas of physical activity: exercise therapy, stretching, yoga, etc.

Prevention and overcoming addiction program

Individual and group therapy aimed at overcoming addictions that may have arisen as a result of post-traumatic stress disorder and during the war. We involve a team of psychologists, psychiatrists, and professional narcologists

Recovery from musculoskeletal injuries

We cooperate with a team of rehabilitation specialists, kinesiologists, massage therapists, surgeons, orthopedists, vertebrologists and occupational therapists. Restore after injuries and surgery

Family therapy and assistance in social adaptation

We help military families overcome the crisis period of adaptation from military to civilian life and survive the loss of a family member, friends, and comrades-in-arms. Reach a stable level of communication in society

PSYCHO-CORRECTION TECHNIQUES

VR POST psycho-correction

VR allows to create a safe and controlled environment to recreate situations that can cause stress. It also provides an opportunity to work on coping and adaptation.

VR allows the military to learn effective coping strategies, improves their self-control skills, and helps reduce anxiety.

The VR PosT team consists of psychiatrists, psychologists and virtual reality developers



Comprehensive psychocorrection²⁰

◆ **Art therapy**

A branch of psychotherapy that uses the potential of art to establish psychotherapeutic relationships with clients/patients. The purpose of this group work is to allow different feelings and emotions to manifest themselves, improve psycho-emotional state, relieve nervous tension, improve skills of reflection on one's own needs, activate resource state, increase self-esteem

◆ **Mindfulness**

The ability to maintain awareness and openness to current experience, including all internal mental states and aspects of the external world, without judgment and with acceptance. The approach is used to become aware of bodily sensations, thoughts, and emotional states without the intention of changing them, only observing and accepting them

◆ **A body-centered approach**

Integrates the 3 main aspects of the human psyche: Body, Emotions, and Mind. The approach allows you to reunite feelings, bodily sensations, and thoughts, restore the lost relationships between them, and, as a result, regain well-being. The peculiarity of the practice is to create conditions for the activation of processes that can renew and heal the psyche, restore lost contact with the body

◆ **Resource techniques**

Techniques aimed at solving a wide range of psychological problems, thanks to which a person can realize, use, and renew their own psychological resources. This is the development of support points that give strength to continue performing everyday tasks, dealing with burnout, life difficulties, etc.

Overcoming addictions

For soldiers who have been on the front line, addictions can be a severe problem that affects physical and mental health. After the stress, trauma, and shock of military events, a person may seek escape from various addictions, such as alcohol, drugs, gambling, etc.



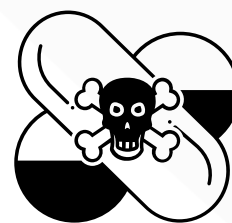
We work with bad habits that were acquired in civilian life and progressed during the war in the form of a recurrence



We deal with the use of psychoactive substances or alcohol after an acute stressful situation



Helping to overcome dependence on medication, including reliance on anti-inflammatories and painkillers



We correct the condition of dependence on psychoactive substances that were used for practical reasons but led to long-term use and addiction

Project specialists

Provide individual and group counseling based on a personal approach, based on the methodologically correct application of a set of measures with scientifically proven effectiveness and feasibility by internationally accepted evidence-based protocols

conducting a primary psychodiagnostic
check-up by multidisciplinary team members

**formation of an individual plan of
psychological rehabilitation** using
international standards specific to particular
problems/disorders

**determination of a psychological problem or
mental disorder, the level of psychosocial
maladjustment**, the possibility or need to receive
services inpatiently, outpatiently or remotely

**determining the need for pharmacotherapy,
prescribing medication and monitoring
compliance** with the prescribed treatment,
monitoring side effects of treatment and
correcting them if necessary

AFTER CARE PROGRAM.

Support after a stabilization period of 21 days in rehabilitation. Military personnel enter the community and become part of the community through which further support will be provided

After care

If necessary, the military can return to rehabilitation for the required time, receive remote support and counseling, and visit doctors (project partners)



ON-SITE ASSISTANCE

Online and offline support from curators, psychologists, and neurologists. We accompany and help in times of crisis and relapse

If necessary, we conduct offsite sessions with psychotherapists, curators, and other specialists in a supportive post-adaptation format



SOCIAL SUPPORT

We conduct online and offline family and group sessions. We provide first psychological support (FPS), primary psychiatric care

We provide information on employment opportunities, centers for assistance to military families and IDPs



TEAM

heroassistance.com

CORE TEAM



Andrii Koshara

Founder of the Hero Assistance
rehabilitation center



Oleg Vaida

Project curator



Konstantin Polyanin

Curator of the area



Kateryna Lytvynenko

Head of Public Relations

ADMIN TEAM



Yevhen Yarovoi

Legal advisor



Svyatoslava Litovchenko

Legal advisor



Vitaly Omelchuk

Volunteer, Head of Logistics



Kateryna Berezovska

Volunteer - logistician

REHABILITATION TEAM



Alina Bykova

Psychologist



Alla Nitsiporovich

Psychologist



Olexandr Shishenya

Physical rehabilitation specialist

REHABILITATION TEAM



Diliara Bukatar

Specialist in recreation and
physical health



Andriy Ilyk

Rehabilitation therapist-masseur



Oksana Kovtuneneko

Surgeon

CENTER

VOLUNTEERS



Pavlo Shevchenko

Volunteer coordinator of
the prosthetics area



Viktor Prokhorov

Volunteer



Abhas

Mentor and center coach



Roman Davidenko

Mentor and volunteer



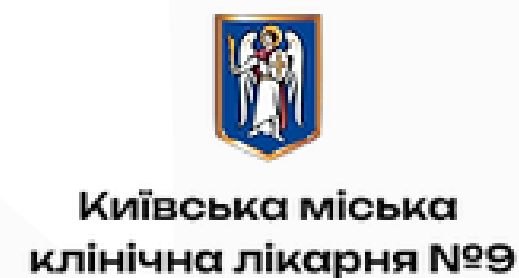
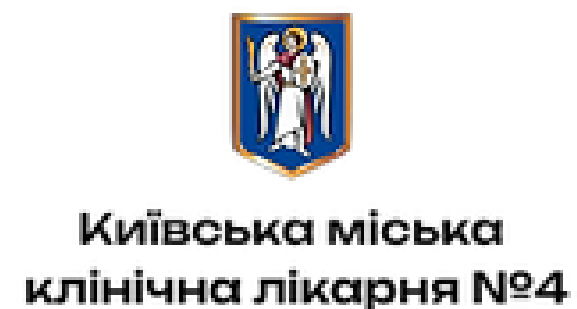
Dmytro Tereshchenko

Volunteer

PARTNERS AND PATRONS



моршинська



WE ARE LOOKING FOR PARTNERS

Dear partners and patrons!

My name is Andrii Koshara, and I am the founder of Hero Assistance, a rehabilitation center for military personnel. I am writing to you with an important request to support our heroes.

Given the high level of our center's needs, we are asking for your support. Your contribution can be financial and material - equipment for the gym, sports equipment, and any resources that will help to equip and maintain this space.

By working together, we can meaningfully contribute to the lives of those who have defended our country. Let's give our heroes the hope and support they so desperately need.

Thank you for your attention and willingness to help. We look forward to hearing from you and discussing further steps of cooperation.

***Sincerely yours
Andriy Koshara
Founder, Hero Assistance***



LET'S HELP OUR DEFENDERS TOGETHER!

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