

Veteran and First Responder Programs

What We Do

A transformative 6 day experience utilizing therapeutic recreation activities to support the healing and growth of veterans and first responders dealing with the symptoms of trauma, as well as their significant others.

Every Weeklong Program Includes

- Mental Health Professionals**
- Mindful Movement**
- Daily Discussion Groups**
- Adaptive Sports Instruction**

Continuum of Care

3 Years of Follow-Up



Access to local community resiliency units (CRU) local recreation events



Who We Are

For over 25 years, Higher Ground has been transforming lives through therapeutic recreation and education. Through recreation, connection, and ongoing support, we help bridge the gap between injury, disability, and belonging.

Higher Ground offers opportunities to heal, connect, build resilience, and rediscover joy through meaningful experiences and community **free of cost** to participants.



[Learn More](#)

Participants of our weeklong programs reported

- 64% reduction in depression
- 43% reduction in anxiety
- 60% reduction in stress
- 32% increase in social connectedness
- 31% increase in self-efficacy

** These are results from peer reviewed assessment measures taken post weeklong program

Explore our programs:

www.highergroundusa.org

Questions?

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Apply to Attend:

Higher Ground supports

- Veterans
- First responders
 - (Law Enforcement, Fire Service, Emergency Medicine)



Dealing with symptoms of trauma including Moral Injury, PTSD, TBI, MST and Polytrauma.

*We offer couples programs including partners free of cost

[Click here to apply](#)