



Hope.
Science. PRESENTS
Life.

ANGEL FORCE USA & WARRIOR GMR FOUNDATION STOP SUISILENCE MENTAL HEALTH SUMMIT



SEPTEMBER

SUICIDE PREVENTION

AWARENESS MONTH

SEPTEMBER 26-28, 2025

NATIONAL MUSEUM OF THE UNITED STATES ARMY FORT BELVOIR, VIRGINIA



ANGEL FORCE USA
STOP SUISILENCE



GENERAL ATOMICS
AERONAUTICAL



Football for Charity

easterseals
DC MD VA



WINGS OF HOPE
MILITARY MINISTRY



DONOR BUREAU



Congressman Morgan Luttrell
R-TEXAS



Congressman Lou Correa
D-CALIFORNIA

Luttrell, Correa Introduce Resolution to Designate September 25th as “National Stop SuiSilence Day”

June 27, 2025 **Press Release**

WASHINGTON — Congressman Morgan Luttrell (R-TX) and Congressman Lou Correa (D-CA) introduced a bipartisan resolution expressing strong support for the designation of September 25th as “National Stop SuiSilence Day.” This initiative underscores the continued need to break the silence and stigma surrounding mental health struggles in America.

“Every single day too many of our brothers and sisters are lost to suicide,” **said Congressman Luttrell.** “This resolution is a call to action. It’s time we stand shoulder to shoulder as a nation and confront this crisis head-on.”

“Every year, we lose countless of our neighbors to the suicide epidemic. And even one life lost is far too many,” Correa said. “It’s past time Congress stood together—Republicans and Democrats alike—and encourage every American to step up, speak out, and take action to take on this crisis once and for all.”

The resolution highlights alarming statistics from the Department of Veterans Affairs, the Centers for Disease Control and Prevention, and other leading institutions. Among the findings:

- Suicide claims over **45,000 American lives** each year.
- Veterans continue to be disproportionately affected, with **17 to 18** suicides per day—and some studies estimating **up to 44** when accounting for overlooked cases.
- Each death leaves behind an estimated **135 people** profoundly impacted—families, friends, and communities forever changed.

By designating September 25th as **National Stop SuiSilence Day**, during Suicide Prevention Month, this resolution calls on all Americans — from individuals and families to local communities and our government — to step up, speak out, and take action. It’s about learning the signs, breaking the silence, and ending the stigma that keeps too many of our people from getting the help they need and deserve.

★ MENTAL HEALTH MATTERS ★

1 SUICIDE
CHANGES
135 LIVES

22-45 VETS A DAY
DIE BY SUICIDE



SINCE 9/11

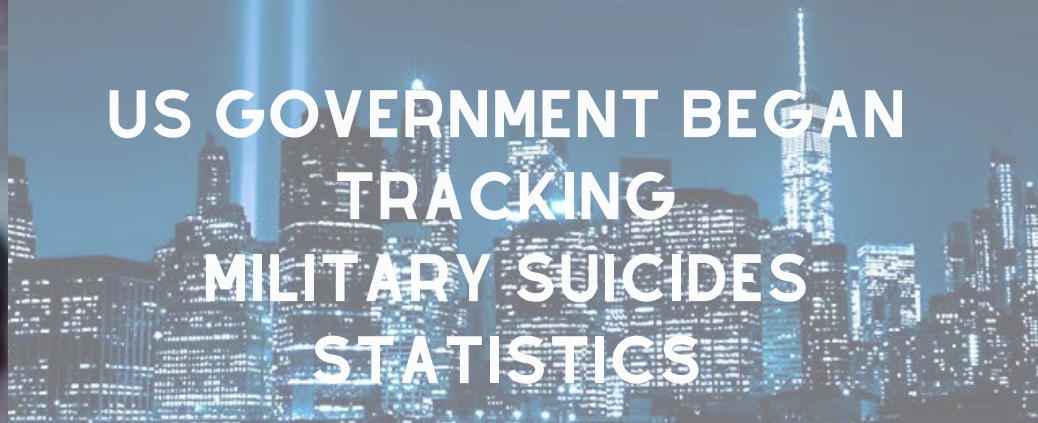
30,177

ACTIVE DUTY
PERSONNEL/VETERANS
DIED BY SUICIDE

7,057

DIED IN COMBAT

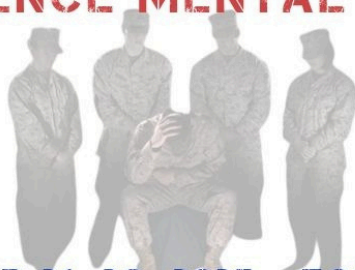
US GOVERNMENT BEGAN
TRACKING
MILITARY SUICIDES
STATISTICS



AN INVITATION TO SERVE THOSE WHO HAVE SERVED

WARRIOR GMR FOUNDATION
STOP SUILENCE

ANGEL FORCE USA
MENTAL HEALTH SUMMIT



SEPTEMBER 26-28, 2025 FORT BELVOIR, VA

According to the Centre for Suicide Prevention, one suicide impacts 135 lives.

This statistic does NOT account for:

- Future generations
- Individuals affected by someone who is AT RISK but has not "completed" a suicide.
- Accidental deaths

Some of the most concerning statistics arise from one of our nation's most valued groups - those who protect our freedom - military service members.

Since 9/11, over 30,000 have died by suicide compared to more than 7,000 in combat. Estimates suggest that between **17 to 45 service members die EVERY DAY** (approximately 1 to 4 PER HOUR).

Moreover, numerous studies worldwide have established that the **contagion effect is real** and that responsible conversation, accurate reporting, and increased awareness can significantly lower the risk of further suicides.

The Warrior GMR Foundation, Angel Force USA, Irreverent Warriors and other veteran service organizations will host their inaugural joint **STOP SUILENCE MENTAL HEALTH SUMMIT** at Fort Belvoir, VA from September 26 to 28, 2025 during Suicide Prevention Month. This three-day event will unite veterans, mental health professionals, policymakers, community support organizations, and influencers to encourage meaningful discussions, forge broader partnerships, and create a roadmap for **GETTING TO ZERO** suicides.

Our mission is to **STOP SUILENCE** (*the avoidance of discussion about suicide*), eliminate stigma, and educate the public about the complexities of the issue. Social support and connection are crucial protective factors against suicide. Engaging the public in recognizing and supporting those at risk through treatment and crisis intervention, preventing reattempts, promoting long-term recovery, and aiding survivors of suicide loss are essential to **GETTING TO ZERO**.

Our summit will feature:

- Panel discussions on topics:
 - Develop, identify, update and promote actionable solutions.
 - Testimonials from survivors, leaders, caregivers and families
- "No Man Left Behind" Gala at the National Army Museum
 - Honoring pioneers in suicide prevention
- "Buddy Bowl" Flag Football Tournament
- Veterans Free "Red T-Shirt Friday" (Remember Everyone Deployed) Concert
 - Featuring Angel Force Band - a touring group of musicians dedicated to the cause from bands including The Who, Bob Dylan, Crosby Stills Nash, David Gilmour (Pink Floyd), Robby Krieger (The Doors), Mick Jagger as well as veterans and military personnel
- War Memorial Walk and Laying of the Wreath Ceremony at the Tomb of the Unknown Soldier
- Over 1,000 participants through all media including:
 - Event and panel attendance totaling 500 people.



NATIONAL
SUICIDE
PREVENTION
AWARENESS

FROM THOSE WHO HAVE SERVED OR HAVE LOST SOMEONE WHO HAS SERVED

We invite you to join us and consider reviewing the attached document for a detailed overview of how you can financially support and participate in efforts to STOP THE LEADING CAUSE OF DEATH IN THE MILITARY.



Brigadier General Edward H. Bailey (Ret)
COMMANDING GENERAL, U.S. ARMY MEDICAL RESEARCH AND DEVELOPMENT COMMAND

Sarah Taylor
FORMER NATIONAL PRESIDENT, AMERICAN GOLD STAR MOTHERS



Colonel Sam Whitehurst, US Army (Ret)
VICE PRESIDENT, PROGRAMS AND SERVICES, DIXON CENTER FOR MILITARY AND VETERANS SERVICES

Dr. John F. Drozd, Ph.D., ABMP
CLINICAL PSYCHOLOGIST, NEUROSCIENTIST, AND ADVOCATE FOR MENTAL HEALTH INNOVATION



General Michael X. Garrett, US Army (Ret)
COMMANDING GENERAL OF UNITED STATES ARMY FORCES COMMAND, EXECUTIVE LEADERSHIP ADVISOR

Brigadier General Dana Hessheimer, USAF (Ret)
ANGEL FORCE USA BOARD MEMBER



General Joseph L. Votel, US Army (Ret)
STRATEGIC LEADER, NATIONAL SECURITY EXPERT, AND FORMER CENTCOM COMMANDER

Josh Otero
FOUNDER AND CHAIRMAN, WARRIOR GMR FOUNDATION



Anne Hyde Dunsmore
FOUNDER AND PRESIDENT, ANGEL FORCE USA
DAUGHTER, KOREAN WAR ARMY VETERAN

STOP SUI SILENCE

ENTERTAIN ENGAGE EDUCATE



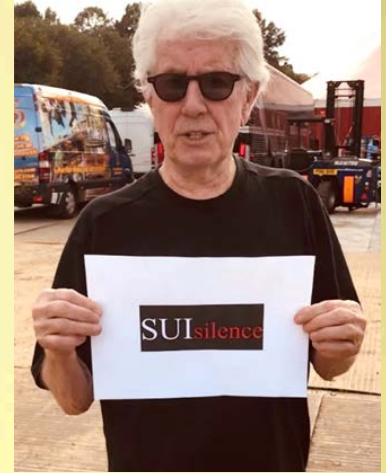
SIR ROD STEWART
FACES
THE JEFF BECK GROUP



RONNIE WOOD
ROLLING STONES, FACES,
ROD STEWART,
THE BIRDS, JEFF BECK



BILLY CRYSTAL



GRAHAM NASH
CROSBY, STILLS, NASH &
YOUNG, THE HOLLIES



KENNY JONES
SMALL FACES, THE WHO



LADY PENNY STEWART



JEFF "SKUNK" BAXTER
DOOBIE BROTHERS, STEELY DAN,
ROCK AND ROLL HALL OF FAME



ROBERT HART
JONES GANG
BAD COMPANY



STAN FRAZIER
SUGAR RAY



FRANK SIMES
ROGER DALTRY, THE WHO,
MICK JAGGER, DON HENLEY,
STEVIE NICKS



SCOTT UNDERWOOD
TRAIN
GRAMMY WINNER



JOSH PHILLIPS
PROCOL HARUM



JIM CREGAN
FOUNDING CHAIRMAN,
ANGEL FORCE BAND
CREATOR OF "SUI SILENCE"
ROD STEWART BAND
CREGAN & CO



MARK ZUNINO
FASHION DESIGNER



SCHEDULE



FORT BELVOIR AND WASHINGTON, DC

FRIDAY, SEPTEMBER 26TH

WELLNESS RESOURCE FAIR

"RED T-SHIRT" FRIDAY VETERANS FREE CONCERT & BBQ

National Museum of the United States Army, Veterans Hall at Fort Belvoir, VA

DURING ALL SUMMIT EVENTS

7:00 PM - 9:00 PM

SATURDAY, SEPTEMBER 27TH

WELCOME

STOP SUISILENCE ORGANIZING PARTNERS

9:00 AM - 9:10 AM

Anne Dunsmore, Founder, Angel Force USA
Josh Otero, Founder and Chairman, Warrior GMR Foundation
James Coleman, Sr. Transition Coordinator, Soldier Recovery Unit, Fort Belvoir
Nate McDonald, Director of Operations, Irreverent Warriors

OPENING KEYNOTE

GENERAL (Ret.) MICHAEL GARRETT

9:10 AM - 9:40 AM

Former Commanding General, US Army Forces Command

PANEL DISCUSSION #1

Army Museum/Veterans Hall

ONE SUICIDE CHANGES 135 LIVES: *Voices of Survival and Loss*

9:45 AM-10:40 AM

Moderated by: Brig. General Dana Hessheimer, U.S. Air Force (Ret.)

Panelists:

Sarah Taylor, Former President, American Gold Star Mothers
Lucas Hamrick, US Army Special Forces (Ret), CEO, Waypoint Data Solutions
Nico Marcolongo, Challenged Athletes Foundation
Brian Brumfield, Veteran Advocate, Surviving Father

MID-MORNING KEYNOTE

GENERAL (Ret.) JOSEPH VOTEL

10:45 AM-11:15 AM

Former Commanding General, US Central Command

PANEL DISCUSSION #2

Army Museum/Veterans Hall

RETHINKING VETERAN SUICIDE

11:15 AM-12:30 PM

Moderated by: Major Ajus Ninan, U.S. Army, Chief, Executive and Legislative Affairs, Walter Reed National Military Medical Center

Panelists:

Emma Hertzberg, Lifeline Horse Rescue and Rehabilitation
James A. Coleman, Sr. Transition Coordinator, Soldier Recovery Unit, Fort Belvoir, VA
Colonel (Ret.) Mary Mayhugh, President & Founder, John P. Mayhugh Foundation
Derek Blumke, Veteran Impact Fellow, Grunt Style Foundation

LUNCH

12:30 PM-1:15 PM

AFTERNOON KEYNOTE SPEECH

Army Museum/ Veterans Hall

Dr. RAJEEV RAMCHAND

1:15 PM-1:45 PM

Co-Director, RAND Epstein Family Veterans Policy Research Institute

PANEL DISCUSSION #3

Army Museum/ Veterans Hall

ERADICATING VETERAN SUICIDE: *Innovative Strategies*

1:45 PM-3:00 PM

Moderator: Brig. Gen. Edward Bailey (Ret.), Former Commanding General of the U.S. Army Medical Research and Development Command

Panelists:

Dr. John Drozd, Chair of Mental Health at the Warrior GMR Foundation
Sam Peterson Founder & CEO of Mind Spa Denver
Dr. Caitlin Thompson, former Executive Director, VA Office of Suicide Prevention
Dr. Michael Platt, University of Pennsylvania

PANEL #4

Army Museum/ Veterans Hall

ROADMAP TO ZERO: *A Call to Action*

3:00 PM-4:15 PM

Moderator: Anne Hyde Dunsmore

Panelists:

Josh Otero, Founder and Chairman, Warrior GMR Foundation
Kimberly Pond, Coordinator, Washington, D.C. Chapter, Irreverent Warriors
Captain (USN, Ret.) Bob Carey, Executive Director, National Defense Committee
Colonel (USA, Ret.) Sam Whitehurst, Dixon Center for Military and Veterans Services

OPTIONAL

PRIVATE MUSEUM TOURS

5:30 PM - 7:00 PM

NO MAN LEFT BEHIND GALA

UNITED STATES ARMY MUSEUM, Medal of Honor Hall, Fort Belvoir

7:00 PM - 10:00 PM

- Reception and Silent Auction

7:00 PM - 8:00 PM

- Recognition Ceremony

- Dinner, Live Auction, Presentations, Concert, Dancing, featuring the Angel Force Band

8:00 PM- 10:00 PM

SUNDAY, SEPTEMBER 28TH

BUDDY BOWL (FLAG FOOTBALL TOURNAMENT) PULLEN FIELD FORT BELVOIR

9:00 AM-12:00 PM

LUNCH/AWARDS CEREMONY

Pullen Football Field, Fort Belvoir

12:00 PM - 1:00 PM

WAR MEMORIAL WALK

CAPITOL MALL

1:30 PM -2:45 PM

SUMMIT WREATH LAYING CEREMONY ARLINGTON CEMETARY, Tomb of the Unknown Soldier

4:00 PM -UTC

MENTAL HEALTH SUMMIT

2025 PANEL CO-CHAIRS



Brigadier General Edward H. Bailey (R)
COMMANDING GENERAL, U.S. ARMY MEDICAL RESEARCH AND DEVELOPMENT COMMAND

BG Edward H. "Ned" Bailey is a distinguished Army leader with a medical and military career spanning decades. A graduate of the University of Maryland, Baltimore County, and the Uniformed Services University, his roles have included Commanding General of the Medical Readiness Command, Pacific, and Deputy Director of the Defense Health Region Agency Indo-Pacific.

Enlisting in the 82nd Airborne Division in 1984, BG Bailey deployed to the Sinai and later served as a commissioned officer and physician in Bosnia, Afghanistan, Iraq, and Liberia. He commanded units such as U.S. Army Health Clinic Baumholder and the 86th Combat Support Hospital and held key leadership roles during the COVID-19 pandemic.

His decorations include the Distinguished Service Medal, Legion of Merit, Bronze Star Medal, Combat Medical Badge, Senior Flight Surgeon Badge, and Parachutist Badge.

Sarah Taylor

FORMER NATIONAL PRESIDENT, AMERICAN GOLD STAR MOTHERS

Sarah Taylor served as National President of American Gold Star Mothers, Inc., a nonprofit organization composed of mothers who have lost a child serving in the U.S. Armed Forces. A resident of Henderson, Kentucky, Sarah joined the group in 2012 after her son's death, seeking a way to channel her grief into a meaningful cause. Over time, her dedication led to her election as president in June. Deeply committed to honoring the memories of fallen service members, Sarah champions a compassionate and inclusive approach, recognizing mothers who have lost children to suicide as Gold Star Mothers. "There's nothing more devastating to a mother than losing a child," she says, a conviction that drives her to help others transform heartbreak into purposeful action. Her leadership unites mothers across the nation, ensuring that no one faces their pain alone and that their collective resolve offers comfort, healing, and hope for the future.

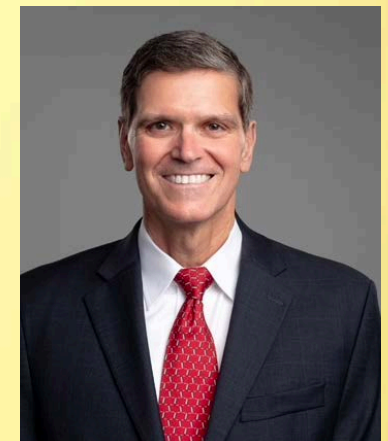


Colonel Sam Whitehurst, US Army (Ret.)
VICE PRESIDENT, PROGRAMS AND SERVICES, DIXON CENTER FOR MILITARY AND VETERANS SERVICES

Colonel (Retired) Sam Whitehurst is a decorated U.S. Army veteran with over 29 years of distinguished service, including leadership roles as a Battalion Commander in the 25th Infantry Division and Brigade Commander in the 10th Mountain Division. He has led numerous operational deployments and strategic initiatives, earning a reputation for exceptional leadership and mission success. Following his military career, Colonel Whitehurst joined Dixon Center for Military and Veterans Services where he is focused on ensuring that our military and veteran communities thrive. Over the last 13 years, Dixon Center has used its influence, ideas, and actions to increase the impact of organizations across all sectors of society that share our noble purpose, to make the lives of veterans and their families better. Colonel Whitehurst holds a Bachelor of Science from the University of North Carolina at Chapel Hill and master's degrees from Louisiana State University, the School of Advanced Military Studies, and the National War College. He continues to champion initiatives that support veterans nationwide.

General Joseph L. Votel, US Army (R)
STRATEGIC LEADER, NATIONAL SECURITY EXPERT, AND FORMER CENTCOM COMMANDER

General Joseph L. Votel (Ret.) is a former U.S. Army Four-Star General and the former Commander of U.S. Central Command (CENTCOM), where he led U.S. and coalition military operations across the Middle East, Levant, and Central and South Asia. Over his 39-year military career, he commanded both special operations and conventional forces at every level, playing a key role in combat operations in Panama, Afghanistan, and Iraq. Notably, he led a 79-member coalition that successfully liberated Iraq and Syria from the Islamic State Caliphate. Prior to CENTCOM, he served as the Commander of U.S. Special Operations Command and the Joint Special Operations Command. Following his retirement, General Votel served as the President & CEO of Business Executives for National Security (BENS) and remains active in defense and national security through board positions and advisory roles. He serves on the boards of AeroVironment, Minnesota Wire, DC Capital Partners, Helix Decision Science, and Noblis Corporation, among others. He is also a Distinguished Fellow at the Middle East Institute and the Distinguished Chair of the Combating Terrorism Center at West Point. A 1980 graduate of the U.S. Military Academy at West Point, General Votel holds master's degrees from the U.S. Army Command and Staff College and the Army War College. He resides in Lake Elmo, Minnesota, with his wife, Michele.



MENTAL HEALTH SUMMIT

2025 PANEL CO-CHAIRS



General Michael X. Garrett (R)

**COMMANDING GENERAL OF UNITED STATES ARMY FORCES COMMAND,
EXECUTIVE LEADERSHIP ADVISOR**

General Michael X. Garrett, U.S. Army (Ret.), is a leadership advisor, public speaker, and military family advocate. He serves as Chairman of the American Battle Monuments Commission and sits on the boards of Textron, First Command Financial Services, and Semper Fi & America's Fund. A Xavier University graduate, he was commissioned as an Infantry officer in 1984 and spent his early career in the elite 75th Ranger Regiment. Over 38 years of service, he held key leadership roles, including commanding U.S. Army Forces Command (FORSCOM), overseeing 750,000 personnel, as well as leading U.S. Army Central and U.S. Army Alaska. Garrett has been recognized with numerous military and civilian honors, including the Distinguished Service Medal and the Ellis Island Medal of Honor. He holds honorary doctorates from Methodist and Xavier Universities and is a Distinguished Member of the 75th Ranger Regiment. Since retiring, he has continued his commitment to leadership and national security as an Executive in Residence at Fayetteville State University and a Distinguished Senior Fellow at the Middle East Institute. He and his wife, Lorelei, reside in Charlotte, N.C., where they enjoy spending time with their children and grandchildren.

Dr. John F. Drozd, Ph.D., ABMP, USAF

**CLINICAL PSYCHOLOGIST, NEUROSCIENTIST, AND ADVOCATE FOR
MENTAL HEALTH INNOVATION**

Dr. John F. Drozd, Ph.D., ABMP is a board-certified clinical and medical psychologist, neuroscientist, and senior leader in behavioral health. With extensive expertise in developing and implementing evidence-based assessments and treatments, he is dedicated to advancing mental health and wellness across diverse populations. Dr. Drozd serves as Chairman of the Warrior GMR Mental Health Committee and is an executive board member, contributing to initiatives supporting mental health and resilience.

Dr. Drozd's career includes leadership roles such as Behavioral Health Advisor at Premise Health, Clinical Director of the NeuroAssessment Centre, and Senior Clinical Psychologist at Innercept, LLC. He has contributed significantly to suicide prevention programs, including introducing evidence-based methods now widely used in military and civilian healthcare systems. His work spans clinical research, telehealth innovations, and leadership in integrated care settings, earning him recognition as a pioneer in mental health solutions.



Brigadier General Dana Hessheimer (R) USAF

**ANGEL FORCE USA, BOARD MEMBER, CHIEF MILITARY LIAISON,
FOUNDING CHAIRMAN, ANGEL FORCE USA MILITARY MENTAL HEALTH
ADVISORY BOARD**

Brigadier General (Retired) Dana Hessheimer is a highly skilled and decorated pilot in the Air Force. He served in the Air Force as a pilot and commander for 31 years, including positions as the Wing Commander for the 163d Attack Wing which stood up the first Air National Guard Wing to fly the MQ-1 unmanned aircraft and later as the Director, Joint Staff, California Military Department, Sacramento, California. There he supported the California Office of Emergency Services in Domestic Operations from 2017-2020. He also served as the Dual Status Commander for the Camp Fire and witnessed the Paradise, CA destruction. He earned his commission thru ROTC at the University of Nebraska-Lincoln, achieving a bachelor's degree in finance. He continued his education and earned a master's degree in management and leadership at Liberty University. He was deployed in multiple combat and peacekeeping operations, demonstrating unwavering dedication and tactical expertise.

Following his military career, General Hessheimer has focused on supporting veterans and their families. As a board member for Angel Force USA, he is a dedicated advocate for veteran mental health and suicide prevention. With a deep commitment to supporting those who have served, he brings a wealth of experience in leadership, military service, and mental health advocacy. "Omnia causa fiunt"

Josh Otero, Co-Founder & CEO, Elanah.AI

Josh Otero is Co-Counder of Elanah.AI which is a company focused on innovating AI-driven mental health solutions for veterans, active-duty service members, and their families. Combining generative AI, coaching, and predictive analytics, Elanah.AI provides proactive, personalized mental health interventions integrated across healthcare, government, and enterprise platforms. Josh also founded the Warrior GMR Foundation, a nonprofit empowering veterans through gaming and community-driven mental health support. With extensive experience in business development, strategic partnerships, and organizational leadership, he is a recognized thought leader in AI-driven mental health and veteran advocacy. He holds a degree in business management from Arizona State University.



MENTAL HEALTH SUMMIT 2025 PANELISTS



Derek Blumke, Veteran Impact Fellow, Grunt Style Foundation, leads national efforts to reduce overprescribing and promote safer psychiatric medication practices for service members and veterans. He chairs the Psychotropic Safety Subgroup of Michigan's Governor's Challenge on suicide prevention. Derek co-founded Student Veterans of America and played a key role in passing the Post-9/11 GI Bill. He was the founding director of the VA's VITAL Initiative and a founding member of the National Action Alliance on Suicide Prevention. His work has spanned leadership, advocacy, and editorial roles, including with Mad in America. A 12-year Air Force and Air National Guard veteran with multiple deployments, Derek holds degrees from the University of Michigan and Alma College.

Major Ajus Ninan (U.S. Army), Chief, Executive and Legislative Affairs, Walter Reed National Military Medical Center, is an active-duty Army Clinical Social Work Officer serving at Walter Reed National Military Medical Center. With more than 25 years of combined military and public service, Dr. Ninan has dedicated his career to supporting wounded, ill, and injured service members and their families. His professional journey includes service in the U.S. Marine Corps and leadership roles in veteran advocacy and military healthcare. A recognized leader in his field, Dr. Ninan has contributed his expertise to national efforts, including serving on the National Academies Committee on Transforming Health Care to Create Whole Health in 2023 and as a panelist evaluating the PACT Act in 2024.



Brian Brumfield is the surviving father of Army veteran Connor Brumfield, who tragically died by suicide at age 22 just eight days after being prescribed Wellbutrin. Connor had no prior history of suicidal thoughts. Since his son's passing, Brian has dedicated his life to preventing similar tragedies and advocating for safer mental health care for veterans. A longtime supporter of the Boy Scouts, Brian proudly watched all three of his sons achieve the rank of Eagle Scout. He lives with his wife, Kim, and their children outside of Columbus, Ohio.

Captain Bob "Shoebob" Carey, US Navy (Ret), Executive Director, National Defense Committee also serves as Principal at Empire-Capitol Strategies. He's previously served as EVP of Advocacy and Strategy at The Independence Fund, served in a variety of positions on multiple political campaigns, and served in a number of Congressional and Executive Branch positions, including the Departments of Energy, Defense, and Interior. Shoebob served 32 years in the US Navy, 10 years active duty, and 22 years in the Reserves, returning to active duty four times after the 9/11 attacks. He served as both a Surface Warfare Officer on destroyers, and as a Bombardier/Navigator in the A-6E Intruder, flying numerous combat missions during Desert Storm. He also served seven times as a Commanding Officer of various Navy Reserve units, on the staff of the Chief of Naval Operations, as an instructor at both the US Naval Academy and the US Naval War College, and in numerous disaster relief positions around the world. Currently Bob serves as Co-Chair of the National Military and Veterans Alliance, a coalition of 46 organizations. He has authored numerous academic papers on combat exposure, PTSD and moral injury, and suicide risk.



James Coleman III, MHP, Director of Transition, Interagency Veteran Advisory Council
James Coleman is the Senior Transition Coordinator for the U.S. Army Recovery Care Program (ARCP) Soldier Recovery Unit (SRU) Fort Belvoir, VA. Mr. Coleman directs the transition of the wounded and ill service members within the U.S. Army Medical Command Fort Belvoir and those that are remote within the North East Region. James specializes in assisting Recovering Service Members (RSM) receiving treatment in Complex Care within the Remote Medical Management (RM2) program. He was appointed as the Director of Transition for the Interagency Veterans Advisory Council (IVAC), which is the federal council that seeks to ensure Veterans, Reservists and National Guard Personnel, and Military Spouses in the federal workforce interests' are represented in policy and practice. James possesses a Master of Science in Kinesiology and Exercise Science and a Bachelors in Homeland Security. James has served honorably within the United States Marine Corps (USMC) in Operation Enduring Freedom and Operation Iraqi Freedom.

Anne Hyde Dunsmore, Founder, President, Angel Force USA, founded the organization in 2018 with a mission is to STOP SUI SILENCE by raising awareness of the fact that suicide is a leading cause of death in the military. Angel Force accomplishes this mission through entertainment, engagement and then education. Anne founded Angel Force Band with Jim Cregan (Former Muscial Director and Lead Guitarist for Rod Stewart, and Charlie Colin, Founding Member of Train and Two Time Grammy Winner). She is the daughter of a Korean War veteran and descendent of many service members dating back to the Revolutionary War. She has spent 50 years as one of the most successful fundraising strategists in both charitable and political efforts with more than 3 decades of work in the military medicine and mental health sectors.



Michael Platt, PhD, is Director of the Wharton Neuroscience Initiative and James S. Riepe Penn Integrates Knowledge University Professor of Marketing, Neuroscience, and Psychology at the University of Pennsylvania. He is author of "The Leader's Brain" and over 300 articles. Michael is former Director of the Duke Institute for Brain Sciences and the Center for Cognitive Neuroscience at Duke, and founding Co-Director of the Duke Center for Neuroeconomic Studies. His work has been featured in the New York Times, Washington Post, Wall Street Journal, Newsweek, the Guardian, and National Geographic, as well as on ABC's Good Morning America, NPR, CBC, BBC, MTV, and HBO Vice. He currently serves on the Advisory Boards of multiple companies and the Yang-Tan Autism Centers at MIT and Harvard, and previously served on the World Economic Forum Global Future Council on Brain Science, as President of the Society for Neuroeconomics, consulted on The Fountain by Darren Aronofsky, and co-founded brain health and performance company Cogwear.

MENTAL HEALTH SUMMIT 2025 PANELISTS



Lucas Hamrick is a retired Special Operations officer with multiple combat deployments across several global conflicts, having served in key leadership roles within the U.S. Army Special Forces Regiment. Following his military transition, Lucas began his personal mental health journey, using that experience as a foundation to create change for others navigating similar paths. He is the Founder and CEO of Waypoint Data Solutions, a health technology company focused on improving mental health outcomes for Veterans and chronic care patients through innovative, data-driven tools. With previous experience as a tech company CEO, Lucas brings a mission-focused mindset to mental health care, combining cutting-edge technology with clinical collaboration.

Emma Hertzberg, Certified Wellness Coach and Nutritionist received her Bachelor Degree in Nutrition Science at the University of Maryland. She is a dual certified health and health coach and is a certified Trauma-Informed Yoga Instructor. She has created community holistic wellness programs utilizing her Lifeline Horse Rescue's Equine Assisted Therapy Services, which serves Fort Belvoir Soldier Recovery Unit providing those suffering from PTSD, suicidal ideation, military sexual trauma and moral injury. She developed and co-facilitates workshops that address challenges associated with trauma and provide a safe, empowering space for participants to take steps toward healing.



Nico Marcolongo, Challenged Athletes Foundation, Director, Operation Rebound Program is a veteran of the Iraq conflict who served 14 years as a Marine Officer. After his second Iraq deployment, Nico was diagnosed with post-traumatic stress. After the conclusion of his military service in February 2008, Nico joined the Challenged Athletes Foundation (CAF) where he leads the CAF Operation Rebound program for injured veterans and first responders. Nico also runs the Buddy Bowl Charity Flag Football Tournament series. He and his family were also featured on the Sesame St. Workshop episode "Coming Home-Military Families Coping with Change".

Colonel Mary Lowe Mayhugh, MA, MBA U. S. Army, (Ret) serves as Principal, Health and Behavioral Social Sciences at MITRE and is President and Founder of the John P. Mayhugh Foundation. In her role at MITRE, she is heavily involved in studies and initiatives across multiple Federal Agencies focusing on organizational change and program management. She has organized key events to bring together expertise from across MITRE and Federal agencies to develop collaborative solutions to address access to mental health programs, utilization of virtual and digital technologies for health care delivery and new program management. In her role as President of the Foundation, she leads national level symposiums to engage thought leaders in Congress, government agencies and private sectors to collaborate on ways to improve mental health for our Military, Veteran and their families impacted by trauma, Traumatic Brain Injury, Post Traumatic Stress, addiction and suicide.



Dr. Rajeev Ramchand, Co-Director, RAND Epstein Family Veterans Policy Research Institute, is a senior behavioral scientist at RAND, and a professor of policy analysis at Pardee RAND Graduate School. He studies the prevalence, prevention, and treatment of mental health and substance use disorders in adolescents, service members and veterans, and minority populations. He has conducted research on suicide and suicide prevention including environmental scans of suicide prevention programs, epidemiologic studies on risk factors for suicide, qualitative research with suicide loss survivors, systematic reviews of the role of firearm availability, storage, and policies on suicide, and evaluations of suicide prevention programs.

Nate McDonald, Director of Operations for Irreverent Warriors, Nate McDonald served in the United States Marine Corps as an Intelligence Operator for Special Projects. He was honorably discharged in 2012 following joint operations deployments across multiple theaters. Since leaving active duty, Nate has continued to support the mission by working as a Consultant and Subject Matter Expert for various U.S. government and military organizations. Nate holds an MBA with a concentration in Nonprofit Management and has over a decade of experience working with military and veteran-focused organizations. For the past seven years, he has served with Irreverent Warriors, where he is currently the Director of Operations.



Kimberly Jewel Pond, Operational Support Coordinator, Washington, D.C. Lead Coordinator, Irreverent Warriors, a nonprofit organization dedicated to improving veteran mental health and preventing suicide. She proudly served 17 years in the Alaska Air National Guard, beginning her military career as a logistician before transitioning to serve as an HH-60 Crew Chief. Kimberly has successfully grown the Washington, D.C. Chapter of Irreverent Warriors by building strong community partnerships and creating impactful programs that resonate with the veteran community. Having survived a suicide attempt in 2011 and witnessing the loss of friends to suicide, Kimberly is deeply passionate about mental health advocacy and the importance of support systems. Her work stands as a testament to resilience, leadership, and unwavering dedication to those who have served.

Caitlin Thompson, Ph.D., Caitlin Thompson Consulting LLC, specializes in mental health, suicide prevention, and Veteran care. A licensed clinical psychologist, she is nationally recognized for her expertise in Veteran mental health. Dr. Thompson served over ten years at the Department of Veterans Affairs, notably as Executive Director of VA's Office of Suicide Prevention and director at the Veterans Crisis Line. She also held leadership roles at Cohen Veterans Network and Red Duke Strategies. Dr. Thompson earned her PhD in clinical psychology from the University of Virginia.





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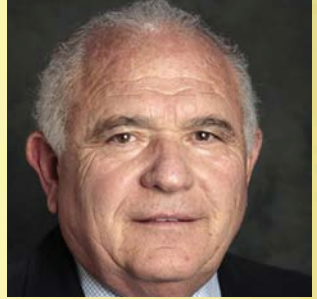
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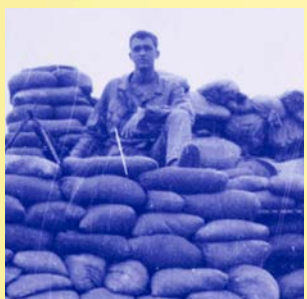
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The **Warrior GMR Foundation** is dedicated to **reducing veteran suicide, fostering resilience, and building stronger communities** by addressing the challenges veterans face after transitioning to civilian life. Through innovative programs, events, and peer-driven support, **we create lifelines for veterans to rebuild resilience and thrive in their next chapter.**



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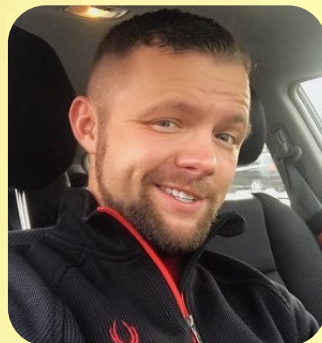
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IRREVERENT WARRIORS



HIKE OVER 100 CITIES ACROSS THE GLOBE

Grab your silkies and get ready for an adventure!

Irreverent Warriors (IW) is a tribe of 75,000 veterans dedicated to combating trauma through humor, camaraderie, and holistic healing.

We bring our community together with unique events like Silkies Hikes, group cruises to the Mediterranean, Caribbean, and Alaska, and holistic sweat lodge retreats (yes, in silkies) in the Ozarks and Puerto Rico. Our mission extends to fostering connection through our IW Gaming Group and providing platoon-level disaster response (not in silkies) when our communities need us most.

With laughter, shared experiences, and innovative approaches, IW empowers veterans to heal, connect, and thrive together.



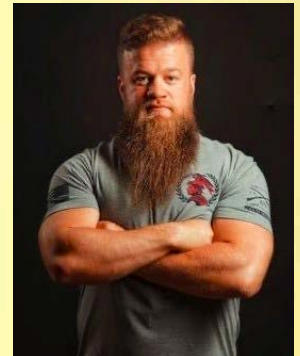
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WASHINGTON DC
LOCAL COORDINATOR



NATE MCDONALD
DIRECTOR OF
OPERATIONS



HUGH TYCHSEN
PROGRAM DIRECTOR



TONY WILSON
VIRGINIA
LOCAL COORDINATOR

50k+

Hike
Attendees

125+

Participating
Cities

100%

Humor &
Camaraderie

125+

Collaborating
Organizations



HIKE. RECONNECT. SHARE. TAG.



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CHAIRMAN, ANGEL FORCE BAND
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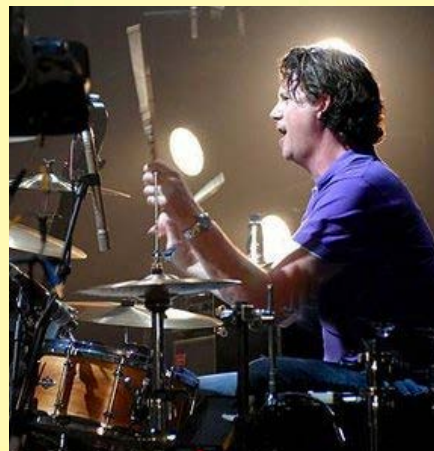
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STOP SUI SILENCE PAST SUMMITS BUILDING A FAMILY



Stop SuiSilence Start Talking





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4 seat at all events. Program recognition. Wellness Resource Fair Booth

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**Hope is being
able to see that
there is light
despite all of the
darkness.**

— Desmond Tutu



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