

COFFEE BUNKER

“To offer opportunities that support our service members and veterans toward successful reintegration with their families and communities.”

**The Importance of Veteran
Peer Support and Veteran
Community in Recovery**





Cpl. Daniel Yusef Ligon

June 10, 2007 at the age of 24, one more Marine, one more precious son, brother, husband, and friend was lost to the silent wounds of war.

The war at home is often fought alone.

The pain and tragic circumstances of Mr. Ligon's untimely death were taken by his mother Mary Ligon and turned into the vision for the Coffee Bunker

Coffee Bunker opened its doors lead by Mary Ligon on September 11, 2010. Mary remains heavily involved and is the heart of the bunker and driving force behind the compassion it shows to all veterans every day.

Mary is often heard saying: "I wonder... would Daniel be here today, if Coffee Bunker had been here yesterday?"

Without question the Coffee Bunker has saved lives and will continue to do so with the help of the agencies and community that have joined this cause.





COFFEE BUNKER 2015

- ❖ 15,014 LOGGED IN VETERANS
- ❖ 48 VETERANS A DAY
- ❖ 578 NEW VETERANS
- ❖ 48 NEW VETERANS A MONTH
- ❖ 2,468 GUEST AND FAMILY
- ❖ 648 VETERANS RECEIVED FOOD
- ❖ \$4107 IN EMERGENCY FUNDS
- ❖ OVER 8,000 VOLUNTEER HOURS
- ❖ AN AVERAGE OF 6 HOMELESS VETERANS A MONTH BROUGHT TO SERVICES





KIDS BUNKER

Coffee Bunker has added a kids room to help keep the veteran and his family as one unit. While the veteran is being provided with valuable resources his or her child has a place to play and feel welcome. The added advantage has been the children enjoying the playroom so much that they help to get the veteran out of their house and playing with their child at the Coffee Bunker.



VETERANS PEER SUPPORT

Veterans identified numerous potential benefits to a peer support program, including social support, purpose and meaning, normalization of symptoms and hope, and therapeutic benefits. Veterans also identified ways that peer support could complement psychotherapy for PTSD by increasing initiation and adherence to treatment and supporting continued use of skills after termination. Results also indicated that Veterans may prefer peer support groups that are separated according to trauma type, gender and era of service.

Hundt, N. E., Robinson, A., Arney, J., Stanley, M. A., & Cully, J. A. (2015). Veterans' Perspectives on Benefits and Drawbacks of Peer Support for Posttraumatic Stress Disorder. *Military Medicine*, 180(8), 851-856. doi:10.7205/MILMED-D-14-00536





Veteran Community Support

Social support is known to be protective for veterans, but our findings add the nuance of substantial obstacles veterans face in locating and accessing support, due to disconnection and unsupportive institutions. Larger scale work is needed to better understand how to foster peer connection, build reconnection with family, and engage the broader community to understand and support veterans; interventions to support reconnection for veterans should be developed.

Ahern, J., Worthen, M., Masters, J., Lippman, S. A., Ozer, E. J., & Moos, R. (2015). The Challenges of Afghanistan and Iraq Veterans' Transition from Military to Civilian Life and Approaches to Reconnection. *Plos ONE*, 10(7), 1-13. doi:10.1371/journal.pone.0128599





Lady Bunker

Dealing with MST and other related issues
Lady Bunker was created to give female veterans a place to go and peer support for all females

Lady Bunker is every Tuesday from 11AM until 3PM.





Operation Scout

Free WIFI & computer access

Scanner printer fax and copier access

Study groups

Tutoring

Resume Assistance

Service connection

Employment assistance through Workforce

Oklahoma, the VA, Ticket to work, VOA, local companies and Individuals

Grant provided by Spirit Aerosystems



Operation Safety Net & Bunker Outreach

Housing assistance through
BRRX4Vets VA Homeless
Outreach & John 316
Thursdays 2pm to 5pm

Outreach to veterans on
the street and in hospitals





Bunker Arts & Crafts/Meeting Area

- ❖ **Pencil art taught by Award winning local Vietnam Veteran Ken Brown Fridays 12:30-2:30pm**
- ❖ **Help Hospitalized Veterans (HHV) over 1000 crafts available free to veterans available through Amanda Eddy craft director Tuesday through Friday**
- ❖ **Native American Beadwork 6pm to 8pm Fridays**

Ligon Hall



- Video games
Xbox 1 and
PS4
- Movies
- Darts
- Billiards
- Special
events
- Camaraderie



Service Officers

Monday & Friday

Disabled American Veterans

American Legion



Bunker Holidays

The Coffee Bunker is open most major holidays all day and provides holiday dinners, Christmas gifts for children and Easter baskets for veterans children





Bunker Clothes Closet

Limited clothing area for veterans. Availability depends on donations. New and gently used clothing is accepted. Items are kept two weeks then used through homeless veteran outreach.





Bunker Food Pantry

Very limited food pantry for those in immediate need. Only requirements for assistance is veteran status. Amount of assistance dependent on need and family size.





Lunch, snack & Hygiene Packs

Lunch packs are for those who are working or in school to take with them for on the site lunches.

Snack packs are for immediate relief of those who are visiting the Bunker that are hungry

Hygiene packs are available to any veteran who request them.

All packs are limited and replenished through donations and programs from area churches and the American Charity League





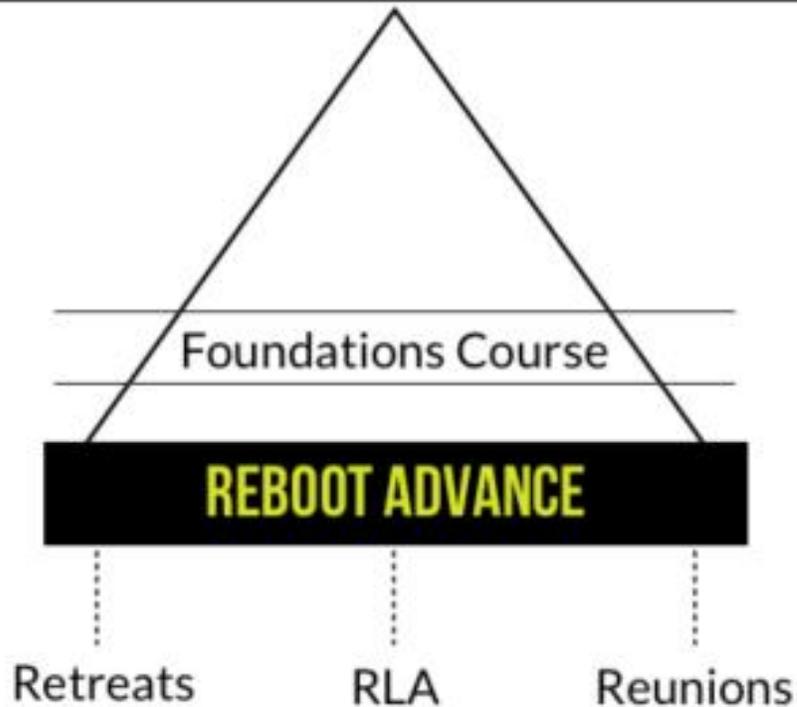
The Community Food Bank of Eastern Oklahoma

**The food truck from
The Community
Food Bank of
Eastern Oklahoma
comes to the Bunker
every Wednesday
and Friday starting
at 12:30**

**Assistance with
food pantry and
outside events**



REBOOT **COMBAT** RECOVERY



FIGHTING ADDICTION & REBOOT

Fighting Addiction provides veterans with a peer run 12-step group that welcomes all addictions in an environment with other veterans who share the same struggles.

REBOOT's faith-based combat trauma healing course that is designed to address the spiritual wounds of war.

Fighting addiction is on Fridays at 6pm

REBOOT is every Thursday at 6:30 pm classes run on a 12 week schedule and requires sign up.



VTC ENGAGE

VTC Engage allows veterans who are in the Veterans Treatment Court to have meaningful task and improved networking through their community service and give back hours.

These opportunities are offered in respectful and empowering ways that give the veteran back their pride and honor in serving their fellow veterans in the community.

Many veterans have found the volunteering meaningful enough that they continue to serve the veteran community long after their graduation and keep the relationships built during their required hours that last and provide positive support networks to keep them from falling back into bad patterns of behavior.





Community Connect

Coffee Bunker looks to the community to support our efforts and partners with over 155 different community organizations, local companies and individual community members to make all of what we do possible.





Community Partners

- | | |
|--|---------------------------------------|
| Blue Star Mothers | Department of Veterans Affairs |
| Community Food Bank of Eastern OK | Partners for Heroes |
| Community Service Council | Soldiers Wish |
| Daughters of the American Revolution | Tulsa Mayor's Advisory Council |
| Department of Rehabilitation Services | Tulsa Vet Center |
| Department of Veterans Affairs | University of Tulsa |
| Disabled American Veterans | Valor Strength and Fitness |
| Help Hospitalized Veterans | Veterans Treatment Court |
| John 3:16 Mission | Volunteers of America |
| | Workforce Oklahoma |





**AND MOST IMPORTANTLY, CITIZENS
AND COMMUNITY ORGANIZATIONS
JUST LIKE YOU!!!
WITHOUT THE COMMUNITY AND
COMMUNITY CENTERED
BUSINESSES WE DO NOT EXIST!!!**

Bunker Supporters

- | | |
|------------------------------------|----------------------------------|
| Automated Mail Systems | Spirit AeroSystems |
| DoubleShot Coffee Company | Good Neighbor Fund |
| Flint Foundation | Tandy Foundation |
| Sharna & Irvin Frank Foundation | Telligen Community Initiative |
| Home Depot Foundation | William K. Warren Foundation |
| Panera Bread | YOT Full Circle Foundation |
| Don and Florence Sharp Foundation | Anne and Henry Zarrow Foundation |
| Spirit AeroSystems Corporate Grant | |





Coffee Bunker 6365 East 41st St Tulsa OK 74135

Find us on Facebook to keep up with new events and Tulsa area veteran functions. Or check out:

www.coffeebunker.org

FAX: 918 794 9061

PH: 918 637 3878

Ahern, J., Worthen, M., Masters, J., Lippman, S. A., Ozer, E. J., & Moos, R. (2015). The Challenges of Afghanistan and Iraq Veterans' Transition from Military to Civilian Life and Approaches to Reconnection. *Plos ONE*, 10(7), 1-13. doi:10.1371/journal.pone.0128599

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