



DEPARTMENT OF VETERANS AFFAIRS
GREAT LAKES HEALTH CARE SYSTEM
VA Medical Center
Milwaukee, Wisconsin 53295

October 15, 2018

To whom it may concern,

It is my pleasure to write a letter of support for Wisconsin Hero Outdoors. I am a Recreation Therapist at the Zablocki VAMC working with Veterans in the Housing Urban Development, Veterans Affairs Supportive Housing Program. I have had the pleasure of collaborating with Wisconsin Hero Outdoors in a fishing event on Pewaukee Lake.

The Veterans I work with are dealing with mental health issues (depression, PTSD, substance abuse, anxiety, personality disorders, schizophrenia) and engaging in recreational activities provides them with the opportunity to address these issues. The benefits that they report through participating in recreational activities include: decrease depressive symptoms; improved focus and attention, increased self-esteem and confidence, sense of personal accomplishment, decreased social isolation and improved social skills, acquisition of new and healthy leisure skills.

The Wisconsin Hero Outdoors Fund fulfills these needs through connecting Veterans and their families to outdoor activities in their local communities and throughout the state of Wisconsin. This organization supports the Veterans with integrating them back into the community and finding meaning, purpose in their lives.

Sincerely,

Courtney Zeller, C.T.R.S.
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HUD VASH Recreation Therapist
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