



## **COMMUNITY RESILIENCY UNITS (CRU)**

CRU's, led by former participants trained as ambassadors, meet for day or multi-day events in their local area and are intended to expand Higher Ground's nationwide reach and impact by championing connection, well-being, and community among veterans and first responders.

## **WEEK-LONG PROGRAMS**

An experience for veterans or first responders and their partner/supporter to use Recreational Therapy to promote healing and growth. The program is designed to help participants discover a renewed sense of identity and belonging, improved quality of life, and connect with a community of individuals with similar experiences.



## **WHO WE ARE**

For over 20 years we have been helping give people of all abilities a better life. With recreation, therapy and continued support, we bridge the gap between disability and belonging.

With headquarters in Sun Valley, Idaho, and programs taking place nationally, we help transform lives across the country. Our programs strategically combine outdoor recreation activities with therapeutic processes to help all participants confront current struggles and develop skills to find success in daily life.

**Ski in Sun Valley**  
**Fish in Alaska**  
**Ice climb in Montana**  
**Surf in CA**  
**Kayak in NY**  
**and more!**

Different recreation opportunities available across the country

There is no other program in the country like ours. We offer whole-life healing that invites the spouse or another supporter to be a part of the journey.

## **WHO WE SERVE**

Active Duty/Retired Veterans  
First Responders who work in law enforcement, fire services and EMS.  
Qualifying Participants experience symptoms of PTSD, TBI, Military Sexual Trauma, Polytrauma, and/or mental health challenges.



# HIGHER GROUND

ADVENTURE. SUPPORT. BELONGING.



ENHANCING THE QUALITY OF LIFE  
THROUGH THERAPEUTIC  
RECREATION AND EDUCATION.

**We encourage. We empower.  
We make people feel like themselves  
again.**

*It's the power of human nature, activated by  
the wonders of mother nature.*



## HIGHER GROUND

**Veteran  
and  
First Responder  
Programs**

For detailed information on  
program dates and more, visit our  
website:

★ [HIGHERGROUNDUSA.ORG](http://HIGHERGROUNDUSA.ORG) ★