

CIGNA SUPPORTS ALABAMA'S VETERANS

Stringent training, deployments, frequent moves, and returning to civilian life put unique stressors on veterans and their families. For veterans in southeast Alabama and surrounding areas, the support offered by Veterans Recovery Resources is critical. This community-based, nonprofit organization offers professional clinical care and peer-based wellness programs for military service members, veterans, their families, caregivers, and survivors.

Cigna grant makes a difference

Recently, the Cigna Foundation awarded a \$100,000 grant to support the efforts of Veterans Resource Recovery. The grant will fund additional peer support specialists, who provide collaborative care beyond clinical services to veterans on their recovery journey. The specialists are also veterans, making them uniquely equipped to offer practical skills, knowledge, and assistance, as well as empathy and hope.

"Unless you've been there, it's difficult to build trust with someone who doesn't understand your experiences. Peer support is anchored in trust through shared experience; that's why it's so effective," said John Kilpatrick, founder and Executive Director of Veterans Recovery Resources and a military veteran.

"We are grateful the Cigna Foundation recognizes the value that an evidence-based, trauma-informed peer support program can bring to the lives of veterans."

— **John Kilpatrick**
*Founder and Executive Director
 Veterans Recovery Resources*

"At Cigna, we have a long-standing commitment to veterans. We're privileged to support organizations that provide services supporting whole-person health to help veterans thrive, both in body and mind," said Susan Stith, Executive Director, Cigna Foundation. "Veterans Recovery Resources is building a community of support for veterans, and we are proud that this grant will allow them to expand their reach."

Cigna's ongoing commitment to helping veterans

In 2019, Cigna and the U.S. Department of Veterans Affairs announced a partnership to help educate veterans about safe opioid use, and help improve the delivery of care and health outcomes for veterans. In addition, Cigna offers a free Veteran Support Line **(855.244.6211)** to all veterans, families, and caregivers to access services and resources for pain management, substance use counseling and treatment, and more.



Recognized by *Military Times* in their 2019 "Best for Vets" list, Cigna has consistently supported veterans and military families through hiring initiatives and providing them with an environment for success. Salute, a Cigna enterprise resource group that is employee-led and backed by executive leadership, offers an open forum, support, and programming for employees who serve or have served in the military, their families, and those that support our veterans.

About Veterans Recovery Resources

Founded in 2015, Veterans Recovery Resources is a "by veteran, for veteran" nonprofit, community-based wellness program dedicated to accelerating veterans' well-being. The program removes the barriers to mental health care and provides a unique recovery program for veterans, families, caregivers, and survivors who are experiencing post-traumatic stress, substance abuse, and other wellness issues. [VetsRecover.org](https://vetsrecover.org).

About the Cigna Foundation

The Cigna Foundation, established in 1962, is a private foundation funded by contributions from Cigna Corporation (NYSE:CI) and its subsidiaries. The foundation supports organizations that share its commitment to enhancing the health of individuals and families, and the well-being of their communities, with a special focus on those communities where Cigna employees live and work. Cigna.com/Foundation.

