



PEACEFUL MINDS

A Wellness Center for Combat Veterans

516-395-7007 • info@peacefulmindsnyc.org • www.PeacefulMindsNYC.org • P.O. Box 232, Atlantic Beach, NY 11509

Amy Mahoney, M.S., L.Ac.

Licensed Acupuncturist and Board Certified Herbalist
AcuDetox Specialist



Amy Mahoney is a New York State licensed Acupuncturist and Chinese Herbalist with certification through the National Commission for Acupuncture and Oriental Medicine, as well as a Level One Reiki Practitioner.

After earning a Bachelor of Professional Studies in Health Science, Amy earned a Master's of Science in Oriental Medicine from the New York College of Health Professionals. Upon graduating in 2003 Amy opened her own practice, Morning Glory Acupuncture, with office locations in Catskill and Long Beach, New York.

From 2006 through 2010, while still growing her practice, Amy served as an Administrative Acupuncturist at Columbia University School of Nursing, where she was involved with two National Institute of Health (NIH) funded studies in the Center for AIDS Research. Following these studies, she again served as an Administrative Acupuncturist for a third NIH funded study at New York University in the division of Special Studies for Symptom Management.

Since spring of 2011, Amy has also worked as a Clinical Administrator of Acupuncture in the Military Wellness Program at Holliswood Hospital. She also currently serves as the Detox Supervisor for Nassau University Medical Center's substance abuse program. Most recently Amy has received the honor of being the first acupuncturist invited to work in the Wounded Warrior Project's new Combat Stress Program.

In 2009, driven by the loss of a friend who had been suffering from untreated Post-traumatic stress, Amy founded Peaceful Minds: A Wellness Center for Veterans. Since then, as Executive Director of Peaceful Minds, Amy has dedicated her life to treating the "silently wounded" combat veterans of Operation Iraqi Freedom and Operation Enduring Freedom. In order to focus on this passion, Amy closed Morning Glory Acupuncture and to this day continues to put all her energy into growing Peaceful Minds.

Amy serves as a Clean Needle Technique Examiner for the Council of Colleges of Acupuncture and Oriental Medicine. She is a member of Acupuncturists Without Borders (AWB); the Acupuncture Society of New York (ASNY) and is a member of and certified by the National Acupuncture Detoxification Association (NADA).



PEACEFUL MINDS

A Wellness Center for Combat Veterans

516-395-7007 • info@peacefulmindsnyc.org • www.PeacefulMindsNYC.org • P.O. Box 232, Atlantic Beach, NY 11509

Dear Friends and Supporters,

After the catastrophic events of September 11, 2001, Peaceful Minds founder Amy Mahoney befriended a FDNY rescue-and-recovery worker named Daniel who worked daily at Ground Zero at the World Trade Center in New York. One night, Daniel confided in Amy about all of the trauma he had endured through his rescue and recovery work. He spent hours divulging the horrific details, memories, experiences- even smells- he had witnessed. Amy was the first and only person with whom he shared these stories. Realizing how traumatized Daniel was, Amy made various attempts to reach out to him, offering her acupuncture services for free. Devastatingly, a few weeks after he had shared his stories, Daniel committed suicide. Looking back it was clear that he was suffering from untreated Post-traumatic stress, which in turn led to his suicide.

This heart breaking and impactful experience prompted Amy to research effective treatment protocol for those suffering from Post-traumatic stress disorder. Current events at that time focused on the conflicts in Iraq and Afghanistan, influencing Amy's research and revealing to her the increasing numbers of accidental overdoses and suicides among combat veterans, as well as a general lack of public awareness of Post-traumatic stress. As Amy learned more, she harbored a growing passion and desire to help silently wounded veterans suffering from service-related stress disorders.

Astonishingly, USA Today reported that U.S. Soldiers killed themselves at a rate of one per day in June 2010, making it the worst month on record for Army suicides. The current rate of suicide among returns veterans is outpacing the number of deaths in combat. What is being done to help our silently wounded veterans who are returning from war?

Peaceful Minds, a non-profit community wellness center, offers hope to these veterans. Through various programs and free therapies including acupuncture, Reiki, massage therapy, instruction in yoga and meditation, combat veterans suffering from service related Post-traumatic stress disorder, traumatic brain injury, anxiety, depression, insomnia and pain, can find relief. The long-term societal cost of service related stress disorders include lost productivity among veterans, homelessness, domestic violence, increased rates of substance abuse and suicide. Peaceful Minds creates a safe and peaceful environment for veterans in which they can heal and successfully reintegrate into society.

We are the first non-profit organization in New York State to serve combat veterans of Operation Iraqi Freedom and Operation Enduring Freedom with free therapies. Other existing integrative models targeting military personnel can be found at the Fort Bliss Restoration and Resilience Center and the Warrior Combat Stress Reset Program at Fort Hood. Today, we are a fiscally sponsored project with FJC, a 501(c)3 public foundation based in New York. We opened our doors as a wellness center in July 2010 and are currently located in Farmingdale, New York. Through the use of our mobile clinic, we are able to reach a large population and regularly see patients in Manhattan.

Today, we ask you to join us in saving lives by becoming a corporate sponsor. Many corporate agencies sponsor non-profit organizations like ours, however, our organization stands out. We have tested and proven our methods and have shown that our up-and-coming Eastern Holistic therapies work to improve the lives of



PEACEFUL MINDS

A Wellness Center for Combat Veterans

516-395-7007 • info@peacefulmindsnyc.org • www.PeacefulMindsNYC.org • P.O. Box 232, Atlantic Beach, NY 11509

our patients. In a trial of our services, all participants reported a three- to four-point drop in their pain after every session, without exception. No participant's pain score ever increased after a session. Scores of the Penn State Worry Questionnaire, Screen for Post-traumatic Stress Symptoms (SPTSS), and Post-traumatic Check List- Military Version (PCL-M) revealed that the veterans who completed the first 12-week protocol experienced an overall average 35.28% decrease in their PTSD and Anxiety symptoms.

The predicted end of war in Afghanistan, according to the Obama administration, is 2014. 1 in 4 combat veterans returning home from the War on Terror suffer from Post-traumatic stress. As you read this, local troops are deployed in Afghanistan. For those already affected by Post-traumatic stress, their symptoms increase and become more chronic as time passes. It is our job to be prepared for these combat veterans as they return home. Services like ours are essential to ensure that these symptoms do not become more chronic. By providing a safe and comfortable environment upon their return, we hope to prevent prolonged suffering in our precious combat veterans. With your support, we can give back to those who sacrifice themselves for our freedom.

Sincerely,

Amy Mahoney



PEACEFUL MINDS

A Wellness Center for Combat Veterans

516-395-7007 • info@peacefulmindsnyc.org • www.PeacefulMindsNYC.org • P.O. Box 232, Atlantic Beach, NY 11509

Mission Statement:

Peaceful Minds is a non-profit community wellness center offering various programs and free complementary therapies, such as acupuncture, reiki and massage therapy to combat veterans, who may be suffering from service related post traumatic stress disorder, traumatic brain injury, anxiety, depression, insomnia and pain. *Peaceful Minds* services will assist veterans to successfully return and acclimate to civilian life.

The long-term societal costs of service related stress disorders include lost productivity amongst veterans, homelessness, domestic violence; increased rates of substance abuse and suicide are well documented. *Peaceful Minds* will create a safe and peaceful environment for veterans in which to heal and more successfully re-integrate into the mainstream.

Peaceful Minds will be the first non-profit organization in New York State to serve combat veterans of Operation Iraqi Freedom and Operation Enduring Freedom with complementary therapies free of charge.

The benefits of integrating Eastern and Western Medicine are widely known. Integrated services are becoming more main stream and are offered at the most prestigious medical centers and higher learning institutions such as Memorial Sloan Kettering Cancer Center, Columbia Presbyterian Medical Center and New York University.

Existing integrative models targeting military personnel can be found at the Fort Bliss Restoration and Resilience Center and the Warrior Combat Stress Reset Program at Fort Hood. They incorporate medical massage, meditation, yoga, acupuncture, marital/family therapy and reiki along with standard treatment protocols including cognitive-behavioral and cathartic psychotherapies, and pharmacotherapy.



PEACEFUL MINDS

A Wellness Center for Combat Veterans

516-395-7007 • info@peacefulmindsnyc.org • www.PeacefulMindsNYC.org • P.O. Box 232, Atlantic Beach, NY 11509

Testimonials of Soldiers

Rank: Sergeant/E5 - 39 years old was involved in a roll-over accident in Afghanistan and suffered a Traumatic Brain Injury, Post-traumatic Stress Disorder and Torn Rotator-Cuff

“I was in a lot of pain and the VA was not really working for me. The VA would take me in and tell me that nothing was wrong or down play the pain I was experiencing. What they didn’t understand was that I had limited range of motion in my neck; I suffered from headaches, shoulder and knee pains. I wasn’t sleeping. I wouldn’t sleep for days. Sometimes, I would sleep 15 minutes to an hour every three days. This caused severe frustration and angry outbursts. My pain, exhaustion and frustration were all being taken out on my family and were really affecting my job as a Deputy Sheriff. Now, after just 5 weeks of treatment I feel so good. My pain has reduced by 80% and I sleep very well. I have minor weekly headaches, my anger has decreased and finally I have begun to enjoy the things in life that I seemed to have put on the back burner since I returned from combat in 2008.

Amy takes the time to get to know you on a personal level. She makes you feel as if she feels your pain. She takes the time to listen and follow-up with you on a daily basis. Peaceful Minds is not like the normal health care providers that treat you as if you are just another face that they will never see again. They put 100% into this program and are always available for you no matter what time of day it is. I believe that if the VA had more people like Amy, Vets would get what they need when they need it and not weeks or months down the road.

The thing I like best about Peaceful Minds treatments is the way they make you feel as well as the dedication that Amy puts in this program. She does the research and devotes much of her personal time to this program. She is making great differences in people’s lives. She doesn’t make you feel as if you are just another screwed up Combat Vet. I would definitely recommend this program to every veteran that comes back from serving with any emotional or physical problems.”



PEACEFUL MINDS

A Wellness Center for Combat Veterans

516-395-7007 • info@peacefulmindsnyc.org • www.PeacefulMindsNYC.org • P.O. Box 232, Atlantic Beach, NY 11509

Rank: SSgt USMC. OIF II Sept 2004-Apr 05 & Desert Storm Aug 1990-Apr 1991 PTSD, severe headaches from TBI, insomnia and severed cerebellum

"I learned about Peaceful Minds from recommendations from friends, figured I would give it a try as my pain level was not being controlled by narcotics. Prior to my treatments I felt depressed, worthless, and in pain 24/7. After treatments I feel much less depression, and pain is coming under control. the most dramatic healing I have experience in treatments has been in my right hip. This is one of my Gulf War syndrome ailments, and after 5 weeks of treatments my pain was almost gone completely. I sleep like a baby for 2-3 days after my Wednesday treatment, unbroken, restful sleep, which I haven't had since 1991. Also pain levels are lower, allowing me to use less narcotic pain meds.

I was never a skeptic. I was open to anything that would make me feel better. Coming from a combat veteran of two different wars, I recommend these treatments to any and all combat veterans. The improvements I have seen in my sleep and pain level alone are extraordinary! Amy is professional and personable. Always greet you with a smile and a hug, and is genuinely concerned about veterans problems and makes it her duty to help us."

Rank: Corporal USMC: OEF March 2004-October 2004 OIF Feb. 2005-October 2005

"I started going to Peaceful Minds in November of 2011. Since I have been going there I have received acupuncture as well as massage therapy. From the treatments that I have received I have noticed a substantial difference in my everyday life. Everything from pain all over my body to stomach problems to PTSD symptoms have been reduced considerably. Their treatments have done more for me than anything the VA hospital has been able to do in the 6 years I have been out of the Marine Corps. Besides the treatments, the care and concern for my overall well being that Amy has shown me is more than any doctor or person has since I have been in the Military- which has also helped in my healing process. Peaceful Minds is a foundation that I would recommend any veteran suffering from any kind of health problems related to the military service to go and receive treatments."



PEACEFUL MINDS

A Wellness Center for Combat Veterans

516-395-7007 • info@peacefulmindsnyc.org • www.PeacefulMindsNYC.org • P.O. Box 232, Atlantic Beach, NY 11509

Rank: Sergeant/E5 - Served in Iraq & Afghanistan

"I served in Iraq from 2004-2005 and Afghanistan from December 2007-September 2008. I had sustained injuries from being overseas because I was in a vehicle accident and I was shot in the shoulder. When I had come back from my last tour I had heard about Peaceful Minds and what they were doing and I was very interested. It took me a while, but I felt good about doing it. I was getting on my family's last nerves and waking up... It took a while before I set up an appointment because of my life being busy. I was sore due to the injuries that I had gotten overseas. I was also very irritable and I showed lack of emotion. After I started to go to the sessions with Peaceful Minds I had noticed that my frustration and soreness from my injuries started to subside. I had started to feel emotions once again. Feelings that I had thought I had lost and that I may never get back, but I have and I am working more and more with those areas. My family has noticed I have changed for the better and they have been telling me that they notice the treatments have been working. I also feel the treatments have been working.

Amy is a great person and providing a great service for us veterans. She makes you feel like you are a person and not a patient. She doesn't make you feel like there is something wrong with you. Peaceful Minds creates a very home-like feeling in the office that doesn't even feel like an office. They are very caring and loving people and I do encourage Combat Veterans to set up an appointment with Peaceful Minds. It Really Does Work!"

Rank: Staff Sergeant, Squad Leader, 39 years old served in Desert Storm and Iraq and lost 4 platoon members, was in an IED explosion

"I was committed from the beginning when they approached me to participate in their 12 week pilot program. I figured if Peaceful Minds is willing to help us I can take the few minutes out of my day to help their cause. It's admirable that they are taking time out of their lives and the fact that they are singling out combat veterans is pretty amazing. Coming here helps to relieve the pain and the stress, I am able to connect with my spiritual self and I look forward to coming here because now I am more relaxed and I don't get as aggravated and internalize those feelings anymore.

I know that today, tonight, tomorrow after my treatment I will be relaxed. Whatever I was thinking about early today, whatever I was stressed about yesterday ranting and raving about on Monday will be washed away tonight and tomorrow.

These people have big hearts and I don't feel like a patient. It's not a medical office, it's like a sanctuary. The girls were very welcoming, warm and caring. The treatment doesn't stop here after I leave the office, they are in contact with us frequently to make sure we are okay and that we have all that we need. That is above and beyond and that means a lot."