

Mission

The mission of Able Forces is to address the critical employment and training needs of our combat injured veterans of the OEF/OIF and severely disabled veterans.

Vision

Our Vision and emphasis on continuity of support focuses on providing employment opportunities, job training, and job retraining to this Nation's heroes suffering from severe disabilities, Post Traumatic Stress Disorder (PTSD) and minor to profound Traumatic Brain Injury (TBI). As veterans, the leadership of Able Forces has the background and expertise to understand and address the unique needs of our former U.S. military.

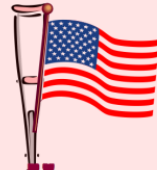
Values

- ★ *Excellence* - Upholding the highest standards in all that we do.
- ★ *Innovation* - Seeking continuous improvement by cultivating creativity, embracing change, and seizing opportunities.
- ★ *Accountability* - Being accountable for achieving measurable results and ensuring stewardship of our resources.
- ★ *Diversity* - Valuing and respecting the contributions and participation of employees, customers, and other stakeholders from different and various backgrounds
- ★ *Collaboration* - Working together with others to achieve the best results
- ★ *Integrity* - Being open, honest and forthright in living our values and conducting all our business activities.

The founding partners of Able Forces have the unique experience and commitment to manage all aspects of work to be performed

Skip Rogers (Executive Director) - Army veteran with 35 years as a federal contractor and business owner. Previous Mental Health Counselor and Therapist. His area of expertise was in severe behavioral disorders with an emphasis on acute psychotic disorders. Former National Research Fellow with the National Institute on Drug Abuse. He has been recognized for his contributions as the senior research assistant in the landmark behavioral research study "Temporal Disorganization and Inner/Outer Confusion in Acute Mental Illness", published in the American Journal of Psychiatry. Over 25 years of charitable program senior leadership.

Joe Cunningham - (Executive Vice President) - Navy veteran with 35 years managing large defense contracting organizations. As President of DynCorp, managed 10,000 employees supporting \$1.5 Billion dollars of annual tasking for various DOD customers. Over 20 years of charitable program leadership. National experience in disaster preparedness and 1st responder program.



ABLE FORCES INC.

Your tax deductible donation will assist Able Forces with providing community-based training programs and transportation.

For additional information please contact Skip Rogers, Executive Director at 540.631.9600 (office) or 703.220.1822 (mobile).

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ABLE FORCES

Serving our Wounded Warriors, Combat Injured, and Severely Disabled Veterans with:

EMPLOYMENT OPPORTUNITIES

and

**BATTLEFIELD TO EMPLOYMENTTM
TRANSITION SERVICES**

**JOB TRAINING
JOB RETRAINING**

Able Forces is a veteran-owned 501(c)3 non-profit and community rehabilitation organization affiliated with the Ability One/NISH program



Extensive Experience in the Wounded Warrior Community

Principles of Able Forces are:

Board Members of American Freedom Foundation (AFF) –

The AFF's mission is to raise money and awareness on wounded services member issues and support to families. American Freedom Foundation's founder, former Sergeant Major of the Army Jack Tilley is a member of Senior Advisor Group to Secretary of VA

Founding Members of National Capital Region Prototype for Community One Source -

Community One Source, under the direction of Easter Seals, coordinates the various Federal, State, local government and NGO's so that the capability of the whole community can be brought to bear to satisfy the needs of wounded service member and the needs of their family members.

Currently working with senior officials within the VA and Military Wounded Warrior Programs, and other Government agencies.

Our past experience includes supporting Walter Reed Army Hospital and Martinsburg VA Hospital. Able Forces will coordinate all hiring activities with the VA Vocational Rehabilitation and Employment (VR&E) Coordinators within local VA hospitals and work with the VR&E group to coordinate special needs and workplace accommodations.

Members of Disabled Veterans Committee on Housing

Ability One/NISH Affiliate

Battlefield To Employment™ Transition Services

Able Forces transition services provide basic skills training focused on preparing our severely disabled veterans to compete in the job market by developing or improving technical and social skills. The coursework and classes we provide are designed to improve life skills and better prepare our heroes to enter or reenter the private industry employment environment.

Life Skills Preparation (each module is approximately 2 hours in length)

Self Esteem – Explores how your self-esteem affects the way you live, how you think, act and feel about yourself and others and how successful you are in achieving your life goals. Get some ideas on how to build up your self-esteem.

Self Awareness – Provides a basic understanding about your self-concept; learn about your values. Participants learn how their disability affects their daily life and how to make positive adjustments. Participants will also explore how feelings and emotions affect daily activities.

Assertiveness Training - Learn the difference between passive and assertive communication. Participants will focus on improving their ability to communicate needs, thoughts and feelings.

Communication - Learn about how to develop effective communication skills and understand what it means to be a good listener. Understand what the barriers are to good communication and learn what your communication style is. Learn techniques to communicate with your doctor.

Stress Management - Learn and understand what stress is and its effects. Learn the common symptoms of stress and methods to deal with it.

Conflict and Anger Management - This class offers suggestions on how you can deal with conflict and anger. It will help you to learn different ways to avoid and resolve conflict. It teaches you how to handle anger from others as well as from yourself.

Setting Goals and Making Decisions - This class teaches you the importance of having goals in your life and how to set both long-term and short-term goals. In addition you will learn different ways to make decisions and how to make the most of those bad decisions or choices that we sometimes make.

Disability Awareness - This class looks at both how we accept ourselves and our disabilities and also looks at how other people perceive us, and how we can positively deal with prejudice, discrimination and negative attitudes of some people toward individuals with disabilities.

Community Resources - Learn how to identify appropriate resources in your community and how to contact them. Learn how to analyze a problem and where to go for help.

Time Management - Learn how to make a schedule you can live with. Learn how to prioritize responsibilities and how not to get caught up in wasting time.

Developing a Budget - This curriculum is designed to provide practical education to help people manage their financial obligations and day to day spending. Learn how to develop a budget, gain information about banking and credit cards and how to make good purchase decisions.

Employment Preparation (each module is approximately 2 hours in length)

Our Employment Preparation classes prepare our veterans by addressing specific areas of the working environment. The employment preparation course includes:

- ★ Building a Resume
- ★ How to prepare for the interview
- ★ Adapting to work routines
- ★ Acquiring appropriate attitudes & work habits
- ★ Understanding job requirements/expectations
- ★ How to use job related equipment

Computer Skills Training

The Able Forces Computer Training Program provides basic and intermediate computer skills development classes to our Wounded Warriors and severely disabled veterans on everyday programs and adaptive techniques that can be used to make the computer a more accessible environment.

The computer skills training program includes:

- ★ Basics of the computer.
- ★ Assisting with identifying assistive technology and alternative techniques for using the computer.
- ★ Assisting those unfamiliar with computers understand how they can use the computer to improve their daily activities.
- ★ Beginning keystroke (typing) classes.
- ★ Introduction to the Microsoft family of software applications.
- ★ Basic use of the Internet

Advanced Training

Able Forces also provides several courses designed to prepare individuals interested in establishing their own professional services / Service Disabled Veteran Owned Small Business.

- ★ Doing Business With The Federal Government
- ★ Working With Federal Contractors
- ★ Government Contracting 101
- ★ Program Management Basics
- ★ Managing Competitive RFPs
- ★ Capture Management