

INTERNITY: *On Point Program and Annual Archery Competition*

Project Leads: Dr. Ruth Moore and Chris Kravitt

GOAL:

The goal of this program is to create opportunities for therapeutic recreation for disabled veterans and their families, create a lifelong passion for both 3D and Instinctive Archery practices, and develop community support and create both camaraderie and good will for the sport and hunting programs.

DESCRIPTION:

This program will accomplish multiple goals to help veterans who are physically limited or impaired because of service-connected disabilities and / or are emotionally struggling to adapt to their limitations.

Disabled veterans with diagnosis of General Anxiety Disorder or Posttraumatic Stress need to feel needed, appreciated, and most importantly, understood. By creating a mechanism where these veterans can become athletes, INTERNITY On Point will create opportunities for them to connect with their communities, and learn skills that will support both brain neuroplasticity and physical conditioning for increased range of motion. Specifically, by teaching a new activity with multiple levels of positive reinforcement, the INTERNITY specialists can implement therapies that will positively affect dopamine, norepinephrine, and serotonin in the brain and will fulfil its humanistic mission to support the physical, emotional, and spiritual needs that are often overlooked by conventional medicine and therapists.

OPERATIONS:

The INTERNITY team has recruited landowners, trained volunteers, and sportsmen's groups to commit time, talent, space, and products to help veterans take real actions that can reduce the suicide epidemic.

We are preparing to establish two facilities with a joint use memorandum with the YMCA in Ellsworth, Maine and a private landowner in Mariaville, Maine to use their spaces for training and competitive events. The INTERNITY corporate office at 108 Main Street can house materials and teach onsite bow safety classes from the Maine Department of Inland Fisheries and Wildlife for veterans and their families to learn foundational skills before they enter the field.

With a focus on 3D and Instinctive Archery, INTERNITY is also exploring the potential participation of their veteran competitors in the national Para-Olympic sports.