

# Valley Forge Village: a project of the

Patrick McCaffrey Foundation

## *Building a Community of Hope and Healing: a campaign to launch Valley Forge Village*

### ***The Need: addressing veteran's "invisible wounds"***

Since October 2001, approximately 1.64 million U.S. troops have deployed as part of Operation Enduring Freedom and Operation Iraqi Freedom.

Casualties of a different kind are beginning to emerge—invisible wounds, such as mental health conditions and cognitive impairments. According to recent studies by the Rand Corporation, it is estimated that returning veterans challenged by these impairments will total more than 320,000.

Conditions such as Post-Traumatic Stress Syndrome (PTSD), Traumatic Brain Injury (TBI) and major depression affect mood, thoughts, behavior and often remain invisible to other service members, family, and society. Symptoms of PTSD and depression manifest months or even years after exposure to stress. Unless treated, PTSD, depression and TBI can have far-reaching and damaging consequences.

According to the Rand study, health care services in the areas of mental health and TBI has significantly increased, yet gaps in access and quality still exist. Valley Forge Village aims to fill the gaps in access by providing direct services to military, veterans and their families and ensuring *quality* treatment by increasing the cadre of skilled providers who are trained in evidence based, culturally (military) specific care.

***"The future of our Armed Services and the future of this country will be integrally linked with how we take care of veterans." George Washington***



### ***The Solution: a place to heal, learn new skills, and enhance resiliency***

Valley Forge Village (VFV) has the potential, with your help, to become a world-class facility for veterans and their families coping with mental health conditions and cognitive impairments. VFV's sponsors envision a vital, sustainable – intentional - community for military, veterans and their families where resiliency enhancement is possible through experiential learning opportunities and personal responsibility. VFV's mission is:

***Valley Forge Village: a Project of the Patrick McCaffrey Foundation, provides a community for veterans, our military, and their families to heal, learn new skills, and develop quality of life.***

To this end VFV seeks to acquire a unique, pre-existing campus consisting of approximately 120 acres with a cluster of 25 Neo-Classical Revival and Georgian Revival buildings situated in the center of the site. The location, originally known as the Minnesota Home School for Girls, dates back to 1911 and offers a rural setting surrounded with mature trees, substantial lake frontage and easy access. VFV is just two hours northwest from the Twin Cities of Minneapolis and St. Paul. VFV offers excellent recreational opportunities including fishing, hiking, and the 28-mile paved Lake Wobegone Recreational Trail.



## Programs and Services

Residents and guests at Valley Forge Village can take advantage of the following:

- **Comfortable short and long-term housing** for individuals – 200 current capacity that can be expanded over time. Assisted care housing and hospice housing also provided in subsequent phases of development.
- **A unique program intended to optimize mind, body and spirit wellness.** Trained mentors will tailor activities to specific individual and family needs. The program strives to instill in participants a sense of purpose that will lead to personal fulfillment, happiness and wellness. Results will be monitored by the Complementary and Integrative Medicine Program of the Mayo Clinic in Rochester, MN.
- **Training for mentors in the VFV wellness model** will be available to other professionals seeking to enhance their skills.
- **The newest principles of organic farming** and sustainable family farm practices will be taught on-site in a therapeutic setting. The farming program will be the primary source of food for VFV as well as a source of revenue as excess production is sold.
- **Residents can choose from over 50 courses of study** including criminal justice, health care, technology and design, and business development that are offered by eight surrounding universities and community colleges all conveniently located in the Sauk Center area. Participants can pursue levels of achievement from a certificate of completion to a master's degree.
- **Business start-up and development training** will be offered to our guests in affiliation with VICTRI, a service organization that helps incubate new businesses and projects with veterans.

***“From Valley Forge to present day, our military has lived in some miserable places and conditions. We will provide them this setting of beauty and solitude.” Jimmie Coulthard***



***HOUSING FOR INDIVIDUALS AND FAMILIES \* ORGANIC GARDENING \* SUSTAINABLE FARMING \* MENTORS FOR LIVING \* EDUCATIONAL OPPORTUNITIES \* BUSINESS DEVELOPMENT \* EQUINE, ART & MUSIC THERAPY***



View of the horse barn.





## Leadership Team

VFV is a primary project of the Patrick McCaffrey Foundation, a 501c3 organization based in California that creates and supports opportunities for military, veterans and their families. The Foundation was created by Nadia McCaffrey to honor her son Sergeant Patrick McCaffrey, who was killed in Iraq in 2004. To ensure the development, governing, and operational capacity of the project, the Foundation has enlisted the skills and expertise of a diverse leadership team located primarily in Minnesota:

- Veterans Initiative Center & the Research Institute, VICTRI, has adopted a leadership role with the project. VICTRI serves to “incubate” veteran initiated businesses or projects. [www.victri.org](http://www.victri.org)
- Roark, Kramer, Kosowski Design and CLOSE Landscape Architects have provided initial plans for re-use of the existing property and facilities, and design for future building on the campus. [www.cloسلاندarch.com](http://www.cloسلاندarch.com) and [www.peterkramerarchitect.com](http://www.peterkramerarchitect.com)
- Life's Resiliency Mentoring, Inc. will design and implement protocols for wellness treatment, care and training on site. The Complementary and Integrative Medicine Program of the Mayo Clinic in Rochester has endorsed and will monitor wellness treatment effectiveness through an evidenced based outcome follow up study. Medical needs will be attended to by nearby Veteran Administration Hospitals and Clinics as well as from the local community hospital and clinic.
- The Farmer Veteran Coalition, a 501c3 organization, will establish, maintain and operate Valley Forge Farm, a sustainable agriculture training program focusing on family farm practices and providing year round organic produce for Valley Forge Village [www.farmvetco.org](http://www.farmvetco.org)
- LarsonAllen, LLP-CPA's, Consultants & Advisors will provide financial consultation and advice on operational correctness and compliance [www.larsonallen.com](http://www.larsonallen.com)
- BWCA Asset Managers will be responsible for overall management of all facility operations and maintenance.
- And, a group of dedicated volunteers giving time and energy to bring this timely vision to a reality.

## More than Shovel Ready

The following work has been completed at the VFV campus:

- *Environmental Assessment Worksheet (EAW) complete*
- *Historical survey complete*
- *Phase I environmental study complete*
- *Preliminary Plat (Common Interest Community) complete*
- *Topographical survey (1' contour surveyed) complete*
- *Archeological study, all mounds have been located*
- *Asbestos and lead paint study complete*
- *All significant trees, located and surveyed*
- *All underground infrastructure, located and surveyed*
- *Reuse study complete*
- *Buildings meet American Disabilities Act (ADA) Code*
- *Campus has “Connect Minnesota” high-speed internet*
- *Condition of roofs and physical plant documented*
- *Exceeds code for Fire Marshall and State Health Department*
- *Property is in a JOBZ zone*





## Benefits

The need and the opportunity are clear. Valley Forge Village will offer not only direct benefit to veterans, their families and care professionals, but will offer significant public value in the form of jobs - approximately 40 jobs in the start-up phase and more during ongoing operations.

To avoid losing the promise that VFV offers veterans and their families we need your help today! It is a huge project but it can be accomplished with your help.

***If you and others help we can build a place where we can begin to repay the sacrifice made by others to protect our country and way of life. A place where dreams come true. A place where individual potential is realized. A place where families come together to build a new future.***

Your gift can help VFV begin the process. If you would like to be a part of this unique opportunity or would like more information, please **contact**:

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VFV Web Address: [ValleyForgeCenter.org](http://ValleyForgeCenter.org)



## Acquisition and Start-up Costs

The property is currently being offered for sale at \$4.6 million, which is a fraction of the cost to replicate a facility of this caliber and condition. This includes 120 acres and 21 buildings capable of housing 200 residents. A total of \$3.5 million is required for acquisition of furniture, fixtures and equipment, and for building renovation to provide for immediate housing. **Therefore, property acquisition, building renovation and equipment totals \$8,100,000.** VFV's long term goal is to become self-sustaining.

An option to purchase adjacent parcels that could fulfill additional housing needs, job training facilities and farmland is available for \$4 million. This option can be pursued in subsequent phases of VFV development, allowing for a full realization of services for veterans and their families.

