

What is VOA|ReST Virtual?

VOA|ReST Virtual is a free, confidential, group process that supports emotional resilience in people struggling with isolation, fatigue, frustration, anxiety, and a sense of inadequacy or failure.



What can I expect from VOA|ReST Virtual?

Sessions of up to ten participants are scheduled nearly every day, for an hour. People may attend alone or with others they trust. Peer facilitators guide the conversations. As participants share difficult experiences and listen to each other, they feel understood, empathize with others, and recover a sense of commitment and gratitude for their relationships and work.

How is VOA|ReST Virtual effective?

Our VOA-trained peer facilitators support people experiencing feelings of moral distress, using skills and strategies developed in VOA's evidence-based¹ program for military veterans called Resilience Strength Training™. Unlike the medicalized model of mental health, which some experience as stigmatizing, VOA|ReST Virtual enables individual resilience through grounding, empathetic listening, and the support of peers. Our facilitators guide a process that leaves participants calmer, better connected to others and themselves, and more resilient.

Who benefits from VOA|ReST Virtual?

VOA|ReST Virtual is for people whose work serving others involves high stakes or whose life circumstances create moral conflicts that are hard to resolve. VOA|ReST offers a safe and anonymous space for people to share experiences as well as build and maintain resilience.

Impact

94% of session participants report feeling significantly calmer after a session.

83% of session participants would attend another session in the future.

81% of session participants would recommend a session to a friend.

Programs

VOA|ReST Virtual– a free, hour-long, peer facilitated online group process that supports emotional resilience in people struggling with isolation, fatigue, frustration, or anxiety.

VOA|ReST 4 VETS – a free, hour-long, virtual, peer facilitated support meeting that offers a safe place for veterans who may be experiencing moral distress or injury to connect with each other and engage in resilience building with others who understand.

VOA|ReST 4 First Responders – free, online peer-to-peer small group support sessions for first responders to process feelings of moral discomfort and distress while reclaiming strength and commitment to their profession.

“It was encouraging, informative, and honest.”

“It was a safe place, a kind place, a helpful place to be... We may feel alone, but meetings like this prove you are never truly alone.”

“This was just what I needed to deflate.”

“This session was great. I felt listened to and appreciated. I didn't feel judged when sharing and everyone was very genuine. Highly recommend to anyone needing a space to share, especially veterans who have been through the same experiences.”

How do I learn more?

Contact us to get more information about VOA|ReST Virtual, including customizing it to your organization's needs. We will work together to identify a process attuned to your context, conditions, and aims.

Contact us at rest@voa.org

For more information or to schedule a VOA|ReST session visit:

<https://www.voa.org/services/voa-rest-virtual-support/>

¹ Barth, T.M. et al. (2020). Effects of Resilience Strength Training on Constructs Associated with Moral Injury among Veterans. Journal of Veterans Studies, 6(2), pp. 101-113. DOI: <https://doi.org/10.21061/jvs.v6i2.199>