



July 2020 Newsletter

We are excited to announce...



The Big Red Barn Retreat's 3rd Annual Summer Jam presented by Sonic Drive-In will be held on Friday, September 18, 2020 from 7-10:30 p.m. at the Palmetto Citizens Amphitheater in the Doko Meadows Park in Blythewood. Gates will open at 5 p.m. The concert will feature a live acoustic performance by country music legend, John Anderson. Keeping with a Summer Jam tradition, Carter Lybrand, a member of the military and a local country music performing artist, will open for John Anderson.

John Anderson is a country music icon with one of the all-time great voices in country music. Anderson's four-decade career has produced 23 albums, more than 60 singles (20 reaching the top 10), and a wealth of industry awards including induction in the Nashville Songwriters Hall of Fame. His No. 1 hits include "Seminole Wind," "Wild and Blue," "Swingin'," "Black Sheep," and "Straight-Tequilla Night." Anderson has a new album, *Years*, produced by Dan Auerbach of The Black Keys, released on April 10th, 2020.

There will be a variety of food vendors on site. Beer and wine sales will benefit The Big Red Barn Retreat. NO COOLERS will be allowed. Attendees are encouraged to bring blankets and chairs. All event proceeds will benefit programs, classes, and workshops provided at no cost to veterans, active duty military and their families that are struggling with military and combat-related stress issues, like PTSD.

For more information, click [here](#)

Tickets:

General admission II \$20 online in-advance
Military II \$15 online advance ONLY *military ID checked at gate*
Gate II \$30
Children 12 and under are FREE.
Cash and credit/debit will be accepted at the gate.
Rain or Shine- NO REFUNDS.

[Purchase Tickets](#)

Veteran Spotlight: Jason Dersch



Meet our newest Warrior PATHH guide, Jason Dersch. Jason joined the army in 1995 immediately after graduating high school in San Antonio, Texas. He wanted to be an Airborne Ranger and was on his way to do so. He spent 14 years on Active duty with the majority of his time spent as an Airborne Infantryman with the famed 82nd Airborne Division, Serving in the Division's Long Range Surveillance Detachment, where he earned his Ranger Tab and the 1-505 PIR Scout platoon, gaining his B4/Sniper Qualification, earning the rank of Staff Sergeant.

After an amazing time in the Army and multiple deployments, Jason ETS'ed and went on "vacation." He sold all that he owned, bought a motorcycle, and left North Carolina for a new adventure. "No plan, no route, just me and the open road."

After Jason traveled across the country for three months, he headed south to Mexico. He arrived in Cabo San Lucas on New Year's Eve 2009 and stayed in Mexico for seven years.

While in Mexico, he decided to pursue a passion that he had since a child... cooking. He opened up a small restaurant/ Bar & Grill (American burgers and BBQ) to indulge on his passion. Soon after, he opened up a second restaurant.

Jason then decided to take advantage of his GI Bill and return to the states to attend Le Cordon Bleu Culinary Academy in San Fransisco. He graduated with honors and received his degree in Culinary Arts.

Jason made the decision to leave the culinary world and head into the world of barbering. He attended The Paul Mitchell School of Cosmetology and received his Barbering License in California. He was a barber for about two years but realized it was not the path for him.

"I also began realizing that the demons I had been fighting with the previous 10 years, since separating from the Army, needed to be dealt with. A good friend of mine, Kyle Amsberry, who works for Boulder Crest Retreat Virginia as a TM instructor, introduced me to Boulder Crest and Warrior PATHH. It was time to get help because even though everything looked okay on the outside, I was not okay on the inside."

Jason attended BCR's Warrior PATHH 069 in August of 2019. "It gave me a new lease on my life. They seemed to actually understand what I was going through when I thought that no one could possibly understand. The PATHH guides never treated us as if we were broken and that we still have a purpose, although we were not serving our country in the same capacity. I appreciate the no nonsense, no BS approach to helping veterans."

“One of my PATHH brothers was CSM (Ret) Christian and when I found out that he would be the Executive Director of a Warrior PATHH at The Big Red Barn, I talked with him about the possibility of becoming a part of this amazing program that helped me so much. Warrior PATHH helped me see that the keys to my success and happiness (both inside and out) were in my pocket the whole time and they gave me the tools I needed to deal with the issues I was having after separating from the military. Being able to be a part of that for another one of my brothers/sisters in arms is such a good feeling. Knowing that I can still give back, especially to the Combat Veteran Community, is one of the most amazing feelings. I hope that I can use my struggles and success with one of them in order to maybe help them through their tough times and demons.”

We are so excited to welcome Jason to South Carolina and join the team at the Big Red Barn Retreat!!

You're Invited by Russel Smith to Join our Kitchen Stocking Party!!



You're invited to The Big Red Barn Retreat's Kitchen Stocking Party!!

We need your help in order to stock our kitchen for Warrior PATHH starting this October!

There are two ways you can assist, either purchase items off the Big Red Barn Registry or buy an item for yourself, and then a percentage of your purchase will go toward purchasing items for the BRBR kitchen.

[Kitchen Stocking Party](#)

Healing Strides

The Coronavirus pandemic and its associated lockdown have brought many struggles to the surface in ways not previously seen. Many Veterans are feeling a sense of isolation and have been limited in finding opportunities for care and community. Most mental health services have shifted to telehealth and we have lost an important aspect of face-to-face interaction: CONNECTION. If you are looking to get out of your house and try something new, and an opportunity to address some of the stress and struggle you are dealing with, consider joining us for a unique experience.



Equine Assisted Psychotherapy (EAP) is a powerful form of mental health care in that it is based upon experience and doing. The unique qualities of horses speed emotional

breakthroughs which can help clients understand their struggles and internal processes more readily than hours of talk therapy. It involves a hands-on approach to work through and strengthen relationships in life – whether it be with others, the environment, beliefs or yourself.

The Big Red Barn Retreat will be starting an 8-week therapy group for 6-8 Veterans in mid-July. No horse experience is necessary. The group will meet on Thursdays (time to be set based upon availability of the group). We have modified our protocols to provide a safe environment for everyone. We will be partnering with horses, rain or shine, in our spacious arena which allows for both connecting and proper physical distancing. This experience does not include horseback riding. Prior horse experience is not necessary. To let us know of you interest in the group, please complete this form:

[Interest Form](#)

To find out more about EAP, please watch the brief video below:

<https://www.youtube.com/watch?v=ZWZbDUMBh-M>

Warrior PATHH Application is LIVE!!

Warrior PATHH application is now LIVE for our first session this October.

Click below to apply and begin the journey of transforming your struggle into strength.

[Warrior PATHH](#)



What is PATHH?

-PATHH stands for Progressive and Alternative Training for Healing Heroes-- Warrior PATHH is based on the science of Posttraumatic Growth and training people to transform deep struggle into profound strength and lifelong growth.
-The program is open to combat veterans and first responders.
-This non-clinical program is at no cost to members of this remarkable community

Healing Lens Program

We are working on updating the direction of the Healing Lens program.

If you are interested in the future of the Healing Lens program at The Big Red Barn Retreat, please fill out the survey below.

[Healing Lens Survey](#)

The Big Red Barn Retreat

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