



Heroic Hearts Project (HHP) Team and Emergency Contact Details

Primary: Alistair Sweeney

Army Veteran

Veteran Domestic Programs Manager

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Email: alistair@heroicheartsproject.org

Secondary: Julie McEvoy

Army Veteran, Military Spouse

Director of Operations

Phone: (203) 715-0675

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Alternate: Jared Rinehart

Marine Veteran

Director of Facilitation//Integration

Phone: (253) 569-2915

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Program Communications Plan

Participants: Throughout the program, participants will use the Signal group chat as the primary means to communicate with the HHP Team and each other. This Group Chat is only for program participants and designated HHP team members. The Program Facilitation Team (who will be on the retreat with participants), are available on the Group Signal Chat to answer any questions you may have. Your Lead Facilitator is the Primary POC on this channel and is also available for any Signal Private Messages. Alternative communication methods is to email (if non-urgent), text, or call the HHP Team members listed above in order of Primary, Secondary, and Alternate.

Families: The HHP Families Support Program, The Hope Project, provides group coaching to participant spouses/partners before, during, and after the retreat. It is highly recommended that spouses/partners register as early as possible, using the link provided in the welcome email sent to the participant. Please contact families@heroicheartsproject.org for more information or questions.

Families, please be aware that once at the Retreat Property (Friday ~12PM until Tuesday ~12PM), participants will not have access to WiFi or cell phones. In case of emergency only, if you need to reach a participant, this can be achieved through a member of the HHP team, using the phone numbers or email addresses (if not-urgent) above in order of Primary, Secondary, and Alternate.

If a situation arises at home whilst the participant is on retreat, we encourage you to reach out to a member of the HHP team and we will do our best to get yourself and/or the participant the support needed.

If you can't reach someone the first time, try another contact listed above; leave a voicemail, follow up with a text message, and we will get back to you as soon as possible.

Sincerely,

Heroic Hearts Project Team