



FOCUS Marines Foundation (FMF): A FOCUS Overview

March 19, 2018

A Program called FOCUS.

The FOCUS Marines Foundation was created in 2010 by Marines who served in the Corps years ago. Following active service they lived productive and rewarding lives. These Marines, many of whom saw combat in Vietnam, understood firsthand the issues of transitioning from military to civilian lives and were determined to help this new generation of Marines and veterans who served during the war on terror.

FMF developed a week long program called FOCUS, located west of St. Louis, Missouri. The program is conducted four times each year with a maximum of 30 per class. Participants arrive on Saturday and depart the following Saturday. Sunday is spent building class energy and cohesion. Monday – Wednesday focuses on “Who Are You? & Who Do You Want To Be?” Thursday - Friday addresses “What Do You Want To Do? & How Are You Going To Make It Happen?” The entire FOCUS program and travel are provided free of cost to participants. To understand how effective the FOCUS program is, please see the Graduate Testimonial on our website, <https://focusmarines.org/>.

As of 12 December 2017, 711 Global Wars on Terror veterans from the Marine Corps, Navy, Army and Air Force have attended FOCUS. Marines and Navy Corpsmen comprise 90% of each class. Attendees have ranged in rank from Private to Lieutenant Colonel, and in ages from 21 to 55. They came to FOCUS from throughout the U.S. These veterans return home with new-found self-respect and purpose.

Since the beginning, over \$4.5 million in private donations have funded the FOCUS effort. Hundreds of patriotic volunteers have tirelessly supported FMF’s mission with impressive results. Following graduation, continuing communications between FOCUS staff, volunteers and graduates provide further mentoring to strengthen the positive impact FOCUS has done for them.

- FMF website: <https://focusmarines.org/>
- Graduate Testimonials: <https://focusmarines.org/focus-program/testimonials-focus-graduates/>
- FOCUS Application: <https://fm.z2systems.com/np/clients/fm/survey.jsp?surveyId=4&>

Who Is A Candidate For FOCUS

Below is a list of characteristics that post 9/11 veterans attending FOCUS have exhibited. They are the issues that cause the downward spiral many veterans find difficult to recover from. FOCUS has been very successful in providing tools to address these problems.

1. Lack Motivation and Focus: Is struggling to find purpose in life
2. Quick to Anger and Severe Depression: The smallest things can trigger anger or depression
3. Addiction: Drugs, alcohol, porn, video gaming
4. Poor or Erratic Sleep: Little or disturbed sleep at night and intermittent sleep during the day
5. Problems with Relationships: Family, friends, coworkers, fellow students
6. Isolation: Avoid public places, friends and family
7. Not working or Attending School: Has little or no commitment to self or others
8. Negative Thoughts: The glass is ALWAYS half empty
9. Lack Self Confidence: Have lost pride and self-respect

Veterans Eligible To Attend FOCUS

- Served during Global Wars on Terror in the Marine Corps, or in the Navy as corpsmen attached to Marines. Space permitting, up to 10% may be Army, Air Force or Coast Guard veterans.
- Both Combat & Noncombat veterans
- Have a DD214
- Have been honorably discharged (OTH may be considered on a case-by-case basis)
- Must be vetted to make sure the FOCUS Program is a good fit for both the veteran and for FMF
- Must demonstrate sincerity in seeking and receptivity in accepting help to improve their lives

Veterans NOT Eligible To Attend FOCUS

- Persons actively abusing substances on a level that may require detoxification.
- Persons with unstable psychiatric symptoms and/or behavior that present a danger to self, others, or property.
- Persons who are highly disruptive.
- Persons with medical conditions requiring skilled nursing care.

Why Do Veterans Come To FOCUS?

They want to improve their lives and know if they keep living the same way, nothing is going to change and, may become worse. They also recognize that change does not happen without determination and focus. Some of the reasons for attending FOCUS are:

- “I want to get more out of life”
- “I want to be my old self”
- “I want to find purpose in life”
- “I want to be a better person, father, mother, husband, wife, son, daughter, friend, citizen”
- “I want to be the Marine I use to be”

The Graduate Testimonials demonstrates how FOCUS can change your life and help you realize your goals and dreams.

How To Apply

Fill out the FOCUS application form found at our website:
<https://fm.z2systems.com/np/clients/fm/survey.jsp?surveyId=4&>
If you have any question please contact: 314-243-4140

PLEASE NOTE

The FOCUS Marines Foundation is privately funded by foundations, corporations and individuals. FMF does not accept government money.

FOCUS makes a huge commitment for each veteran who attends a program. Not only are significant monetary outlays incurred, for airline tickets, food, lodging and speaker fees, but huge time commitments are made by each of more than 100 volunteers who put their personal lives on hold to spend the entire week at FOCUS supporting the veterans and maximizing the impact of their experiences.

If you know someone who is struggling with any of the issues listed above, have them visit our website to fill out the application. They will be contacted by FOCUS to complete the vetting and registration process. Or call: **314-243-4140**

Space is limited!