

Submission to DVA
Compensation and Rehabilitation for Veterans

To whom it may concern and I'll keep it short and to the point as much as possible.

My name is Brent New and I'm a Veteran from 5/7 RAR with 3 deployments that has come close to suicide twice. This is coming from a place of wanting to help Veterans that are going through the really horrible times that I did when it was dark, scary and I felt all alone and too scared to ask for help and suicide seemed like a much better option than living in the world I found myself in. I was too scared to ask for help until it was forced upon me when my life was truly at rock bottom and wasn't making any sense.

I had the opportunity to go get the gold standard of care for veterans at the Keith Payne Unit at Greenslopes in Brisbane in 2015. I spent 2 and a half months there talking about my problems and getting medicated. The end result was I became overweight, I developed a stutter from all the medication and it took half an hour to write two lines on a facebook post which didn't even make sense.

At that time I noticed the revolving door of veterans coming in and out with some people being their 4th, 5th I've heard even up to 10th visit. I became curious as to how we were talking to ourselves vs the rest of society and in particular my friends that didn't seem to have any problems. Towards the end of my stay one night I saw a post from an old acquaintance that seemed to have his life together in the areas of finance, relationships, business and most importantly mindset. Something told me I had to find out what he was doing that I wasn't.

I went along to his event in November of that year and received more benefit from the **first 3 hours** of that experience than I did with my **entire time in hospital**. I then went along to his 2 week event and that's where everything seemed to change for me. After one of the exercises we did it felt like for the first time in 13 years I could take a breath and oxygen hit my lungs and in that moment I knew that there was something here for my veteran brothers that were outside suffering in silence.

I've since gone on to volunteer my time at every event since to fully understand how and why it works over the last 3 years and the results I have seen there with over 300 people in that time just do not compare with what Veterans are experiencing at the hospitals. It seems like everyone else is teaching people how to live with their problems while at these events the problems seemed to just disappear.

In saying that there is ongoing work that needs to be done just like you don't go to the gym for 2 weeks and are fit for life. Mental health is no different and it's the sum of our most common thoughts that equate to the quality of the lives we lead.

THIS IS A WORLD FIRST FOR VETERANS

The person that showed me this stuff and I are putting together a 7 day immersive event based off 8 years and 1,000's of people's positive results but this time it's specifically for veterans. I have psychologists currently registered with VVCS that understand what we are doing and are giving us their full support. The #1 reason why this structure works and is so effective time after time is because the number one factor in any long term change is environment. We create an environment where the seeds for lasting change can be planted and we have a 90 day programme based around financial education and a structured system to keep everyone accountable.

This is in no way to replace the current model of therapy however more to add something unique and yet very effective that is not happening anywhere else in the world that I am aware of for the veteran community. We aim to be running a pilot at the start of next year and would appreciate any support to make it happen as we are doing it off our own backs and I have been volunteering my time to make a difference for those in need.

As I can't seem to link videos to the submission I have added some testimonials to youtube and you can find them here.

This is Christian who had been struggling with the effects of PTSD for 20 years.

<https://youtu.be/pICJpz0Uwbl>

And here is a collection of 4 different people. The third person at 5:15 Sean had been in and out of hospital 10 times and was suicidal the morning I arrived at his place. His dad reached out to me pleading that his son didn't become another statistic.

https://youtu.be/WICoQwdY6_o

We have hundreds of real world testimonials that we can show when the time is right and I feel we need a completely different way of treating PTSD for military veterans as what they are currently getting doesn't seem to be working as effective as what myself and hundreds of other people are experiencing.

I wouldn't be writing this if I didn't feel we could make a genuine difference, however I've lived through it and can help many others that are in need. Not only can we save DVA potentially millions of dollars over the years but more importantly we can save lives and give veterans the tools to go on and have a meaningful life.

Thank you for your time and I look forward to hearing from you soon.

Kind Regards
Brent New