



Bravo Zulu House Talking Points

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About Bravo Zulu House

Bravo Zulu House is a nonprofit organization dedicated to supporting Veterans in recovery from addiction while addressing the unique challenges of PTSD. Founded to serve those who have served, Bravo Zulu House provides veteran-only sober living in a structured, supportive environment that fosters accountability, stability, and long-term recovery. Through peer connection, recovery support, and mission-driven programming, Bravo Zulu House helps Veterans rebuild their lives with dignity, purpose, and community.

1. Bravo Zulu House is the organization behind **America's first all-military sober home** helping Veterans who are struggling with addiction and PTSD. We exist to help Veterans get sober and gain the trauma support and skills for healing, stability, and long-term wellbeing.
2. **Thousands of Veterans** come out of inpatient treatment facilities each month, the majority of whom continue to suffer from PTSD without a plan for treatment. (source: research.va.gov)
3. Approximately **18 Veterans die by suicide each day**. (source: 2024 VA Suicide Report)
4. Since 2001, there have been ~7,500 combat-related deaths, yet **150,000 Veterans died by suicide**. (source: Dept of Defense) 21x more Veterans die by suicide than in combat.
5. Our mission is to **Declare War on PTSD** and help the men and women who have served our country recover from PTSD and addiction.

6. **Bravo Zulu means “well done,”** a salute to the men and women who serve or have served. It’s a naval and military signal to acknowledge excellence and professionalism.
7. Bravo Zulu House, located in Winnebago, Minn., is **the only sober home in the U.S. specializing in both addiction and PTSD.**
8. **Women represent the fastest-growing segment of the Veterans population,** and more are fighting the battle of addiction and co-occurring PTSD. We’re building the **first-of-its-kind Women’s House in Mankato, Minn.** to help women who have served us.
9. **Bravo Zulu House is funded entirely through the generosity of individuals and businesses,** along with the dedication and support of our Board of Directors and Advisory Boards. We do not receive any government funding.
10. **Join Team Shield,** the community of givers who, with their monthly support, are a source of hope and healing that enable our heroes to rebuild their lives.
Visit www.bravozuluhouse.org/team-shield to learn more.
11. **Bravo Zulu House is built on a proven foundation,** a model rooted in the successful framework of Trinity Sober Homes, founded by Colonel Father Martin Fleming. Under his mentorship, Executive Director Tim Murray carries forward the same principles of accountability, structure, and veteran-centered care that have already demonstrated lasting success in recovery.

For more information, news and updates, visit www.bravouluhouse.org.