

VA



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NEWS RELEASE

VA Tennessee Valley Healthcare System
Chris Vadnais, Public Affairs Officer
(615) 476-3628 – christopher.vadnais@va.gov

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Eight Veterans to graduate from ‘Guitars4Vets’ program

NASHVILLE, Tenn. – Tennessee Valley Healthcare System (TVHS) will honor eight graduates of the Guitars4Vets recreational therapy program in a ceremony at its Nashville campus at 1310 24th Avenue South Thursday, Dec. 14 at 4 p.m.

Guitars4Vets (G4V) is a non-profit organization serving Veterans who are struggling with physical injuries, PTSD and other emotional distress. G4V provides free guitar instruction, a new acoustic guitar, and a guitar accessory kit in a structured program run by volunteers, primarily through the Department of Veterans Affairs facilities and community-based medical centers.

“Music coordinates emotions, helps important messages to be communicated, motivates people to identify with a group, and motivates individuals to support other group members,” said Brandon Branham, Guitars4Vets Nashville Chapter Coordinator.

“Making music -- specifically in our case playing guitar -- gives our Veterans the ability to express emotions in a positive way that they might not find elsewhere,” he said.

G4V is one element within the TVHS Music and Recreation Therapy Program, which also offers Veterans individual piano lessons, therapeutic songwriting groups, recreational drumming, vibroacoustic therapy, woodworking, leatherworking, and even tai chi.

“Guitars4Vets helps Veterans improve fine motor skills, increase confidence and sense of self-worth, increase attention span and abstract thinking skills and increase awareness of positive recreation opportunities to continue at home,” said Shannon O’Rawe, TVHS Recreation Therapist.

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Thursday's event marks the completion of ten weeks of individual lessons for each of the graduates. At the ceremony, each Veteran will receive a new guitar and accessory packet.

Media are welcome and should coordinate access to the event through TVHS public affairs officer.

TVHS is an integrated tertiary health care system comprised of two hospitals, the Alvin C. York Campus in Murfreesboro and the Nashville Campus, as well as more than a dozen community-based outpatient clinics located in Tennessee and Kentucky. TVHS provides ambulatory care, primary care, and secondary care in acute medicine and surgery, specialized tertiary care, transplant services, spinal cord injury outpatient care, and a full range of extended care and mental health services.

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