



Anti-Anxiety Resource Ranch

2022-01 ISSUE #1

# PREMIERE DISPATCH

## Anti-Anxiety Resource Ranch Chronicles

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### HOWDY PARTNERS!

We are so pleased to reach you, our [founding members and closest friends](#), with this Premiere Dispatch of our first-ever E-newsletter. The Anti-Anxiety Resource Ranch Chronicles begin with telling you a bit about AARR efforts so far @The Ranch and of course, you may unsubscribe at any time.

During the entire COVID19 pandemic, me and my friend & co-founder have been creating AARR to help connect people and resources, towards guiding a *Total Care* program for those living and coping with anxiety and many related mental health conditions. From the very beginning, we have been [growing our membership](#) readily & steadily, demonstrating the need for more support, as our members anticipate and hope for more help for those coping with anxiety.

With a solid foundation @The Ranch, our website shares free public access to our growing digital [anti-anxiety resources](#). Send your helpful links to [The Ranch!](#)

The need for anti-anxiety support is real, particularly with COVID19's isolation, uncertainty and fear, causing a spike in mental health visits to emergency rooms. We need many more programs and services to address living and coping with anxiety, Post-Traumatic Stress Disorder and related mental health conditions.

Along with [three bulletins a year](#), we will share future opportunities to [give your voice to our member polls](#), 'From the Horse's Mouth' about coping or supporting life with anxiety and related mental health conditions.

Since inception, we have received positive reactions from our Anti-Anxiety Resource Ranch membership which has been growing steadily during our pre-launch phase. We invite you to read on to see how you benefit from being a member or by sharing your ideas or support.

We welcome y'all to [join us here @The Ranch](#)—for AARR free access to membership!

Giddy-up!

[Paul A. & Shona F.](#)

Co-founders & Directors

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## GOOD DAY, ONE & ALL!

The need for resources and support for anxiety and related conditions is real. Pre-launch, we have **72 members in 13 countries**, including two patient support groups.

Prior to year-end, we were inspired by the reaction of Jorge in Cuba, after we met to discuss our Ranch; he immediately saw AARR potential and within 10 days, was introducing our Ranch concept to his vitiligo support group, Vitamigos (see photos that were shared). Recognizing that so many with visible, physical differences suffer anxiety and related mental health conditions, Jorge invited his Vitamigos members to join our Ranch membership and they unanimously agreed.

Jorge is passionately supporting our work because he has been seeking a way to make a difference in their mental health. He has now taken AARR forward to a psychiatrist who will share with his local mental health clinic peers.

Jorge shows how **one person can make a huge impact in the lives of many** by spreading the word and connecting supports for resources.

To Jorge, we say *gracias*, as we thank you for being a friend and advocate of our work here @ The Ranch!



SHONA'S AARR WELCOME TO JORGE'S VITAMIGOS REUNION, CUBA; 12/12/2021.

photos shared by:  
AARR Members—Vitamigos Support Group  
Reunion, Cuba



JORGE SHARING "EL RANCHO" WITH VITAMIGOS REUNION, CUBA; 12/12/2021.



## HOME @THE RANCH ALL IN A GOOD DAY'S WORK

The Anti-Anxiety Resource Ranch (AARR) has taken on a leadership role to support and connect people affected by anxiety, enhanced with our global reach.

We are the *Resource Hub* for those supporting, living and frankly, dying of the impacts of anxiety—aiming to enhance awareness, drive support and reduce stigma for those coping with anxiety universally.

In the coming year, The Anti-Anxiety Resource Ranch will focus on continued membership growth and support, developing our digital Resource Hub and undertaking the initial phase of our Member Research Project.

By highlighting the importance of providing nonconflicting services and programs to assist all people suffering with anxiety conditions, the "Anti-Anxiety Resource Ranch" improves the likelihood that decision-makers will see the need to stop assessing and get on with producing more practical, consistent worldwide support and policies.

We raise awareness about the debilitating impacts of anxiety and related mental health conditions along with concurrent issues of stigma which so often create barriers to seeking treatment, support and services via:

- **AARR Member Polls, 'From the Horse's Mouth'**—the voice of those living with anxiety – as our members and stakeholders share their opinions via *optional* member polls, they will inform development of needed programs and services which can be test-piloted and adopted across communities with similar needs.
- **Digital Access to our Anti-Anxiety Resource Hub**—relevant, vetted electronic and physical resources information centralized via our website and membership bulletin links. Members are invited to share their favourite links to resources for coping with anxiety—our list is ever-growing!!
- **AARR Wishing Well**—connecting individual members and like-minded organizations to develop supports for anxiety. Our members may submit any wish for help with living and coping with anxiety and The Ranch team helps share ideas with potential donors and volunteers for the needed support.

### TOP STORIES @THE RANCH

[Home @The Ranch](#)

[AARR Resource Hub](#)

[AARR Membership Matters](#)

[AARR Member Round-up](#)

[Partnering with The Ranch](#)



## MILESTONES @THE RANCH

**JANUARY 2022**—72 members in 13 countries, pre-launch

**DECEMBER 2021**—Caribbean connections grew via member, Jorge H at Vitamigos, as shown with inset photos from their support group reunion.

Collaborations with American member, Juddson R begin.

**SEPTEMBER 2021**—World global advocacy debut, presenting alongside the European Patients' Forum's Elena Balestra and the International Alliance of Patients' Organizations, CEO Kawaldip Sehmi.

**JUNE 2021**—AARR logo was approved by the board

## AARR RESOURCE HUB

The Anti-Anxiety Resource Ranch (AARR) provides global digital access to multiple anti-anxiety resources with relevant, vetted electronic and physical information on our website which is organized with a ranch-house layout, identifying the resources by the aspect of life being lived. For instance, the [AARR Schoolhouse](#) has educational self-learning resources, while [AARR Cookhouse](#) shares healthy eating tips. Members are invited to [share favourite links](#) to resources for coping with anxiety—our list is organic and intended to be ever-growing!!

## AARR MEMBERSHIP MATTERS

### 72 Members before AARR official launch!

We would like to take this opportunity to thank the early believers and those who supported our initial research to shape the Foundation of the Anti-Anxiety Resource Ranch.

With strong pre-launch interest in our Anti-Anxiety Resource Ranch, we are delighted to officially welcome 72 members from 13 countries to our growing Anti-Anxiety Resource Ranch member round-up. See [AARR Members' Say](#) on page 6, for some thoughts about joining us here @ The Ranch.

Thank you, members, who have seen the vision of The Ranch and enrolled (at no cost) to receive AARR Chronicles three times a year and receive 'members' voices' poll invitations.

### Key Member Benefits

To-date, all who have joined—individuals and groups coping with anxiety—and all who join our no-fee membership by March 31, 2022 will be counted as AARR [founding members](#), with benefits in perpetuity, and invited to join in future collaboration to help serve individuals who are coping with any number of anxiety conditions worldwide. On the horizon, we plan to include funding for members to travel and benefit from future ranch retreats.

More members benefits are shown [online here](#).



## AARR MEMBER ROUND-UP

### Join us @The Ranch!

Through supporting a strong global community to create befitting support for anxiety via building practical programs and services, along with valid and trusted data, then everyone –individuals, their caregivers, professionals and industry stakeholders–benefits.

Members from many different backgrounds already see the value in being part of our rodeo. In addition to finding centralized anti-anxiety information on our website, they have free access to our *Wishing Well* and insider *From the Horse's Mouth* member polls–chances to request physical or virtual support mechanisms which can be shared with partners for visible progress and change, while relieving the burden of daily living with anxiety.

Our Ranch concept was created to allow members and nonmembers alike the opportunity to readily access the kinds of coping and living support needed for anxiety and related mental health conditions. The Ranch's *Resource Hub* brings together varied anxiety management resources available online around the globe and will be ever-growing as new resources are identified.

The degree to which our members become involved is entirely personal.

We accept individual and group memberships, for all who are coping or wanting to learn more about living with anxiety. To be part of this anti-stigma, anti-anxiety group, simply submit your first name, last initial, province/state and country to [sign-up to the Ranch membership](#) at no cost.





## PARTNERING WITH THE RANCH

### Ranch Partners Needed to Fund Anxiety Support

Strong demand For our Resource Hub  
links to anxiety services ...

We are delighted to report that we already have reached 72 members from 13 countries before officially promoting our growing Anti-Anxiety Resource Ranch!

Relevant to anyone who works or lives with anxiety and related mental health conditions, The Ranch accepts new anxiety resource links and connections to help increase access around the world. Do you know of a good source for coping with life with anxiety and related mental health conditions? Please send it along to [The Ranch](#) – we will add bonafide connections to our digital Resource Hub.

We are now seeking funds to develop an automated member database. Interested in exploring partnerships? Contact us to chat more about [corporate](#) or [grant](#) opportunities.

Check out our [website](#) for more information @ the [Anti-Anxiety Resource Ranch](#):

[anti-anxiety-ranch.org](http://anti-anxiety-ranch.org)

*"I am really so excited and really appreciate what you are doing with the Ranch. Reading through this newsletter preview again, all I can say is "well done!" for such a huge need and gap you are filling.*

*I am eager to learn more about it all to be able to talk about it more here and support in my own little way."*

Oga M, [VITSAF](#), Nigeria

### @THE RANCH—MEMBERS' SAY:

*"Thank you so much for your presentation on the global advocacy call the other day!*

*Your organization is one that definitely fills an important broad niche! I really appreciate knowing what you are doing and organizing, with this group and educational material related to helping people living with Anxiety and Panic attacks!*

*With Paroxysmal Supraventricular Tachycardia (PSVT) patients who live with having SVT episodes, they often go for years before they are diagnosed with PSVT. Oftentimes, they're told that they are having panic attacks or simply anxiety. So there is a direct correlation with Your work and our patients."*

—Juddson Rupp, Patient Advocacy Manager  
[Milestone Pharmaceuticals USA, Inc.](#)

*"Wow, it's unbelievable that I had thought about this kind of project since many people with vitiligo also face anxiety and depression and so much more so in these difficult times.*

*The Anti-Anxiety Resource Ranch is great and I would love to be part of it... It is really an honour for me.*

*This excellent news from you has also brought hopes and happiness into my life!"*

Jorge H, [Vitamigos](#), Cuba