



National Headquarters
860 Dolwick Drive
Erlanger, KY 41018
tel 859-441-7300
toll free 877-426-2838
dav.org

Washington Headquarters
1300 I Street, NW, Suite 400 West
Washington, DC 20005
tel 202-554-3501

TO: Board of Directors
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FROM: Barry A. Jesinoski, National Adjutant

DATE: April 14, 2025

SUBJECT: DAV Podcast

We are pleased to share the latest episodes of the DAV Podcast, which continue to shed light on critical issues affecting our veteran community. Your engagement with these discussions is vital in amplifying the voices of our nation's heroes. Below are summaries and links to the episodes released in the first quarter of 2025:

Addressing Loneliness in the Veteran Community, April 1

DAV talks with psychiatrist Dr. Allen Teo to delve into the pervasive issue of loneliness and its profound impact on mental health, particularly within the veteran community. Dr. Teo distinguishes loneliness from mere solitude and highlights the unique challenges faced by veterans due to factors like medical comorbidities and mental health conditions such as PTSD and depression. The conversation explores the complex relationship between social media and connection, as well as the often-overlooked struggles of caregivers.

[Listen to the episode](#)

Exploring Alternative Mental Health Therapies, March 24

This episode dives into the often-overlooked struggles veterans face after returning home, where the battles are fought internally against invisible wounds. It features an honest conversation between DAV and Sam Juan, a combat veteran who found relief from severe mental health challenges through ibogaine therapy. Sam shares everything from her time serving with JSOC and Navy SEAL teams to her descent into self-medication and opioid addiction.

[Listen to the episode](#)

Lethal Means Safety, February 28

We shift the focus on veteran suicide from despair to action. Join DAV and Dr. Russell Lemle, a leading expert in firearm suicide prevention, as they discuss lethal means safety—a practical approach to saving lives. Learn how simple steps can create crucial distance between a veteran in crisis and the means to harm themselves.

[Listen to the episode](#)

The Independent Budget, February 15

The Independent Budget podcast is an annual collaboration by DAV, PVA, and VFW. It recommends budget priorities for the Department of Veterans Affairs. This conversation highlights the critical need for consistent and adequate VA funding to ensure veterans receive necessary health care, benefits, and long-term care.

[Listen to the episode](#)

These episodes and all of our previous podcasts can be found at www.dav.org/news-media/podcast/. We encourage you to listen and stay informed and engaged with the ongoing conversations that impact our veterans. Your support and understanding are instrumental in driving positive change within our community.

Thank you for your unwavering commitment to our mission.



Barry A. Jesinoski
National Adjutant

BAJ:ads