

# POST TRAUMATIC STRESS INJURY

**1 in 5 veterans of the Iraq and Afghanistan wars has been diagnosed with Post Traumatic Stress Injury (PTSI). In honor of Michigan's 660,000 veterans, including those with PTSI, we are celebrating without loud fireworks in this park.**



## **Why Fireworks-Free\* Fourth?**

The idea came to us from a veteran, whose own combat experience helped him understand how fireworks and other loud noises could bring up past memories. Approximately 12 percent of all veterans experience PTSI and may wish to avoid certain activities. For that reason, and due to its remote location or distance from a community fireworks display, this park has decided to respect the need for a quieter celebration.

Aerial fireworks are always banned in state parks (see official regulations on the opposite side of this flyer), so please abide by these regulations to help us accomplish our goal of providing an honorable and comfortable celebration for our veterans.

## **What is PTSI?**

Sometimes referred to as Post Traumatic Stress Disorder, PTSI is a condition that can occur after a person has been through a traumatic event. Even when removed from the stressful situation, similar sounds or experiences can trigger these feelings, causing intense feelings of fear, stress, anger or sadness.

## **Who can experience PTSI?**

Anyone at any age can be affected by PTSI, including veterans and survivors of physical and sexual assault, abuse, accidents and other serious events. However, treatment is available and can help with the healing process.

## **What can I do?**

Please respect the intent of Fireworks-Free\* Fourth during your stay. Learn more at [MichiganVeterans.com](http://MichiganVeterans.com) or call 800-MICH-VET (800-642-4838).

\*Small novelty fireworks will still be permitted.

