

Karen Smith, RN: A Champion for Veterans, Combatting Soldier Suicide and Breaking the Stigma Around Military Mental Health

Empowering Soldiers, Preventing Suicide, and Building Stronger Communities



New York City, New York Mar 14, 2025 ([Issuewire.com](https://www.issuewire.com)) - Karen Smith, a dedicated Registered Nurse (RN) with a profound commitment to supporting veterans.. As a passionate advocate for mental health awareness and suicide prevention among soldiers, Karen embodies the mission of Veterans Dragon Boat USA – to harness the exhilarating power of dragon boating to create a cohesive and

supportive community for veterans.

Veterans Dragon Boat USA is dedicated to promoting teamwork, strength, and camaraderie among military veterans. The organization's vision is to unite veterans in an empowering experience, channeling their energy and focus into the exhilarating sport of dragon boating. Participants not only engage in physical activity but also foster meaningful connections, allowing them to draw from the collective strength of their teammates as they navigate the waters together.

Karen has teamed up with Operation Veteran Vacation, a local nonprofit dedicated to helping veterans who are struggling with addiction and mental health issues. Through a holistic approach that includes meditation, physical activity, and connecting with nature, they guide veterans on their journey to healing. The organization offers a message of solidarity: they are not alone, and together, they can win the battle within

In addition to her advocacy work, Karen has an extensive background in healthcare. She is a Registered Nurse who has worked in various roles, including at Baystate Medical Center's Neuro Unit and Ortho Pre/Post Op Unit. She also served as a Chronic Care Manager at Atkinson Family Practice. Currently, she works as a Registered Nurse at Maxim Healthcare, providing 24-hour nursing care for pediatric children with special medical needs

Karen Smith believes that the unwavering dedication, strength, and persistence demonstrated in raising awareness about the stigma surrounding mental health, suicide prevention, and the ongoing fight for justice and change within the military has been a mission of great importance. Her continued advocacy, whether at the State House, Capitol Hill, or in conversations with state and federal legislative members, has provided hope and strength to other survivors as they navigate their grieving process. Karen's efforts have shown that someone truly cares, is willing to fight for justice, and is committed to honoring the fallen heroes.

Karen is also deeply committed to supporting other families who have experienced loss. She serves as a mentor for the Tragedy Assistance Program for Survivors (TAPS) and holds the position of Vice President for the Massachusetts Division of the American Gold Star Mothers, Inc. Through these roles, she continues to offer comfort, strength, and advocacy to those who need it most.

Karen Smith remains a pivotal figure in promoting mental health and well-being among veterans. Her work exemplifies the transformative impact of community engagement through sports and shared experiences, paving the way for a brighter, more supportive future for those who have bravely served our country.

Learn More about Karen Smith:

Through her online profile, <https://todaysnurse.org/nurse/4149997> and

Strideforchange.com

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Source : Karen Smith

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