



Post Performance for **Vet Comp & Pen**

July 29, 2019 - February 28, 2020

Review the lifetime performance of the posts you published during the publishing period.

Published Posts

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Profile	Post by Published Date ▼	Impressions	Reach	Engagement Rate (per Impression)	Engagements	Likes	Comments	Saves
	  <p>Tue 12/24/2019 12:04 pm EST Today we honor all those serving our great country this holiday season. Without your sacrifice and willingness</p> <p>CP Post by Chandler P.</p>	445	417	8.5%	38	34	3	1
	  <p>Thu 11/28/2019 3:03 pm EST Today, we want to recognize our active duty service members overseas. Without your sacrifice and</p> <p>LS Post by Loxley S.</p>	429	374	3.7%	16	16	0	0
	  <p>Fri 10/11/2019 4:52 pm EDT Knowing the differences between tolerance, dependence and addiction could help save someone's life. Do</p> <p>CP Post by Chandler P.</p>	403	294	2.2%	9	8	1	0
	  <p>Fri 10/11/2019 2:55 pm EDT "One of the most important things you could realize is that you're not alone." - Dwayne Johnson 🇺🇸</p> <p>CP Post by Chandler P.</p>	374	298	1.9%	7	6	1	0

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	  <p>Fri 10/11/2019 2:54 pm EDT We've seen the Opioid Crisis mentioned across the media from local news stations to the Netflix</p> <p>CP Post by Chandler P.</p>	403	321	2%	8	7	1	0
	  <p>Fri 10/11/2019 1:12 pm EDT The two substances we see people misuse the most are Alcohol and Opioids. It usually starts out as</p> <p>CP Post by Chandler P.</p>	355	276	1.7%	6	5	1	0
	  <p>Fri 10/11/2019 12:52 pm EDT It's normal to have a rough week and want to go out for a beer with co-workers. Take a pain pill when your</p> <p>CP Post by Chandler P.</p>	289	222	0.7%	2	1	1	0
	  <p>Fri 10/11/2019 10:46 am EDT Normally, Veterans are told to "suck it up" or "deal with it", and on the last day of Mental Health Awareness We</p> <p>CP Post by Chandler P.</p>	342	263	1.2%	4	3	1	0

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	  <p>Thu 10/10/2019 11:16 am EDT 8 out of ever 100 people will experience PTSD at some point in their life. There are four basic types</p> <p>CP Post by Chandler P.</p>	393	312	2.3%	9	7	1	1
	  <p>Thu 10/10/2019 10:00 am EDT Not everyone with Post Traumatic Stress Disorder (PTSD) has been through a dangerous event. Some</p> <p>CP Post by Chandler P.</p>	447	340	4%	18	16	1	1
	  <p>Thu 10/10/2019 9:25 am EDT Normally, Veterans are told to "suck it up" or "deal with it", and on day four of Mental Health Awareness Week w</p> <p>CP Post by Chandler P.</p>	324	256	1.9%	6	5	1	0
	  <p>Wed 10/9/2019 4:23 pm EDT</p> <p>Story</p>	44	39	0%	0	N/A	N/A	N/A

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	  <p>Wed 10/9/2019 4:00 pm EDT An estimated 19% of adults had an Anxiety Disorder in the last year alone. There are three common</p> <p>CP Post by Chandler P.</p>	386	299	4.7%	18	16	1	1
	  <p>Wed 10/9/2019 1:20 pm EDT</p> <p>Story</p>	50	43	0%	0	N/A	N/A	N/A
	  <p>Wed 10/9/2019 1:16 pm EDT</p> <p>Story</p>	52	46	0%	0	N/A	N/A	N/A
	  <p>Wed 10/9/2019 1:08 pm EDT Yesterday we talked about Depression It gets pretty easy to feel like your tank is on E and there's no gas static</p> <p>Story</p>	70	62	0%	0	N/A	N/A	N/A

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	  <p>Wed 10/9/2019 12:49 pm EDT Feeling anxious before making a big decision, taking a big test... or when you're watching the last 30 seconds</p> <p>CP Post by Chandler P.</p>	365	293	4.7%	17	16	1	0
	  <p>Wed 10/9/2019 11:41 am EDT Normally, Veterans are told to "suck it up" or "deal with it", and on day three of Mental Health Awareness Week w</p> <p>CP Post by Chandler P.</p>	325	258	2.8%	9	7	1	1
	  <p>Tue 10/8/2019 11:51 am EDT Not everyone who is depressed experiences every symptom or even every symptom the same way. It</p> <p>CP Post by Chandler P.</p>	589	426	7.3%	43	39	1	3
	  <p>Tue 10/8/2019 11:08 am EDT It's normal to feel sad or a little low about things in your life every once in a while. Like you've been running no</p> <p>CP Post by Chandler P.</p>	392	301	5.9%	23	20	1	2

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	  <p>Tue 10/8/2019 10:45 am EDT Normally, Veterans are told to "suck it up" or "deal with it", and on day two of Mental Health Awareness Week w</p> <p> Post by Chandler P.</p>	437	326	3.9%	17	15	2	0
	  <p>Tue 10/8/2019 8:47 am EDT PART TWO: There are resources out there specifically for Veterans Mental Health you could give them. From</p> <p> Story</p>	65	51	0%	0	N/A	N/A	N/A
	  <p>Tue 10/8/2019 8:38 am EDT PART ONE: The best way to be there for your Veteran is to directly ask them how they are doing with their</p> <p> Story</p>	66	55	0%	0	N/A	N/A	N/A
	  <p>Mon 10/7/2019 5:19 pm EDT 2.1 million Veterans receive treatment for mental health issues annually. When it comes to ending the stigma</p> <p> Post by Chandler P.</p>	678	359	4%	27	26	1	0

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	  <p>Mon 10/7/2019 5:10 pm EDT Each case is different and we would need more info to be able to give you the right answers. We suggest going</p> <p> Story</p>	88	60	0%	0	N/A	N/A	N/A
	  <p>Mon 10/7/2019 3:48 pm EDT Don't worry this is completely anonymous!</p> <p> Story</p>	89	65	1.1%	1	N/A	N/A	N/A
	  <p>Mon 10/7/2019 2:01 pm EDT Sometimes our tanks are stuck on empty and our mental health can make life a little overwhelming. Good</p> <p> Post by Chandler P.</p>	491	381	5.1%	25	22	2	1
	  <p>Mon 10/7/2019 12:29 pm EDT</p> <p> Story</p>	133	96	0%	0	N/A	N/A	N/A

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	  <p>Mon 10/7/2019 12:09 pm EDT Mental Health isn't the easiest thing to talk about, especially within the Veteran community. But here we are</p> <p>CP Post by Chandler P.</p>	395	306	3.8%	15	13	2	0
	  <p>Tue 10/1/2019 1:40 pm EDT -BREAKING- Due to a Software issue Veteran benefits may be delayed up to two days. • 📺: @VABenefits 🌐:</p> <p>CP Post</p>	491	350	2.6%	13	9	3	1
	  <p>Sun 9/29/2019 6:40 pm EDT Gold Star Mothers earn a distinction that no one wishes to have, but that they wear proudly. Today we honor</p> <p>CP Post by Chandler P.</p>	480	354	3.8%	18	18	0	0
	  <p>Sat 9/14/2019 4:19 pm EDT Before we go it's always important we leave you with our final warning. PLEASE keep all of these things in</p> <p>CP Post by Chandler P.</p>	609	428	2.5%	15	12	3	0

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	  Sat 9/14/2019 12:23 pm EDT  Story	49	45	2%	1	N/A	N/A	N/A
	  Sat 9/14/2019 12:18 pm EDT  Story	48	46	0%	0	N/A	N/A	N/A
	  Sat 9/14/2019 12:18 pm EDT  Story	51	50	0%	0	N/A	N/A	N/A
	  Sat 9/14/2019 12:15 pm EDT THE ANSWER IS... FALSE!  Story	72	63	0%	0	N/A	N/A	N/A

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	  <p>Fri 9/13/2019 4:58 pm EDT All week we've had one mission: start a conversation within the Veteran community about Veteran suicide</p> <p>CP Post by Chandler P.</p>	447	336	2.5%	11	9	0	2
	  <p>Fri 9/13/2019 4:21 pm EDT Fact or Myth</p> <p>Story</p>	62	50	0%	0	N/A	N/A	N/A
	  <p>Fri 9/13/2019 3:06 pm EDT All week we've had one mission: start a conversation within the Veteran community about suicide prevention</p> <p>CP Post by Chandler P.</p>	588	453	4.1%	24	20	4	0
	  <p>Fri 9/13/2019 2:02 pm EDT IT COULD SAVE THEIR LIFE</p> <p>Story</p>	56	49	0%	0	N/A	N/A	N/A

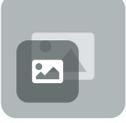
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	  <p>Fri 9/13/2019 2:00 pm EDT SO IF YOU HAVE A LOVED ONE WHO TALKS SEEMS TO TALK ABOUT DEATH OR SUICIDE. CHECK IN GIVE THEM</p> <p> Story</p>	55	51	0%	0	N/A	N/A	N/A
	  <p>Fri 9/13/2019 1:58 pm EDT THEY WILL ALSO TALK SPECIFICALLY ABOUT DEATH OR SUICIDE AND THEY WILL COMMUNICATE ABOUT THEIR</p> <p> Story</p>	56	53	0%	0	N/A	N/A	N/A
	  <p>Fri 9/13/2019 1:57 pm EDT MOST PEOPLE WHO CONSIDER SUICIDE SHOW SIGNS OF SERIOUS DISTRESS</p> <p> Story</p>	61	56	0%	0	N/A	N/A	N/A
	  <p>Fri 9/13/2019 1:53 pm EDT THE ANSWER IS... FALSE!</p> <p> Story</p>	72	59	0%	0	N/A	N/A	N/A

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	  <p>Fri 9/13/2019 10:37 am EDT</p> <p> Story</p>	90	76	1.1%	1	N/A	N/A	N/A
	  <p>Fri 9/13/2019 10:37 am EDT</p> <p>Today is the last day of National Suicide Prevention Week and from everyone here at Vet Comp & Pen w</p> <p> Post by Chandler P.</p>	422	316	2.8%	12	11	1	0
	  <p>Thu 9/12/2019 2:47 pm EDT</p> <p>This week is National Suicide Prevention Week and we're using our platform to start a conversation abo</p> <p> Post by Chandler P.</p>	609	453	3.8%	23	17	5	1
	  <p>Thu 9/12/2019 2:17 pm EDT</p> <p> Story</p>	53	46	0%	0	N/A	N/A	N/A

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	  <p>Thu 9/12/2019 1:56 pm EDT Head to our story now! #vetcompandpen #vcp #nationalsuicidepreventionweek</p> <p> Post</p>	368	265	1.9%	7	6	0	1
	  <p>Thu 9/12/2019 1:53 pm EDT Fact or Myth</p> <p> Story</p>	50	46	0%	0	N/A	N/A	N/A
	  <p>Thu 9/12/2019 12:00 pm EDT</p> <p> Story</p>	42	41	0%	0	N/A	N/A	N/A
	  <p>Thu 9/12/2019 12:00 pm EDT BY ASKING SOMEONE IF THEY ARE THINKING ABOUT KILLING THEMSELVES YOU ARE GIVING THEM</p> <p> Story</p>	51	44	0%	0	N/A	N/A	N/A

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	  <p>Thu 9/12/2019 11:43 am EDT THE ANSWER IS.... FALSE!</p> <p> Story</p>	55	46	0%	0	N/A	N/A	N/A
	  <p>Thu 9/12/2019 11:22 am EDT</p> <p> Story</p>	69	59	0%	0	N/A	N/A	N/A
	  <p>Thu 9/12/2019 11:22 am EDT This week is National Suicide Prevention Week and it's all about starting a conversation. Validating ti</p> <p> Post by Chandler P.</p>	399	296	3%	12	12	0	0
	  <p>Wed 9/11/2019 2:59 pm EDT Myth or Fact</p> <p> Story</p>	64	54	0%	0	N/A	N/A	N/A

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	  <p>Wed 9/11/2019 12:14 pm EDT</p> <p> Story</p>	60	57	0%	0	N/A	N/A	N/A
	  <p>Wed 9/11/2019 12:13 pm EDT</p> <p>This week is National Suicide Prevention Week and it's all about starting a conversation. Some times</p> <p> Post</p>	447	319	3.8%	17	16	0	1
	  <p>Wed 9/11/2019 11:59 am EDT</p> <p>SO IF WE CAN NOTICE THE WARNING SIGNS AND CREATE SOME TIME AND SPACE BETWEEN THE VETERAN AND</p> <p> Story</p>	65	60	0%	0	N/A	N/A	N/A
	  <p>Wed 9/11/2019 11:54 am EDT</p> <p>Have you checked our story for the results of our facts and myths poll? Keep up to date with our facts and</p> <p> Post</p>	315	234	1.3%	4	4	0	0

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	  <p>Wed 9/11/2019 11:48 am EDT THIS MEANS 90% OF PEOPLE DO NOT GO ONTO DIE BY SUICIDE IF THEIR FIRST ATTEMPT DOES NOT RESULT II</p>  Story	69	62	0%	0	N/A	N/A	N/A
	  <p>Wed 9/11/2019 11:45 am EDT</p>  Story	76	67	0%	0	N/A	N/A	N/A
	  <p>Wed 9/11/2019 11:32 am EDT AND THE ANSWER IS..... FALSE!</p>  Story	79	72	0%	0	N/A	N/A	N/A
	  <p>Wed 9/11/2019 11:13 am EDT " No day shall erase you from the memory of time" -Virgil</p>  Story	90	81	0%	0	N/A	N/A	N/A

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	  <p>Wed 9/11/2019 10:30 am EDT There are things in this world more important than ourselves. Today we take a minute to remember the</p> <p> Post by Chandler P.</p>	407	324	5.4%	22	20	1	1
	  <p>Tue 9/10/2019 10:32 pm EDT</p> <p> Story</p>	86	72	0%	0	N/A	N/A	N/A
	  <p>Tue 9/10/2019 5:43 pm EDT Our big theme this week is starting a conversation, to do that we have to talk about some Big Facts. Did you</p> <p> Post by Chandler P.</p>	710	525	5.6%	40	30	9	1
	  <p>Tue 9/10/2019 2:03 pm EDT</p> <p> Story</p>	74	66	0%	0	N/A	N/A	N/A

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	  <p>Tue 9/10/2019 11:15 am EDT</p> <p> Story</p>	69	66	0%	0	N/A	N/A	N/A
	  <p>Tue 9/10/2019 11:14 am EDT</p> <p>This week is National Suicide Prevention Week and it's all about starting a conversation. An easy way</p> <p> Post by Chandler P.</p>	443	316	3.4%	15	11	0	4
	  <p>Tue 9/10/2019 10:11 am EDT</p> <p> Story</p>	99	82	0%	0	N/A	N/A	N/A
	  <p>Mon 9/9/2019 2:04 pm EDT</p> <p>Over 20 Veterans commit suicide daily... This outrageous number means that Veterans make up 18</p> <p> Post by Chandler P.</p>	561	400	4.6%	26	20	3	3

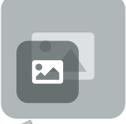
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	  <p>Mon 9/9/2019 10:22 am EDT</p>	92	70	0%	0	N/A	N/A	N/A
	 <p>Story</p>							
	  <p>Mon 9/9/2019 10:22 am EDT</p> <p>Tap and hold your screen to screenshot and share our next slide. Share to your story with</p>	115	85	0%	0	N/A	N/A	N/A
	 <p>Story</p>							
	  <p>Mon 9/9/2019 10:05 am EDT</p> <p>Today is the start of National Suicide Prevention Week. Everyday over 20 Veterans take their own lives... This</p>	458	344	5%	23	22	1	0
	 <p>Post by Chandler P.</p>							
	  <p>Fri 8/30/2019 3:15 pm EDT</p> <p>We want to give a HUGE thank you to Marine Corps and Army Reserves Veteran Carlos for taking time out of</p>	544	373	3.7%	20	19	1	0
	 <p>Post by Chandler P.</p>							

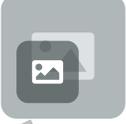
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	  <p>Wed 8/21/2019 8:16 pm EDT -BREAKING- President Donald Trump signs an executive order automatically forgiving the student loan debt for a</p> <p> Post by Chandler P.</p>	723	478	6.4%	46	36	7	3
	  <p>Mon 8/19/2019 5:49 pm EDT Aviation is proof that given, the will, we have the capacity to achieve the impossible.✈️ -Eddie Rickenbacker 🇺🇸</p> <p> Post</p>	696	362	2.7%	19	18	0	1
	  <p>Sun 8/11/2019 5:26 pm EDT On Military Sons and Daughters Day, we'd like to recognize the children of all of our brave service men and</p> <p> Post by Chandler P.</p>	601	436	5%	30	30	0	0
	  <p>Thu 8/8/2019 1:12 pm EDT In June, Vet Comp & Pen selected one of their Veterans, Bobbie, living with PTSD to receive a specialized service</p> <p> Post by Chandler P.</p>	443	327	2.7%	12	12	0	0

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	  <p>Tue 8/6/2019 6:12 pm EDT What makes Top Tier K9 stand out in a sea of assistance dog training facilities? It only takes Jeff Minder</p>	622	336	2.7%	17	17	0	0
	 Post							
	  <p>Mon 8/5/2019 4:22 pm EDT With over 18 million Veterans in the United States of America, almost 30 percent of our country's Veterans</p>	638	460	6.4%	41	38	1	2
	 Post by Chandler P.							
	  <p>Sun 8/4/2019 8:09 pm EDT Honor, respect and devotion to duty. Happy 229th birthday to the U.S. Coast Guard! Thank you to the brave</p>	529	381	4.7%	25	23	0	2
	 Post							