

Maureen Elias is an Army veteran, Army military spouse, mother of three, and veteran advocate, currently serving as an Associate Legislative Director of Paralyzed Veterans of America. She previously served as an Assistant Director of the Veterans Health Council of Vietnam Veterans of America. Maureen served as a counterintelligence agent in the United States Army from 2001-2006. She received an honorable discharge after injuries sustained in training degraded to the point where she needed to separate from the service.

Maureen holds a Master's Degree in Mental Health Counseling from Bowie State University in Bowie, Maryland and a bachelor's in psychology from Campbell University. She began her national advocacy journey working towards bringing holistic therapies into treatment plans for veterans with PTSD as a fellow in the January 2017 class of High Ground Veterans Advocacy. Maureen was awarded the Bowie State University Presidential Student Leadership Award, Armed Forces Insurance Fort Meade Base Spouse of the Year (2017), and named as a 2017 Class of Hillvets100. She is currently pursuing a certificate in leadership from The Ohio State University.

In her work as a health advocate within the veteran community, her writings have been included in the Military Times, Soldier for Life newsletter, National Grange newsletter, The Veteran, Paraplegia News, and Good Day Magazine. She has testified before the FDA and appeared in two public service announcements for the Federal Trade Commission as part of Operation Donate with Honor. She testified before the House Veterans Affairs Committee and Subcommittees on topics including mental health, reproductive health, employment, and women veterans.

Maureen is an active volunteer. She is currently a storytelling instructor and member of the board of the Armed Services Art Partnership, serves as the Social Media Strategist for Veterans in Global Leadership and Secretary for High Ground Veterans Advocacy.

Her experiences as a disabled woman veteran, mother to special needs children, and military spouse status give her a unique perspective as she advocates for veteran health issues.