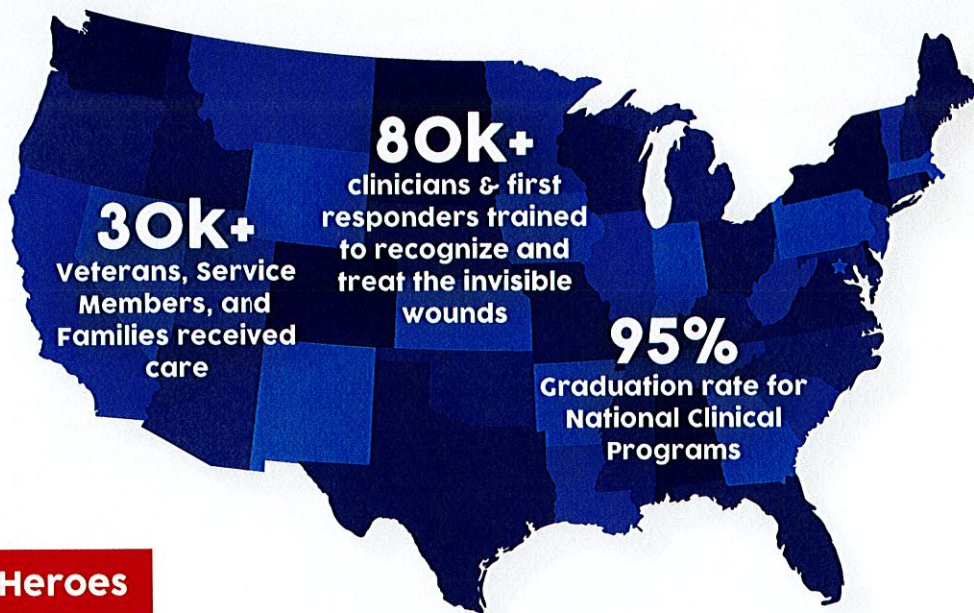




ABOUT HOME BASE

Home Base is a not-for-profit National Center of Excellence dedicated to healing the invisible wounds of war for Veterans, Service Members, and their Families. Thanks to a grateful nation, these brave heroes and their Families have access to 21st century technology and nationally renowned clinicians who provide world class clinical care, wellness, training and research, all at no cost, regardless of service era or discharge status.

Since 2009, Home Base has served over 30,000 of some of the most injured U.S. Veterans, Service Members, and their Families from all 50 states, 5 territories, and 9 countries.



Help our Heroes

20

Veteran suicides per day

100k

suicides since 9.11

20%

Increase in military suicides since 2020

93%

of Veterans would recommend Home Base to a fellow veteran

MULTIDISCIPLINARY TEAM

Home Base's care team includes clinicians from psychiatry, nursing, physical medicine and rehabilitation, sports medicine, imaging, eye and ear care, and nutrition. Home Base's team includes Veteran and Family outreach coordinators.

SPECIALIZED PROGRAMMING

Home Base launched the nation's first and only programs for Special Operators & Families of the Fallen.

INNOVATION

Home Base delivers best in class care solutions using state-of-the-art technology and conducts cutting-edge research to discover new treatments for the invisible wounds of war.

AWARENESS

Home Base Nation podcast reaches a national audience of Veterans, Service Members, Families, and a grateful nation.

homebase.org/homebasenation

homebase.org

Home Base Programs



DIRECT CLINICAL CARE FOR SERVICE MEMBERS, VETERANS, FAMILIES, & FAMILIES OF THE FALLEN

Providing timely, quality, and compassionate clinical care is one of the most critical components of healing the invisible wounds. Home Base has developed three clinical models to serve Veterans and Families who live around the globe:

NATIONAL INTENSIVE CLINICAL PROGRAM (ICP)

This first of its kind 2-week ICP compresses 2 years of mental health, brain injury &/or substance use treatment into a 2-week program. Specially designed for **Veterans** of all eras, this program includes **Family Members** in the care model. A special iteration for **Families of the Fallen** is also offered to those who have experienced the suicide of their loved Veteran and need a path of recovery from grief and trauma.

NATIONAL SPECIAL OPERATIONS CLINIC

The Comprehensive Brain Health and Trauma (ComBHAT) Program provides coordinated, integrated, multi-disciplinary specialist evaluation, treatment, and care coordination for Special Operations Service Members and Veterans across the country.

REGIONAL OUTPATIENT CLINICAL CARE

With clinics located in Massachusetts, Florida, and soon to be Arizona, Home Base provides advanced in-person and telehealth care to Veterans, Service Members, and their Families in their local communities.



WARRIOR HEALTH & FITNESS

Warrior Health & Fitness is designed to improve physical health and well-being through supervised exercise, nutrition, mind-body medicine, stress management, and sleep. Combined with a Veteran and Family Adventure Series that hosts our military community through skiing, museum visits, apple picking, and more, the wellness mission recognizes the holistic importance of healing.



TRAINING IN UNDER-RESOURCED COMMUNITIES

The Home Base Training Institute has educated over 80,000 clinicians and first responders to recognize and treat the invisible wounds of war. This training propels strategic partnerships to address care in under-resourced community health centers caring for our Veterans of Color and a new initiative with Native American Veterans in the Navajo Nation.



INNOVATION & FINDING NEW TREATMENTS

Through leveraging 21st century technology to discover new treatments in healing the invisible wounds of war, Home Base harnesses the scientific community of Mass General Brigham, Harvard, and national partners to find the most innovative solutions of tomorrow.



AWARENESS

Home Base Nation Podcast reaches audiences across the country and features stories of people and topics that have an important impact on our Veteran, Military and patriotic communities. Highlighted guests include Jake Tapper, Spike Lee, David "Big Papi" Ortiz, Sebastian Junger, and topics such as art therapy, psychedelics research, and the USS Intrepid with Prince Harry.



HOME BASE PROGRAM TESTIMONIALS



"I left the program feeling lighter. Instead of isolating and blaming myself for Alan and Stephen's deaths, I can celebrate their lives and the love and the happiness we shared."

-Kathy Colley, Families of the Fallen Program Graduate, California



"I had lost hope and was on the path to losing my family, my life, everything. Home Base gave me back my life."

-SGT Travis Peterson, Intensive Clinical Program Graduate, Georgia



"Home Base made me whole again. I was able to be a better husband and a better father. They didn't just treat the symptoms; they found the problem."

-CW03 Bill Bastable, Home Base Intensive Clinical Program & ComBHAT Program Graduate, Virginia



"Home Base isn't another cookie-cutter program, it gave me another chance at life. Today, I'm proud to say I served. Home Base helps bring us back into society, there is help, and we are not alone. Home Base doesn't leave us behind."

-Navy Chief Darnel Johnson, Intensive Clinical Program Graduate, Florida



HOME BASE CLINICAL AND WELLNESS SERVICES

Home Base is a National Center of Excellence dedicated to healing the invisible wounds of military service, through clinical care, wellness, research and training. As a non-profit serving US Service Members, Veterans, Families and Families of the Fallen of all eras, around the world, Home Base leverages 21st Century technology and renowned clinicians from Mass General Brigham and Harvard to deliver innovative, evidence-based care and support - all at no cost to participants. Since 2009, Home Base has served over 30,000 of some of the most injured U.S. Veterans, Service Members, and their Families from all 50 states, 5 territories, and 9 countries. Our clinical and wellness services include treatment for; post-traumatic stress, traumatic brain injury, anxiety, depression, co-occurring substance use disorder, relationship challenges, physical health, transition challenges, military sexual trauma, and other issues associated with military service.

NATIONAL PROGRAMS

2-WEEK INTENSIVE CLINICAL PROGRAM (ICP) FOR PTSD & TBI

- Two year's worth of clinical care and support in two weeks
- Holistic approach to care that includes mindfulness and wellness practice through yoga, fitness, nutrition, and art therapy
- Care, lodging, transportation, and food is provided at no cost to participants
- Family member/support person education and participation is included as part of the programming

2-WEEK FAMILIES OF THE FALLEN INTENSIVE CLINICAL PROGRAM

- In collaboration with the Tragedy Assistance Program for Survivors (TAPS) for survivors of traumatic loss
- Evidence-based treatment for PTSD and complicated grief
- Complementary treatments or holistic care as with regular ICP

SPECIAL OPERATIONS CLINIC

- The Comprehensive Brain Health and Trauma (ComBHAT) Program provides coordinated, integrated, multi-disciplinary specialist evaluation, treatment, and care coordination for Special Operations Service Members and Veterans across the country.

"SLIDE INTO HOME BASE" VIRTUAL HOURS

- Weekly virtual meetings for Veterans, Service Members, and Military Families

RESILIENT WARRIOR, RESILIENT FAMILY, AND RESILIENT YOUTH

- 6-week course designed to introduce a variety of mind-body techniques and skill-building exercises scientifically shown to improve overall mood and well-being

ICP GRADUATE PROGRAM

- Weekly webinar series available to graduates of the Intensive Clinical Program that keeps graduates connected to the skills and daily practices learned in the ICP
- 60-minute webinars run for 12 weeks at a time

OPERATION HEALTH @ HOME DIGITAL WELLNESS PLATFORM

- Online platform with essential coaching strategies in fitness, nutrition, mindfulness and mental health.





Providing direct clinical care for Veterans, Service Members, Families, and Families of the Fallen is one of the most critical components of healing the invisible wounds - all at no-cost to the individual.

PROGRAMS AVAILABLE REGIONALLY

With clinics located in Massachusetts and Florida, Home Base provides advanced in-person and telehealth care to Veterans, Service Members, Families and Families of the Fallen in their local communities.

OUTPATIENT MENTAL HEALTH CARE

Individual Therapy

- Treat post-traumatic stress, traumatic brain injury, depression, anxiety, co-occurring substance use disorder, military sexual trauma, and other invisible wounds
- Offer individual therapy, medication consultation, and substance use recovery resources
- Telehealth available in every part of Massachusetts and Florida

Group Therapy

- Offerings for Veterans, Service Members and Family Members include Dialectical Behavioral Therapy, Education on PTSD, Mindfulness, Parenting, Recovery, Reintegration, and others

WARRIOR HEALTH AND FITNESS (WH&F)

- WH&F helps Veterans, Service Members, and Families achieve their health and wellness goals through regular group exercise and education/consultation in fitness, nutrition, and mental skills throughout a 90-day program

SKILLS-BASED OUTPATIENT ADDICTION RECOVERY (SOAR) PROGRAM

- An intensive outpatient recovery program for substance use and co-occurring mental health conditions: post-traumatic stress, anxiety, and depression
- Designed to help participants reduce problematic substance use and improve overall coping through group therapy, case management, peer support, and optional individual therapy and/or medication treatment

ADVENTURE SERIES

- Free activities across New England to strengthen family bonds
- Events have included skiing, skating, museum visits, sailing, professional baseball games, and Duck Boat rides

INNOVATION & FINDING NEW TREATMENTS

- Home Base delivers best in class care solutions using state-of-the-art technology and conducts cutting-edge research to discover new treatments for the invisible wounds of war.

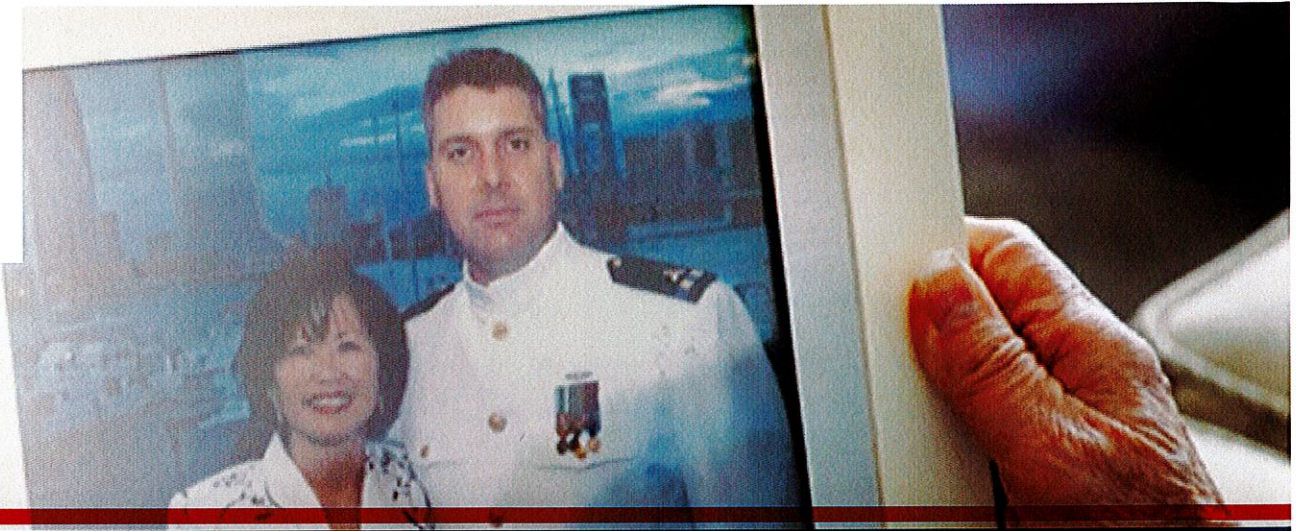
EDUCATION & RESEARCH

Massachusetts General Hospital is recognized as a leader in patient care, education and research, and ranks among the most prestigious medical institutions.

Education:

- Through the Training Institute, Home Base provides access to free Continuing Medical Education through on-line and on-demand courses aimed at helping community clinicians and first responders across the country recognize and treat the invisible wounds.





INTENSIVE CLINICAL PROGRAM FOR FAMILIES OF THE FALLEN

The Intensive Clinical Program for Families of the Fallen offers a holistic clinic-based approach to serve Families of fallen Veterans and Service Members.

Since 2017, Home Base in collaboration with the Tragedy Assistance Program for Survivors (TAPS) has treated nearly 100 survivors of military suicide loss from 34 states across the country.

The program provides 63 hours of treatment and is designed for survivors of traumatic loss that combines evidence-based treatment for post-traumatic stress disorder and grief.

THE INTENSIVE CLINICAL PROGRAM FOR FAMILIES OF THE FALLEN TREATS

POST-TRAUMATIC STRESS

Post-traumatic stress can develop after a person has been directly exposed to, witnessed or heard about a traumatic event, involving a threat of severe bodily harm or loss of life to themselves or others.

DEPRESSION

Depression (major depressive disorder) negatively affects how you feel, think, and act. It can cause feelings of sadness and/or a loss of interest in activities and can lead to a variety of emotional and physical problems and can decrease your ability to function at work and at home.

ANXIETY

Generalized Anxiety Disorder is characterized by long-lasting excessive worry and anxiety about life issues and day to day. People experiencing Generalized Anxiety often find it difficult to relax and have an inability to stop worrying even in the absence of major life stress.

GRIEF

Grief is the anguish experienced after significant loss, usually the death of a beloved person, and often includes physiological distress, anxiety, confusion, and fear. Prolonged Grief Disorder (PGD) can cause intense longings for the deceased or preoccupation with thoughts of the deceased or with the circumstances around the death.



The program starts survivor family members on a path of recovery from their grief and reconnects them to hope.



COMPREHENSIVE BRAIN HEALTH AND TRAUMA (COMBHAT) PROGRAM

The Comprehensive Brain Health and Trauma (ComBHAT) program is a weeklong comprehensive TBI evaluation, which offers members of the community the opportunity to address interrelated health and functional impairments, neurobehavioral symptoms, musculoskeletal and cognitive concerns associated with serving in a Special Forces Group. The Home Base program also offers care beyond brain health in other medical disciplines such as resiliency, family outreach, nutrition, orthopedics, and physical therapy. These services are offered in Boston at Home Base, a Red Sox Foundation and Massachusetts General Hospital program and National Center of Excellence and are at no cost to the participant.

The ComBHAT program offers the opportunity to be evaluated and treated by a team of multi-disciplinary specialists, medical providers, and researchers who not only offer the gold standard of medical care but are experienced in meeting the unique needs of those who serve or have served in the special operations forces.

INJURIES & CONCERNS

- Chronic pain
- Cognitive impairments
- Attention disorders
- Musculoskeletal and orthopedic problems
- Neurobehavioral symptoms
- Chronic headaches
- Hormone dysfunction
- Sleep disorders/disturbances
- Substance use/Alcohol use
- Vestibular balance disorders
- Anxiety, depression, and other invisible wounds

Plans are individualized and consist, but not limited to the following services.

- Neuro-endocrinology evaluation and follow-up
- Nutritional assessment
- Neuropsychiatric evaluation and follow-up
- Orthopedic/musculoskeletal evaluations and follow-up
- Psychological evaluation
- Psycho-pharmacology evaluation
- Sleep, Language, and Pathology assessment
- Sleep Study
- Vestibular evaluation and follow up
- and more



“Home Base made me whole again. I was able to be a better husband and a better father. They didn’t just treat the symptoms; they found the problem.”

-CWO3 Bill Bastable, Home Base Intensive Clinical Program & ComBHAT Program Graduate, Virginia

CONNECT WITH CARE:

Patrick Smith

PSmith30@mgh.harvard.edu | 857- 443-4163 or





RESILIENT YOUTH

FOR MILITARY CONNECTED CHILDREN AND TEENS

Home Base offers a weekly ZOOM for military children to learn practical skills. The groups are moderated by Harvard-trained educators from The Benson Henry Institute for Mind Body Medicine.

FREE 6-WEEK SKILL BUILDING COURSE

Life is hard, we get it! Join us on Zoom to hang out with other military kids your age and learn practical skills that will help you:

- Reduce feelings of stress and anxiety
- Strengthen connections with friends and family
- Improve academic performance
- Develop better work habits and organizational skills
- Increase self-esteem
- Tap into your creativity and humor
- Cope with big feelings like fear, frustration and anger



GROUPS MEET FOR 45 MINUTES, FOR SIX CONSECUTIVE WEEKS IN AGE APPROPRIATE SECTIONS FOR ELEMENTARY, MIDDLE AND HIGH SCHOOLERS.

For more information
email: sdfredriksson@mgh.harvard.edu OR call:
857.408.3245

Home Base's Resilient Youth for Military Children and Teens is an educational program based on the Resilient Youth curriculum developed by MGH's Child Resiliency Program and The Benson Henry Institute for Mind Body Medicine.

