

2013
ANNUAL
REPORT

Healing the Invisible Wounds of War



MASSACHUSETTS
GENERAL HOSPITAL



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GENERAL HOSPITAL

In 2013, the Red Sox Foundation and Massachusetts General Hospital Home Base Program took a significant step forward toward expanding our capacity to heal the invisible wounds of war for returning Iraq and Afghanistan veterans and their families throughout New England.

From raising awareness of the invisible wounds on college campuses, to creating resiliency-building opportunities for veterans and families experiencing post deployment stress and anxiety to educating community clinicians to recognize and treat the invisible wounds of war to increasing research collaboration among doctors who are seeking to improve treatment of Post Traumatic Stress and Traumatic Brain Injury – Home Base is breaking new ground and leading regional and national efforts to help our returning veterans and their families recover and thrive following 12 years of war.



Connecting Veterans and Families to Care

As veterans return home, Home Base has begun a number of strategic efforts—led by our six-member Iraq and Afghanistan veteran outreach team—to raise awareness of the invisible wounds of war, break down stigma, and increase the number of veterans and families who come to Home Base for care.

Hot Dogs and Fenway Park Home Base has begun hosting small groups of commanding officers from the MA National Guard and Reserves, representatives of Warrior Transition Units, student veteran leaders, and other community organizations for informational Hot Dog lunches at the Home Base clinic followed by a tour of Fenway Park. The monthly lunches help us build new relationships between referring organizations and our Home Base clinicians and staff, and have already resulted in increased veteran referrals to Home Base.

Combat to Campus The student veteran population has dramatically increased in Massachusetts with many schools reporting a doubling of student vets on campus. Many student vets are struggling to adjust to life on campus. An undiagnosed TBI may inhibit their ability to process complex information. PTS may cause anxiety in crowded classrooms. Home Base has become a regular presence on campuses all over New England, especially Bunker Hill Community College, Northeastern University, Salem State University, UMass Boston, and UMass Lowell. In 2014, Home Base student veteran interns on these campuses will give Home Base a sustained presence in these college communities.

Outdoor Adventures From Fenway Park to Foxboro, Pawtucket to Sugarbush, the Boston Harbor Islands to Boston Duck Tours, the Adventure Series has enabled hundreds of veterans and families to enjoy outdoor activities, a chance to try a new sport, meet other military families, and get acquainted with the Home Base Program. For many, the Adventure Series offers a first step into the program.

Adventure Series activities are generously donated by the Highland Street Foundation, Bank of America, and host organizations like the Sugarbush Resort, Amesbury Sports Park, and Community Boating.

Public Service Campaign In recognition of PTSD Awareness Month, Home Base launched its first public service advertising campaign designed to increase awareness of the “invisible wounds” of war and raise funds for Home Base. The award-winning campaign included print, radio, on-line, and billboards, and was developed pro bono by Hill Holliday, a nationally known advertising firm headquartered in Boston. A special feature of the advertising campaign was a Beetle Bailey cartoon for the Boston Globe, developed exclusively in support of Home Base by renowned cartoonist Mort Walker. This was the first time Mr. Walker has been engaged in an effort to raise awareness of the invisible wounds of war.



Home Base veterans and military families meet Red Sox Legends (above) and participate in on field events at Fenway Park (right).



Providing World Class Care for Vets and Families

One of the only private sector clinics in the nation dedicated to healing the invisible wounds of war for Post 9/11 veterans and their families, our outpatient clinic at 101 Merrimac Street is the core of Home Base care.

In 2013, Home Base doctors, nurses, and clinical social workers provided care for a total of 395 veterans and family members from all six New England states, an increase of 25% over the previous year. Visits to the clinic totaled 2,968, a 30% increase over the previous year. Since the fall of 2009, Home Base has provided care and support services for over 1,000 veterans and family members in the clinic. Home Base provides care regardless of discharge status, and while Home Base is required to bill insurance, if a veteran or family member is uninsured or underinsured, Home Base provides care at no cost. A 2013 patient survey found that 86% of patients are satisfied with their care, and 81% said care at Home Base had made a difference in their lives.

In 2013, Home Base began efforts to move beyond clinical treatment for PTS and TBI to a broad spectrum of “invisible wounds” – depression, substance abuse, individual and family stress. Planning is underway to develop a 14-day intensive treatment option to address more complex needs like substance abuse, and to enable more veterans from throughout New England and nationally to access care at MGH.



1,000

Veterans and family members
have received care or support
since the Fall of 2009.

Visits to the Home Base clinic
increased 30% last year.

Virtual Reality Therapy Home Base's newest clinical offering is Virtual Reality Exposure (VRE) therapy, a state-of-the-art treatment option for Iraq and Afghanistan veterans, and an example of Home Base leading advancements in care for veterans. VRE therapy is available for veterans receiving Prolonged Exposure (PE) therapy, a well-established, evidence-based therapy that has been proven to be effective for the treatment of PTS.

Through VRE, the veteran can experience a 3D digital world inside a Humvee or on patrol. The experience includes sounds and sensations of a vehicle driving, hitting an Improvised Explosive Device (IED), smells of burning trash, a market place and explosives, and cityscapes with narrow streets and alleys. A Home Base clinician guides the veteran through different scenarios tailored to their personal trauma and treatment needs, and adjusts the intensity of the experience for each individual.

Reducing Stress Home Base has collaborated with Massachusetts General Hospital's Benson-Henry Institute for Mind Body Medicine to offer a four-week stress reduction course. The course teaches warriors a range of stress management skills including relaxation techniques and effective communication skills to help reduce stress in their daily lives. Home Base is offering the program at no cost to participants throughout 2014. Participants have included cohorts of female veterans, student veterans, and combat engineers.

Advancing Care through Education and Research

New England area residents have an increasing desire to know more about how they can support returning veterans and military families in their work, schools, and neighborhoods. Community clinicians want to be able to recognize and treat the invisible wounds of war in their practices. Home Base is an acknowledged leader in providing education and training about post traumatic stress, traumatic brain injury, and the challenges of coming home. In 2013, Home Base clinicians and staff provided education sessions to nearly 13,000 clinicians and community members.

Home Base has worked with the MA Office of Veterans Services and SAVE team to provide training to MA State Police; the MA and RI Chapter of Employee Assistance Professional Association; Harvard Medical School; and college health professionals. In 2014, with a \$1 million grant from The McCormick Foundation and Major League Baseball, Home Base will launch a national training institute for clinical professionals, and begin to establish a network of providers in New England who are ready and eager to provide care for veterans and families in their community.

From the War Zone to the Home Front; Supporting the Mental Health of Veterans and Families

A free on-line clinical education series presented in collaboration with the VA's National Center for PTSD, the series has offered 23 curriculum hours of training to 9,000 doctors, nurses, psychologists, clinical social workers and other health professionals nationwide. Some 88% of clinicians report they know more and feel better prepared to address the mental health needs of returning Iraq and Afghanistan veterans and their families after the watching the series.

Staying Strong in Mashpee More than a decade of war has taken its toll on military-connected children and families,

and Home Base is testing a model for how schools can best support military-connected students in grades one through six. K.C. Coombs Elementary and Quashnet Elementary in Mashpee are the first schools to participate in a Home Base research study to develop an effective program to strengthen resilience in children whose parents are actively serving or have returned home from war.

Home Base is working with MA Secretary of Education, Veterans Services Secretary, and school superintendents throughout the Commonwealth to raise awareness of the unique challenges of military-connected children and support their resilience and well-being. Next year, 10 MA elementary schools will be part of the Home Base study.

Research leadership Through the leadership of Naomi Simon, MD, and Ross Zafonte, DO, Home Base clinical researchers continued to explore new evidence-based treatment and gain a deeper understanding of PTS and TBI. Physician researchers at MGH and Spaulding Rehabilitation came together late in 2013 to form a new Home Base Research Council, and are collaborating to improve care. Early in 2014, the Home Base Program model was featured in a national symposium session of the Anxiety and Depression Association of America.



9,000
Clinicians took part in our 23
hours of training. 88% report they
feel better prepared to address
the needs of veterans and families.

National Visibility

Home Base continues to receive national attention for our clinical and policy leadership in helping Iraq and Afghanistan veterans and their families heal from the “invisible wounds” of war.

Home Base leaders in Washington DC

Home Base Executive Director Brigadier General (Ret.) Jack Hammond and Family Program Director Paula Rauch, MD were invited to Washington on numerous occasions last year – three times to the White House – to provide advice to key veteran and military family policy experts on: improving collaboration between community organizations and the VA; how private sector organizations like Home Base are helping to fill gaps in care (Military Compensation and Retirement Modernization Commission); and military family health issues (Joining Forces, a White House initiative led by First Lady Michelle Obama and Dr. Jill Biden).

Veterans Day Leadership Forum at the JFK Library

More than 240 national and state leaders in health care, military, business, and public policy attended Home Base's Leadership Forum at the John F. Kennedy Presidential Library and Museum for a thoughtful, engaging, hopeful and honest discussion of the challenges facing returning Iraq and Afghanistan veterans and their families. The increase in military suicide, the military-civilian cultural divide, and the obstacles to veteran employment were among the discussion topics. The Home Base Veterans Day Leadership Forum was presented with support from Bank of America.

Speakers included: U.S. Representative Joe Kennedy; former U.S. Senator and Medal of Honor recipient Bob Kerrey; New York Times best-selling author and Army veteran Wes Moore; a leader in the Army's groundbreaking study on military suicide Michael Schoenbaum, PhD; military policy expert and Army veteran Phillip Carter; New York Times At War blogger and Marine Corps veteran Thomas Brennan, WAAF radio's Mistress Carrie, and The Boston Globe's Kevin Cullen. Four of the MA Gubernatorial candidates offered their views on the state's challenges and obligations for meeting the needs of veterans and military families in the future. An evening dinner recognized four New England leaders for their outstanding work in advocating for and addressing the needs of veterans and families: the Hines Family and 1st Lt. Derek Hines Soldiers Assistance Fund; Coleman F. Nee, MA Secretary of Veterans' Services; Pam Payeur, Founder and Executive Director Wounded Heroes Program of Maine; and Maureen Serrecchia, Director of State Family Programs, MA National Guard.

Baseball Commissioner visits Home Base

At Home Base, the thrill of being connected to the Boston Red Sox and its award winning foundation never gets old. On October 23, Game 1 of the 2013 World Series, Home Base was honored to

host a visit by Major League Baseball Commissioner Bud Selig.

Commissioner Selig, along with Red Sox chairman Tom Werner, Red Sox Foundation Board Member Linda Henry, Vice Chairman Fenway Sports Group David Ginsberg, Mass General Hospital President Peter Slavin, MD, and Red Sox Foundation Executive Director Gena Borson toured the new Spaulding Rehabilitation Hospital in Charlestown, and learned about the world class care Home Base is providing to veterans with traumatic brain injury. TBI Program Director Ross Zafonte, DO, and Home Base Clinical Director Rebecca Weintraub Brendel, MD, JD, emphasized Home Base's ability to provide individualized treatment for veterans experiencing both TBI and post traumatic stress. Three veterans and family members who had received care at Home Base participated in the presentation with Commissioner Selig, and the entire group was treated by a special visit with Red Sox Legends Jim Rice, Mike Timlin, and Keith Foulke.



Financial Summary

Fiscal Year Ending September 30, 2013

REVENUES

Cash Balance	\$2,199,299
Third Party Revenue	\$194,475
Contributions	\$3,594,557
Investment Income	\$3,131
In-Kind Support	\$1,239,017
Total Revenue	\$7,230,479

EXPENDITURES

Programs	\$5,296,506
Administration	
Total Program Costs (excluding In-Kind Support)	\$5,296,506
Gain/(Loss) from Operations	\$1,933,973



Leadership

Board of Overseers

- Jack Connors, Jr.
Chairman Emeritus,
Hill Holliday
Partners HealthCare
- David Ginsberg
Vice Chairman, Fenway Sports Group
- Peter Slavin, MD
President, Massachusetts General Hospital
- Tom Werner
Chairman, Boston Red Sox and Red Sox Foundation

Program Leadership

- Brigadier General (Ret.) Jack Hammond, Executive Director
- Michael Allard, Chief Operating Officer
- Naomi Michele Simon, MD, MSc,
Chief Medical Officer
- Rebecca Weintraub Brendel, MD, JD,
Clinical Director
- Lee Chelminiak, Communications Director
- Kathy Clair-Hayes, MSW, LICSW,
Network Development Director
- Tommy Furlong,
Veteran Outreach Associate Director
- Margaret Harvey, PsyD, Associate Clinical Director
- Grant Iverson, PhD, Traumatic Brain Injury
Associate Program Director
- Roger Knight, Veteran Outreach Director
- Bonnie Ohye, PhD,
Family Team Clinical Director



- Paula K. Rauch, MD,
Family Team Program Director
- Tracy West, Development Director
- Ross D. Zafonte, DO,
Traumatic Brain Injury Program Director
- Gena Borson, Executive Director
Red Sox Foundation

Honorary Directors

- Former President George H.W. Bush
- General (Ret) Frederick M. Franks, Jr.
- Caroline Kennedy
- Victoria Reggie Kennedy
- First Lady Michelle Obama
- Lt. General (Ret) James Peake, MD
- Lee Woodruff

Special Advisors

- Maj. General (Ret) Elder Granger, MD
- John Parrish, MD (Founding Director)
- Col. (Ret) Elspeth “Cam” Ritchie, MD
- Larry Ronan, MD



A Very Special Thanks

The Red Sox Foundation and Massachusetts General Hospital Home Base Program is deeply grateful for the generous contributions of our donor community, including the thousands of runners and walkers and event sponsors who have raised more than \$9M through the 2010-2013 Run to Home Base presented by New Balance.

2013 Donors

\$100,000+

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McCormick Foundation
New Balance
P.I. Garden Fund
Red Sox Foundation
Spier Family Foundation
State Street
Welcome Back Veterans
Mr. Thomas C. Werner

\$50,000 - \$99,999

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Veterans United Foundation
Veterans United Home Loan
Bob Woodruff Family Foundation, Inc.
Mr. and Mrs. Robert Woodruff

\$25,000-\$49,999

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\$5,000-\$24,999

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Morgan Stanley Wealth Management
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**IT'S OUR
TURN TO SERVE**



Help Home Base Heal the Invisible Wounds of War



RED SOX
FOUNDATION



MASSACHUSETTS
GENERAL HOSPITAL

Nearly 100% of Home Base operating support results from generous donations from individuals, large and small businesses and foundations. Contributions of all size are welcome. Here are opportunities to get involved.

Presented by **new balance**



Run to Home Base

More than 2,000 runners and walkers, hundreds of military families, elected and military leaders gathered at Fenway Park for Home Base's inspiring signature fundraiser, the Run the Home Base presented by New Balance. The 9K Run and 2.5 mile walk which starts and ends in historic Fenway Park raised \$1.9 million in 2013 to support the work of Home Base. The Run to Home Base marks its fifth anniversary July 19, 2014.

Register at www.RuntoHomeBase.org

Mission Gratitude

Country music, comedy, patriotism, and healing the invisible wounds of war were on full display at the 2013 Mission Gratitude, Home Base's benefit concert presented by State Street Corporation. The largest benefit concert in New England supporting wounded warriors brought over 2,500 committed fans together to support Home Base, honor our veterans and military families and enjoy performances by some of the nation's hottest new country music artists and comic legends including The Band Perry, Big \$ Rich, Sarah Silverman, SNL's Darrell Hammond, Cassadee Pope, and others. Medal of Honor recipient, SSG Ty Carter was our honored guest. The 2014 Mission Gratitude takes place November 10 at Boston Symphony Hall. www.MissionGratitude.org



Home Base is an opportunity for our entire community to get involved and give back to those who have served and sacrifice for our nation. Join our twitter and Facebook communities and visit homebaseprogram.org

@homebaseprogram
 /homebaseprogram



Buy a lemonade or strike a Yoga pose. Supporters of Home Base throughout New England are stepping up every day to raise funds for the program by hosting activities in the community. Known as "The Home Team" these active volunteers are essential to Home Base efforts to spread the word about healing the invisible wounds of war. Activities have included a Yoga marathon, a summer lemonade stand, night of snow tubing, a motorcycle ride, and Marathon runners in New York and Boston. Federal and state employees contributed to Home Base during the Combined Federal Campaign (CFC) of Eastern Massachusetts and the Commonwealth of Massachusetts Employees Charitable Campaign (COMECC).

The Red Sox Foundation and Massachusetts General Hospital Home Base Program is generously supported in part by Welcome Back Veterans, and initiative of the McCormick Foundation and Major League Baseball.