



2021 ANNUAL REPORT

# HELPING HEROES HEAL



RED SOX  
FOUNDATION



MASSACHUSETTS  
GENERAL HOSPITAL

# Table of Contents

## ABOUT HOME BASE & INTRO

Who We Are / What We Do / What Sets Home Base Apart ..... 3-4

Letter from General Jack Hammond ..... 5

Letter from Board Co-Chairs ..... 6

## AWARDS & RECOGNITION

Department of Defense Award ..... 7-8

Dr. Ross Zafonte named President of Spaulding ..... 9

Navy SEAL Foundation Award ..... 9

## RESEARCH & INNOVATION

Home Base Partners with Mass General Center  
to Study Role of Psychedelics in PTSD Treatment ..... 10-11

Home Base’s Dr. Kaloyan Tanev Launches Pilot  
Study for PTSD Treatment ..... 12

WWP Funding for TBI ..... 12

VR - REACT Neuro Study ..... 13

Dustin Pedroia Lab at Home Base ..... 13

Clinical Feature: Substance Use/ICP ..... 13

## STORIES OF HOPE

Patient Story: Darnell Johnson ..... 14

## DIVERSITY, EQUITY, AND INCLUSION

DEI: Navajo Nation Partnership ..... 15

DEI: Grant from AG for BIPOC Veterans ..... 15

## HOME BASE NATION PODCAST

Podcast Season 3 ..... 16

## EVENTS & COMMUNITY FUNDRAISERS

Intrepid Event in NYC ..... 17

Signature Events: Marathons ..... 17

Signature Events: Run to Home Base ..... 18-19

Community Fundraisers: No Shave ..... 20

WCVB PROJECT COMMUNITY: Helping Veterans Heal Televent .... 21

Community Fundraisers: PTC 22K Push Up Challenge ..... 22

Community & Corporate Support ..... 22

## HOME BASE FLORIDA

10th Annual Home Base Golf and Family  
Day at Kensington Golf & Country Club ..... 23

Home Base Southwest Florida Expands  
Outpatient Clinical Care to Collier County ..... 24

Home Base Partners with Tampa General Hospital to  
Expand Warrior Health and Fitness Program ..... 25

Pelicans Nest Golf Tournament Raises  
\$256,000 for Home Base Florida ..... 26

## HOME BASE LEADERSHIP

Our Leaders ..... 27

## OUR SUPPORTERS

Our Supporters ..... 28-29

Get Involved – How to Support Home Base ..... 30

## FINANCIAL SUMMARY

Financial Summary ..... 31



# Who We Are / What We Do / What Sets Home Base Apart

Founded in 2009, Home Base is a Red Sox Foundation and Massachusetts General Hospital program dedicated to healing the invisible wounds of Veterans of all eras, active Service Members, Military Families and Families of the Fallen.



## WE HAVE ACCOMPLISHED...

- Operating the nation's first and largest private-sector clinic devoted to finding new solutions to providing lifesaving, world-class clinical care for the invisible wounds of war.
- Serving more than 30,000 Veterans, Service Members and Family Members from around the world and developing a groundbreaking model of evidence-based care.
- Developing research programs that drive a stream of new, demonstrably more effective ways of delivering clinical care and wellness.
- Training more than 80,000 clinicians, educators, first responders and community members to recognize and treat invisible wounds.

## WE IMAGINE A FUTURE WHERE...

- Any Veteran or Family Member who needs mental health support can access Home Base's programming and services at no out-of-pocket cost, regardless of their physical location.
- Home Base's evidence-based treatment programs become models used by national and international peer institutions.
- Home Base serves as the international leader in training clinicians, educators, first responders and other community members to recognize and treat invisible wounds.

## WE ARE INVESTING IN...

### INTENSIVE CLINICAL PROGRAMS

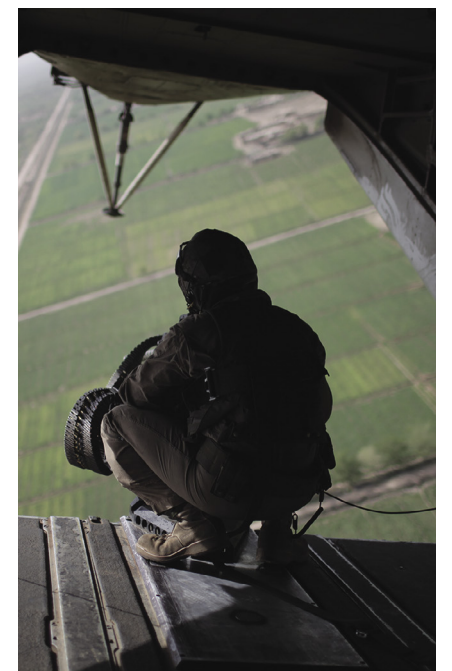
Home Base developed a treatment model that compresses up to two years of treatment into four-day and two-week intensive clinical models. These evidence-based programs have made effective care available to countless U.S. Veterans and Family Members worldwide.

### CUTTING-EDGE CARE FOR SPECIAL OPERATIONS

Members of Special Operations (SO) units face unique health challenges, including higher suicide rates that are caused by more frequent combat deployments, significant concussive exposures and missions that more often result in trauma. Our Comprehensive Brain Health and Trauma program offers multidisciplinary diagnostic testing, treatment and rehabilitation services for SO Members with traumatic brain injury, chronic pain, sleep disorder, mood difficulties and/or orthopedic injury.

### SKILLS-BASED OUTPATIENT AND ADDICTION RECOVERY (SOAR)

This evidence-based, intensive outpatient program helps individuals maintain abstinence or significantly reduce substance use while addressing underlying mental health symptoms, improving daily functioning and fostering resilience against future relapse.







## WELLNESS, RESILIENCE AND POST-TRAUMATIC GROWTH

This program offers an evidence-based holistic and integrative approach that uses exercise, nutrition, yoga, art, music and mind-body medicine to support the well-being of Veterans and Family Members who could be vulnerable to renewed stressors and symptoms in the future.

## THE HOME BASE RESEARCH INSTITUTE

We're committed to discovering and disseminating new treatments—and new systems for delivering those treatments—for the invisible wounds of war. This institute hosts a range of research projects, from basic science to clinical trials, that leverage the capacities of Harvard, Mass General, Spaulding Rehabilitation Hospital and our research partners around the world.

## SUICIDE PREVENTION AND DIVERSITY, EQUITY AND INCLUSION

At the Home Base Training Institute, we're taking on three key challenges in the battle against suicide: recognizing signs and symptoms, connecting at-risk Veterans to qualified care and training more clinicians to provide evidence-based trauma care. Our statewide suicide prevention campaign is aimed at creating a diverse, equitable and inclusive approach that builds the bench of expertly trained community providers and connects them to federally qualified community health centers and first responders to open up the path to care.

## INTERNATIONAL EXPANSION

In the U.K., Home Base has partnered with Walking With the Wounded, a U.K. charity that provides Veterans with independence through employment, to care for allied Veterans at our National Center of Excellence. We've also been working overseas and stateside to establish new clinics based on our proven model of care to include the U.K., Maine and additional sites in Florida.





“HOME BASE IS PROUD TO REPORT THAT WE—ALONG WITH OUR GENEROUS SUPPORTERS WHO HAVE ALLOWED US TO MEET THE NEEDS OF THOSE WHO CALLED UPON US FOR CARE—CONTINUE TO ANSWER THE CALL TO HEAL THE INVISIBLE WOUNDS OF THOSE WHO HAVE BRAVELY SERVED OUR NATION.”

The year 2021 presented an unimaginable set of challenges for our Military community. The second year of the COVID-19 pandemic, the swift withdrawal of U.S. troops from Afghanistan, the 20th anniversary of the 9/11 attacks and the impending Russian-Ukrainian War—as well as the staggering rate of Military suicides—all created a perfect storm that deeply impacted our nation’s Warriors and their Families.

Throughout the pandemic, America has seen a 20% increase in suicides among Veterans and Service Members, with nearly 20 Veterans losing their lives to suicide each day. Alarming, more than 100,000 Veterans have died by suicide since September 11, 2001.

On the cusp of the 20th anniversary of the 9/11 attacks, the fall of Afghanistan rocked not just Veterans and Service Members, but also Families who had sacrificed so greatly over the past two decades. Twenty years was undone in a few short days, leaving many feeling desperate and hopeless.

As 2021 ended, the ever-growing threat of a Russian invasion of Ukraine put the world on edge. The potential of a third World War sparked fear and concern among Veterans, Service Members, and their Families, as well as citizens, at home and abroad.

This perfect storm has made it clear that Home Base’s mission—to heal the invisible wounds of war through world-class clinical care, wellness, education and research—is more important now than ever before.



When these brave men and women made the ultimate sacrifice to protect our country, there was an implied trust that they would be cared for when they returned home. For many Veterans, Service Members and their Families on the path to healing, old wounds have tragically been reopened. As the demand for our care continued to grow, so did the demand for financial support.

Home Base is proud to report that we—along with our generous supporters who have allowed us to meet the needs of those who called upon us for care—continue to answer the call to heal the invisible wounds of those who have bravely served our nation.

We are grateful to Home Base Nation—our Veterans, Service Members, Military Families, Families of the Fallen and Home Base team. We continue to heal invisible wounds at no out-of-pocket cost to the patient or family. In the following pages, you will see the great work that we accomplished in 2021 because of the support of a grateful nation.

Thank you for helping our heroes heal.

Sincerely,

**Jack Hammond**  
Brigadier General (ret.)





**Tom Werner,**  
Chairman,  
Boston Red Sox



**Dr. David F.M. Brown,**  
President,  
Massachusetts  
General Hospital

Since its inception in 2009, Home Base has been fortunate to have the support of steadfast leaders who are committed to its mission to heal the invisible wounds of war for Veterans, Service Members, and their Families. There are few as instrumental and innovative as Dr. Peter Slavin, former President of Massachusetts General Hospital (MGH). Dr. Slavin stepped down as President of MGH in September 2021. While bittersweet, Home Base, MGH, and the Red Sox Foundation are extraordinarily grateful for the many years of his service and leadership.

Dr. Slavin assumed his role as President of MGH in 2003. After a visit to Walter Reed Medical Center with the Red Sox as the newest World Series Champions, the need for holistic, innovative mental healthcare among the military community became evident. Dr. Slavin was enthusiastic about MGH being a founding partner of a world-class clinic in Boston, and thus Home Base was born.

In the 12 years since Home Base was founded, Dr. Slavin has been an invaluable asset to its growth and success. Peter is a champion of excellence in healthcare, understanding the incredible privilege Home Base – as well as MGH and the Red Sox Foundation (RSF) – have to provide excellent care to our nation’s bravest.

Thank you, Peter, for your steadfast dedication to Home Base and its mission.

Sincerely,

Tom Werner,  
Chairman,  
Boston Red Sox  
Hospital

Dr. David F.M. Brown,  
President,  
Massachusetts General



**Dr. Peter Slavin,**  
former President,  
Massachusetts General Hospital



# Department of Defense Award

FOR IMMEDIATE RELEASE

## U.S. SECRETARY OF DEFENSE AND DEPARTMENT OF THE ARMY PRESENT SPECIAL CIVILIAN HONORS TO HOME BASE LEADERSHIP

WASHINGTON, D.C.—April 29, 2021—In recognition of their dedication to the health care of military veterans and the families of fallen heroes, leaders from Home Base, a Red Sox Foundation and Massachusetts General Hospital Program, received two of the nation’s most prestigious honors. The Secretary of Defense Medal for Outstanding Public Service – the second-highest award presented by the Secretary of Defense – was presented to Tom Werner, Chairman of the Boston Red Sox and the Boston Red Sox Foundation. The Public Service Commendation Medal – the fourth-highest public service decoration in the U.S. Department of the Army – was awarded to Michael Allard, Chief Operating Officer for Home Base, Jack Connors, Home Base Board of Overseers, Larry Ronan, MD, Home Base Sr. Advisor, Peter Slavin,

MD, President, Massachusetts General Hospital and Ross Zafonte, DO, Chief of Physical Medicine and Rehabilitation at Massachusetts General Hospital. Each recipient received their award, presented by Army Chief of Staff General Jim McConville, during a ceremony this past Wednesday at the Pentagon.

“As a leader serving at the helm of a National Center of Excellence dedicated to healing the invisible wounds for veterans of all eras, service members, military families and families of the fallen, I can think of no greater honor than to see Tom Werner, Dr. Slavin, Dr. Zafonte, and Michael Allard recognized for their tireless efforts to make a difference in the lives of those who have served,” said Brigadier General (ret.) Jack Hammond, Executive Director, Home Base.



**THE SECRETARY OF DEFENSE MEDAL FOR OUTSTANDING PUBLIC SERVICE** WAS PRESENTED TO **TOM WERNER**, CHAIRMAN OF THE BOSTON RED SOX AND THE BOSTON RED SOX FOUNDATION.

THE **PUBLIC SERVICE COMMENDATION MEDAL** WAS AWARDED TO **MICHAEL ALLARD**, CHIEF OPERATING OFFICER FOR HOME BASE, **JACK CONNORS**, HOME BASE BOARD OF OVERSEERS, **LARRY RONAN, MD**, **HOME BASE SR. ADVISOR**, **PETER SLAVIN, MD**, PRESIDENT, MASSACHUSETTS GENERAL HOSPITAL AND **ROSS ZAFONTE, DO**, CHIEF OF PHYSICAL MEDICINE AND REHABILITATION AT MASSACHUSETTS GENERAL HOSPITAL.

CONTINUE >

**ABOUT THE SECRETARY OF DEFENSE MEDAL  
FOR OUTSTANDING PUBLIC SERVICE**

The Secretary of Defense Medal for Outstanding Public Service is the second-highest award presented by the Secretary of Defense to non-career Federal employees, private citizens, and foreign nationals for contributions, assistance, or support to Department of Defense functions that are extensive enough to warrant recognition, but are lesser in scope and impact than is required for the Department of Defense Medal for Distinguished Public Service.

“I want to thank Defense Secretary Lloyd J. Austin III and General Jim McConville for this incredible award,” said Werner. “For 12 years, Home Base has uniquely established itself as the model institution in the country caring for the mental health and well-being of veterans and their families. This award is a testament to the strength of the program and the countless lives that have been saved as a result of this important work. I am honored and proud to receive this recognition and look forward to deepening the strong connection to our Veterans and active service member community.”

**ABOUT THE PUBLIC SERVICE COMMENDATION MEDAL**

The Public Service Commendation Medal is the fourth-highest public service decoration the U.S. Department of the Army can bestow upon a civilian, ranking directly below the Meritorious Public Service Medal. The name of the decoration was changed from the Commander’s Award for Public Service in November 2014 to make the nomenclature more consistent with the equivalent award for military service—the Army Commendation Medal.

“I am deeply humbled and honored to receive the Army Public Service Medal,” said Slavin. “I accept it on behalf of the very talented and dedicated staff and volunteers of Home Base who have created and operate a world class clinical program. It is an honor for us to serve through this program those who have served our nation so courageously.”

“As Chief of Home Base’s Traumatic Brain Injury program, I have been humbled to work with an incredibly dedicated and talented team to provide critical care for some of our nation’s most injured warriors and develop cutting edge new programs and innovative treatments,” said Zafonte.

“For nearly a dozen years, Home Base has more than quadrupled in size and scope. Today, our doors are open to veterans and service members of all eras, from all over the nation or wherever they live in the world,” said Allard. “Thanks to the dedication of our staff and the unwavering support of our sponsors, donors, and volunteers, Home Base has healed thousands of veterans, service members, and their families since 2009. I am honored to accept this award on behalf of the entire Home Base team.”



## Home Base Clinician Dr. Ross Zafonte, D.O., Named President of Spaulding Rehabilitation Hospital

In October 2021, Dr. Ross Zafonte, Clinical and Research Leader for Traumatic Brain Injury at Home Base, was named President of Spaulding Rehabilitation Hospital and its network of facilities. Zafonte was selected after a national search process that included an outstanding international field of rehabilitation medicine leaders.

Dr. Zafonte has published extensively on traumatic brain injuries and other neurological disorders, as well as presented on these topics at conferences nationally and internationally. Dr. Zafonte's textbook is considered one of the standards in the field of brain injury care.

Dr. Zafonte is currently the national lead investigator on an eight-center National Institutes of Health multisite clinical trial for the treatment of traumatic brain injury – the largest clinical treatment trial in the history of

North America. He is also a principal investigator on a Department of Defense clinical trials center evaluating novel treatments for traumatic brain injury and post-traumatic stress disorder (PTSD). He is also the Earle P. and Ida S. Charlton Chairman of the Department of Physical Medicine and Rehabilitation at Harvard Medical School.

Recognized internationally with numerous clinical and leadership awards, Zafonte received the Walter Zeiter Award by the American Academy of Physical Medicine and Rehabilitation, and the Association of Academic Physiatrists Distinguished Academician Award. Over the last decade, he has received several other awards including the William Caveness Award for Outstanding Clinical Care and Research from the Brain Injury Association of America, the Moody Prize for Brain Injury Research and Care, and the Innovative Clinical Treatment Award from the North American Brain Injury Society.

In addition to serving as President of Spaulding Rehabilitation Hospital, Zafonte will continue in his roles as Chief of PM&R at Spaulding and MGH, and Chair of PM&R at Brigham and Women's Hospital. In these roles, he will ensure broader and deeper collaboration, both academically and clinically, for rehabilitation medicine across Spaulding and the entire system.

### Sources:

<https://homebase.org/staff/ross-d-zafonte-md/>

<https://www.massgeneralbrigham.org/en/about/newsroom/press-releases/mass-general-brigham-names-ross-d-zafonte-do-president-spaulding>



## Home Base Receives The Navy SEAL Foundation Distinguished Scientific Award



Home Base is honored to have received The Navy SEAL Foundation Distinguished Scientific Award during the Navy SEAL Foundation Impact Forum.

Michael Allard accepted the award on behalf of Home Base from Robin King, CEO of the Navy SEAL Foundation.

Ross Zafonte, D.O., President of Spaulding Rehabilitation, Chief of Traumatic Brain Injury, Home Base and Mary Alexis Iaccarino, MD, Director of Clinical TBI and Brain Health Services, Home Base were honored for the life-changing work they provide along with their teams.

The Navy SEAL Foundation Impact Forum is devoted to the importance of an informed and collective commitment to increased collaboration, meaningful/clear communication and relevant education.

# Home Base Partners with Mass General Center to Study Role of Psychedelics in PTSD Treatment

As public perception of psychedelics begins to shift after decades of stigma, Massachusetts General Hospital has launched the new [Center for Neuroscience of Psychedelics](#) to better understand how these drugs may be used to improve the treatment of mental health challenges, including depression, anxiety and post-traumatic stress disorder (PTSD). The establishment of a Center nested within MGH's Department of Psychiatry—which is consistently rated one of the top Psychiatry Departments in the country—is a moment [the Boston Globe](#) described as the culmination of a “long, strange trip to the mainstream.” As an official Massachusetts General Hospital (MGH) program dedicated to bringing healing and hope to the military community, Home Base is proud to partner with the new Center to explore the role that the broader implementation of psychedelic therapy may play in helping Veterans and Service Members heal from PTSD.

Although psychedelics have been used in many cultures for thousands of years and were in fact heavily researched in the 1950s-60s, a cultural backlash in the 1960s halted research and development of these compounds for several decades. After [compelling evidence suggested psychedelics could help bring about meaningful change and sustained relief](#) for patients suffering from mental illness, [that backlash is gradually diminishing](#).

“Mental illness is the leading cause of disability in developed counties,” said Franklin King, MD, Director of Education and Therapist Training and Instructor in Psychiatry at Harvard Medical School. “One of the biggest clinical challenges in mental health is ‘treatment-resistant’ patients—those who seek help, but do not improve despite medication and treatment. We still have much to learn, but initial clinical studies suggest rapid, sustained reduction of symptoms after a single administration of a psychedelic compound in a therapeutic setting.”

By leveraging MGH's tradition of excellence, the Center will work to understand how psychedelics enhance the brain's neuroplasticity, or capacity for change, to optimize current treatments and create new treatments for mental illness to ultimately render the term “treatment-resistant” obsolete. Psychedelic compounds—in particular psilocybin and 3,4-methylenedioxymethamphetamine (MDMA)—are the [primary treatments the Center will work with](#) to achieve this.

The [Center's initial work will explore psilocybin's effect on rumination](#), a process which contributes to depression, anxiety and other mental illnesses, and the effects of MDMA-assisted therapy when coupled with a mindfulness-based intervention on overall symptoms as well as social functioning in treatment-resistant PTSD, in partnership with [Multidisciplinary Association for Psychedelic Studies \(MAPS\)](#).

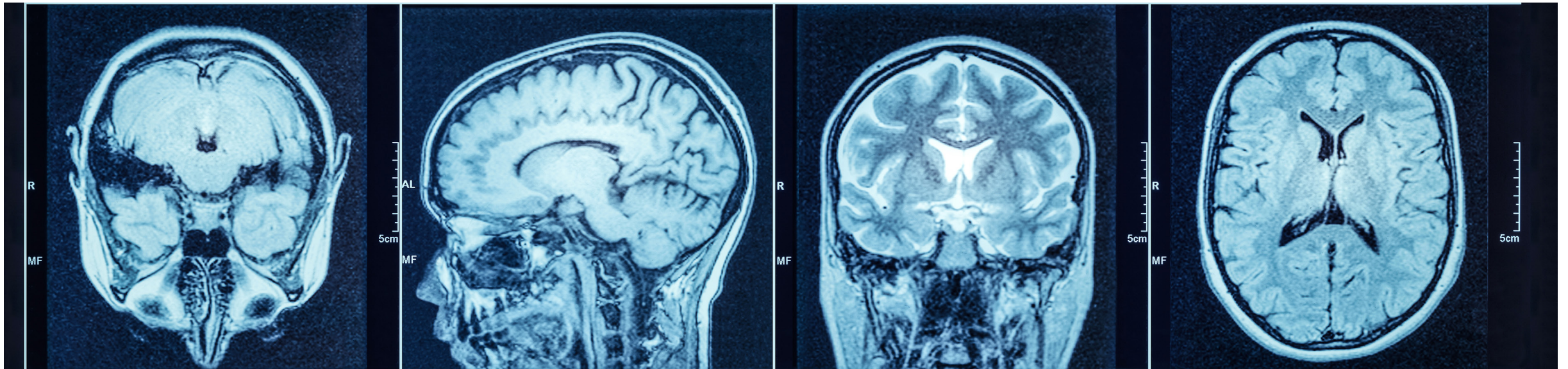
One of these initial studies will be facilitated by Home Base and several principal investigators from the Center. Through this study, 60 Veterans with PTSD will receive either MDMA-assisted psychotherapy or a novel program that combines MDMA-assisted psychotherapy with a mindfulness-based training program. A subset of participants will also receive neuroimaging. The purpose of the study will be to focus on the efficacy of the treatment—or whether MDMA-assisted psychotherapy can be optimized with the mindfulness component—as well as to explore psychological and neural mechanisms of change and recovery from PTSD.

“Despite the best efforts of psychotherapy, PTSD is very resistant to treatment,” explained Dr. Franklin King. “But I have seen people with some of the most significant PTSD that I've ever seen make meaningful recoveries from their trauma through psychedelic therapy. We hope this study will lead to advances in psychedelic therapy and shed light on the mechanism of action of this treatment, and how it might work to help Veterans heal from PTSD,” explained Dr. King.



CONTINUE >





Although PTSD is not exclusive to the military, Veterans and Service Members are more at risk of exposure to traumatic events than the average civilian population due to their frequent deployments to combat zones. It is estimated that [1 in 3 Veterans](#) deals with an invisible wound of war including [post-traumatic stress disorder \(PTSD\)](#), traumatic brain injury, and co-occurring substance use disorder. Only half of those at-risk receive any mental health treatment, and if left unaddressed, these invisible wounds can lead to suicide.

While classic psychopharmacology is often focused on suppressing PTSD symptoms, psychedelics allow patients to shift their perspective. By allowing symptoms to be expressed, patients can work through their subconscious or fear-based memories—which is why the therapy that the Veterans will receive during their participation in the study is so important.

“The therapy—or integration—sessions take place after the medicine visit,” explained Dr. Franklin King. “This is a time for patients to process material that came up, which allows for further understanding. It’s critical because it’s not enough to just give someone the psychedelic and send them back out into the world without giving them space to process what came up. These sessions help to solidify the benefits, conclusions, and insights that came up during the actual medication session.”

“Home Base is the perfect place to test the effectiveness of this novel therapy. On the clinical side, we deliver evidence-based treatments for PTSD. On the research side, we are looking to optimize the current treatment, to try novel treatments based on new mechanisms, and to decrease barriers of care for those with PTSD and TBI,” said Kaloyan Tanev, MD, MPH, Senior Director of Research and Interim Chief Medical Officer at Home Base.

“Since 2009, Home Base has provided world-class clinical care and support, in addition to fitness and mind-body wellness programs for Service Members and Veterans who struggle with the invisible wounds,” said Home Base’s Chief Operating Officer, Michael Allard. “Partnering with the Center will enable us to combine the innovative work we are already doing with a potentially groundbreaking new treatment option.”

With [military suicides up as much as 20% in the COVID era](#), Home Base is more committed than ever to find new paths to healing, and proud to partner with the new Center in the “new age of psychedelics.” In medicine, the brain’s neuroplasticity—or capacity for change—makes healing possible. In a broader sense, that same capacity for change is what allows for innovation and, ultimately, progress.

**60 VETERANS WITH PTSD WILL RECEIVE EITHER MDMA-ASSISTED PSYCHOTHERAPY OR A NOVEL PROGRAM THAT COMBINES MDMA-ASSISTED PSYCHOTHERAPY WITH A MINDFULNESS-BASED TRAINING PROGRAM.**



**Jerry Rosenbaum, MD**  
Director, The Center for Neuroscience of Psychedelics



## Home Base's Dr. Kaloyan Tanev Launches Pilot Study for PTSD Treatment



The aim of the proposed work is to gather pilot data from an attempt to enhance the ability of propranolol reactivation (PR) to improve PTSD symptoms by incorporating into the design a mismatch (PRM) between what is expected and what occurs while a subject reads a narrative of the traumatic event that caused their PTSD under the influence of the  $\beta$ -adrenergic blocking drug propranolol. It is hypothesized that a series of PRM treatments will produce superior symptomatic decreases compared to what we

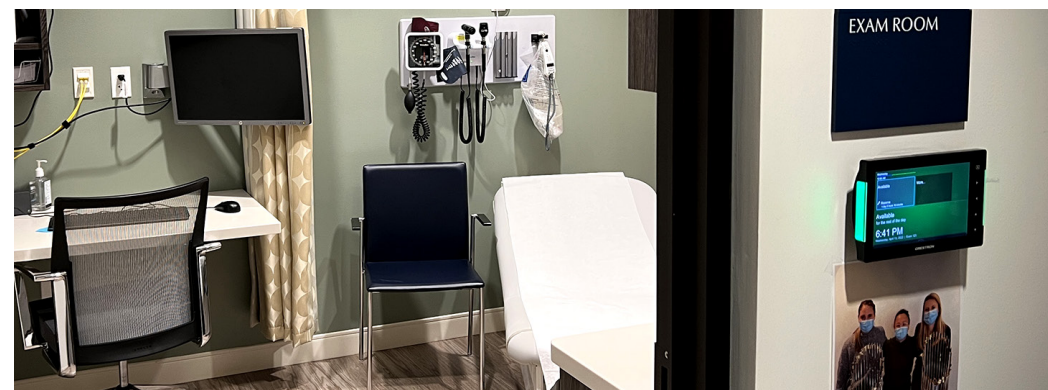
have found in prior, published studies using PR without mismatch.

The two-month study will be a single-blind, placebo-controlled, randomized PRM clinical trial in 11 convenience pilot subjects between ages 18 and 65 with active PTSD, using a 10:1 propranolol: placebo randomization schedule. Participants will receive a treatment of 6 weekly PRM sessions with propranolol or the placebo, a post-treatment psychometric evaluation and a 6 month follow up psychometric evaluation.

The results of this pilot study could show an impact in new treatments for PTSD.

**THE TWO-MONTH STUDY WILL BE A SINGLE-BLIND, PLACEBO-CONTROLLED, RANDOMIZED PRM CLINICAL TRIAL IN 11 CONVENIENCE PILOT SUBJECTS BETWEEN AGES 18 AND 65 WITH ACTIVE PTSD**

## Wounded Warrior Project Funding for Traumatic Brain Injury Programming



In March 2021, Home Base kicked off a comprehensive strategic planning process aimed at developing a multi-year transition plan shifting from a pre-COVID to a post-COVID operating environment. Program leaders across Home Base were tasked with conducting a thorough assessment and analysis of their current state, opportunities for growth and development, and internal and external challenges. Home Base continued treating patients in-person throughout 2021 while navigating the ever-changing care protocols impacted by COVID-19.

Thanks to additional funding from Wounded Warrior Project and as a proud member of the Warrior Care Network, Home Base improved its Traumatic Brain Injury (TBI) programming. Capacity for the Traumatic Brain Injury Intensive Clinical Program increased from 2 to 4 Warriors per period, allowing Home Base to double its treatment impact to those who need it most. Additionally, the team strategized new outreach opportunities to recruit patients to the TBI program, which will be more accessible with this increased funding.

In November 2021, Home Base launched dual-recovery track Intensive Clinical Program for Co-Occurring Substance Use Disorder, serving on average 3-4 patients per cohort with supplemental substance use support. Patients participate in full PTSD programming, while receiving an extra 6 sessions with a substance use expert. We have also reinstituted our SUD Education group to ensure all patients receive at least a general psychoeducation on the relationship between substance and trauma.



## Virtual Reality Study

The REACT Neuro study, Quantifying Neurological Function Using a Virtual Reality Headset, aims to quantify brain health using self-instructed digital exams displayed through a virtual reality (VR) headset device. The VR device is augmented with eye-tracking technology and is programmed to capture multi-modal sensor data including eye- and head-movement with the intention of correlating these data to quantify and assess brain health.



Currently, there is no quantitative measure of brain health. Rather, typical neurological assessments rely on qualitative tests and subjective judgement by specialists. This study, therefore, aims to add to existing knowledge by validating a rapid, noninvasive, automated, and quantitative assessment of an individual's brain health.

Decades of peer-reviewed research studies have demonstrated a correlation between eye- and head-movements with brain function. Additional research has shown that these measures can change following a head injury (e.g., concussion or mTBI). For example, researchers have found several quantitative differences between concussed and non-concussed individuals in eye-movement tasks. Given the common occurrence of head injury among Special Operators, Home Base's ComBHaT program offers a unique setting in which the relationship between eye-movement data and brain health can be explored.

To date, 60 patients at Home Base, while enrolled in the ComBHaT program, have consented to participate in the REACT neuro study. The study involves participating in a single 10–15-minute session in which patients undergo a series of digital exams with the VR device to collect eye-movement data. These digital exams are all validated methods that probe for concussions and include: Prosaccade, Self-Paced Saccade, Smooth Pursuit, Smooth Pursuit 2D, Convergence and Pupillary Reflex.

## Clinical Feature: Substance Use/ICP

The Intensive Clinical Program (ICP) is the cornerstone intensive outpatient treatment program at Home Base. This 2-week program has two iterations: one treating Veterans and Service Members and one treating Families of the Fallen.

In 2021, the ICP continued providing care through a hybrid model, which was implemented during the COVID-19 pandemic. The program also continued to participate in weekend horse farm visits and maintained a 90% completion rate. Additionally, Home Base launched a dual-recovery track to support those also struggling with substance use.

2021 was a successful, innovative year for the Intensive Clinical Program, demonstrating the ongoing need for care for our Veterans, Service Members and their Families.

### HIGHLIGHTS FROM THE 2021 PROGRAM INCLUDE:

- **36 VETERAN COHORTS**
  - Serving 312 total participants
  - 288 on the Post Traumatic Stress Disorder (PTSD) track and 24 on the Traumatic Brain Injury (TBI) track
- **3 FAMILIES OF THE FALLEN COHORTS**
  - Serving 20 partners and 12 parents total
- **5 SPECIAL OPERATOR COHORTS**
- **GRADUATED THE 150<sup>TH</sup> ICP COHORT**



## The Dustin Pedroia Lab at Home Base

In 2021, and in partnership with former Boston Red Sox player Dustin Pedroia, Home Base opened the Dustin Pedroia Lab at Home Base. As Home Base has improved and expanded medical services provided at its National Center of Excellence, the need for such a lab became evident. The lab was designed to best serve the needs of our patients and to provide professional medical services in addition to the behavioral health provided.

The Dustin Pedroia Lab provides phlebotomy services, medical procedures and treatments to Home Base patients. It is equipped with emergency medical supplies, medications, phlebotomy supplies and research laboratory equipment. In addition, the lab can provide up to date EKG readings with the ability to have them formally interpreted by MGH cardiology by electronically transmitted results.

Home Base is grateful for this partnership and its impact on those we serve.



## Story of Hope: Darnell Johnson, Chief E-7



Darnell Johnson joined the U.S. Navy in 1978 for opportunity and a way out of the Detroit neighborhood he called home. His biggest fear was getting his haircut before beginning basic training. Darnell had no way of knowing how the next 30 years of his military career would so drastically change his life.

After Darnell's retirement, he slipped into depression, and self-medicated with alcohol and other substances. Every day Darnell was reliving his worst days in service, waking up in the middle of the night to memories of old demons that haunted his dreams.

After another attempt at suicide, Darnell knew he needed to find help. "At Home Base, I learned to express myself safely, and manage the fears that were keeping me from moving past my post-traumatic stress. There is a sense of comradery at Home Base that many of us Veterans seek out. Home Base doesn't leave you behind."

Darnell credits his life to the support Home Base provided. "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 has helped many Veterans, like Darnell, find hope and healing through its world-class clinical treatment and support programs. Hear other Stories of Hope and learn more about our life-saving, life-changing care at [homebase.org/story](https://homebase.org/story).

**"HOME BASE HELPS BRING US BACK INTO SOCIETY, THERE IS HELP, AND WE ARE NOT ALONE."**





# Investing in Native American Veterans

In an internal review of patients served at Home Base, the team uncovered that Native American Veterans had not been well-served in treating their invisible wounds. After learning about a colleague at Brigham and Women's Hospital who had worked over 10 years with Indian Health Services in Navajo Nation, Home Base Leadership and DEI representatives arranged for a series of meetings that helped illustrate the tremendous need and opportunities for supporting Native American Veterans. Home Base collaborated with key stakeholders of Navajo Nation that allowed for outreach in the Navajo community.

Home Base implemented the following measures to begin understanding the need and serving the Veterans in the Navajo Nation community:

## 1. PROVIDED SPECIAL TRAINING COURSES FOR STAFF

- Dr. Tom Sequist (MGB's Chief Medical Officer): "Structural Factors and Health Inequities" in Native American Communities
- Dino Haley, (Social Worker at Phoenix VA, and member of Navajo Nation): Native American Veterans, Best Mental Health Practices"

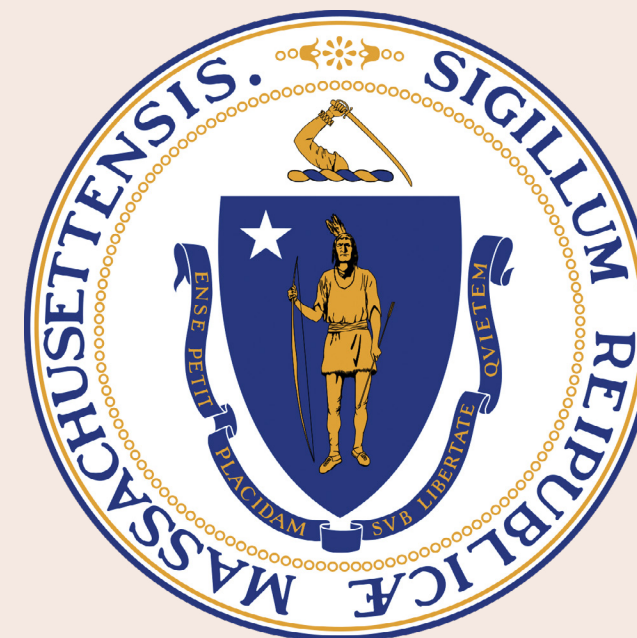
## 2. IMPLEMENTED OUTREACH EFFORTS AND PARTICIPATED IN KEY NAVAJO MEETINGS

- November 2021: Attended (in-person) 3rd Annual Arizona Tribal Veterans Symposium
- November 2021: Outreach conducted in-person at Chinle Indian Health Services
- Virtual outreach: Tuba City Indian Health Services

## 3. COLLABORATED WITH MASS GENERAL BRIGHAM COLLEAGUES

- Initiated a series of meetings with MGB colleagues that have years of experience working in indigenous communities, including Brigham and Women's Outreach Program.

Home Base will continue its education, outreach and collaboration efforts to ensure that Navajo Veterans receive the care they need.



# AGO Grant for BIPOC Veterans

Home Base received the The Massachusetts Attorney General's Office's Promoting Cultural Humility in Opioid Disorder Treatment Grant from the Massachusetts Attorney General in 2021.

In 2021, grant funds were used to develop and provide training and education to promote a cultural humility framework of care by fostering principles of mutual learning and self-reflection as well as recognition of power imbalances and implicit biases.

An impressive 54 participants from Home Base, Harvard Street Neighborhood Health Center and attendees from six community health partners (including four Cultural Humility Grant recipient organizations) that serve BIPOC patients affected by substance use disorders, attended a four-hour workshop training, "Motivational Interviewing Basics: Using A Patient Centered Approach to Strengthen Internal Motivation for Change among Patients Using Substances" by Joji Suzuki, MD, Director of Addiction Psychiatry at Brigham and Women's Hospital

Importantly, these trainings were made available for free to community partners that are positioned to serve Black, Indigenous and people of color (BIPOC) Veterans in need of mental health services, including Opioid Use Disorder (OUD).

# Podcast Season 3

Season 3 of Home Base Nation kicked off in July 2021 and featured a total of 12 episodes and six bonus episodes through December 2021.

This season boasted a variety of content, from encouraging words to stories of service, sacrifice and resilience, to honoring Home Base participants, families and supporters.



LISTEN:

<https://homebase.org/podcast>

## SEASON 3 GUEST HIGHLIGHTS INCLUDE:



**SPC ALISON WEISZ  
AND SPC SAGEN  
MADDALENA**

Military Olympians and  
Active Duty US Army Soldiers



**NATE BOYER**

Green Beret, Former  
NFL Player, and Actor



**TOM WERNER**

Chairman,  
Boston Red Sox and  
Co-Founder of Home Base



**KEVIN LACZ**

Navy SEAL and Actor



**DR. PAM HALL**

Psychologist and Author

## EPISODES

### E1: Fulfillment Of Trust, Part I

Featuring General (Ret.) Fred M. Franks, Jr.

### E2: Fulfillment Of Trust, Part II

Featuring General (Ret.) Fred M. Franks, Jr.

### E3: Always Looking Ahead of The Ball

Featuring WWII Army Veteran Marvin Gilmore

### E4: Roommates and Rifles: Back From

### Tokyo 2020! – With Military Olympians / US

Army Active Duty Soldiers SPC Alison Weisz and  
SPC Sagen Maddalana

### E5: Creativity, Sports and Service

Featuring Red Sox Chairman Tom Werner

### E6: Dedication To The Soldier

Featuring Lieutenant General Gary Brito  
/ Deputy Chief of Staff US Army

### E7: Did I Make It?

Featuring Navy SEAL Kevin Lacz

### E8: Resetting The Mission

Featuring Psychologist and Author of PTSD  
Unplugged Dr. Pam Hall

### E9: Battlefield of Dreams

Featuring Green Beret Nate Boyer

### E10: Serving Country, Family and Health

Featuring Major General (Ret.) Patrick Sargent,  
SVP DoD Healthcare at OptumServe

### E11: Stories from the Intrepid

What Prince Harry, an iconic WWII aircraft  
carrier, and three brave Americans can teach us

### E12: 70 Years of Love From Above: Operation Christmas Drop

## BONUS EPISODES

### 1: Boston Bonus: Tribute to Boston Fire Lt. and Navy Veteran Paul Hoban

1st Annual Memorial Golf Tournament 8-16-21

### 2: Your Sacrifice Matters

With Green Beret Nate Boyer

### 3: Inside and Outside the Mask: Art Therapy At Home Base

### 4: A Salute to Freedom, and A Home Base Salute to all Veterans and Military Families

### 5: Kernels of Gratitude

Happy Thanksgiving From The Home Base  
Family Table

### 6: Words of Strength and Healing From Our Guests – Happy and Healthy 2022!



# The Intrepid Sea, Air & Space Museum Salute to Freedom Gala



SINCE 2016, **FISHER HOUSE HAS PROVIDED LODGING TO HUNDREDS OF VETERANS AND THEIR FAMILY MEMBERS WHO HAVE SOUGHT CARE FOR THE INVISIBLE WOUNDS OF WAR.**



Home Base thanks Ken Fisher, Chairman and Chief Executive Officer of Fisher House Foundation, Inc., and Fisher House for their extraordinary partnership in supporting our Veterans, Military Families and Families of the Fallen.

Since 2016, Fisher House has provided lodging to hundreds of Veterans and their Family Members who have sought care for the invisible wounds of war and, just one year later, in partnership with Home Base and the Tragedy Assistance Program for Survivors, launched the first-in-the-country Intensive Clinical Program for Families of the Fallen — a groundbreaking outpatient treatment program designed to treat survivors of Fallen Warriors with up to two years of treatment in a two-week program.

Additionally, Mr. Fisher — who also serves as Co-Chairman of the Board of Trustees of the Intrepid Sea, Air and Space Museum — and Fisher House made possible Home Base's involvement in the museum's Salute to Freedom Gala on November 10, 2021. Prince Harry, The Duke of Sussex, presenter of the Intrepid Valor Award that evening, wanted to honor Warriors who sought help for their invisible wounds. Mr. Fisher, who has a close relationship with The Duke of Sussex, reached out to Home Base because of its world-class care and success in healing Veterans and their Family Members. As a result, four Home Base participants were honored with the award.

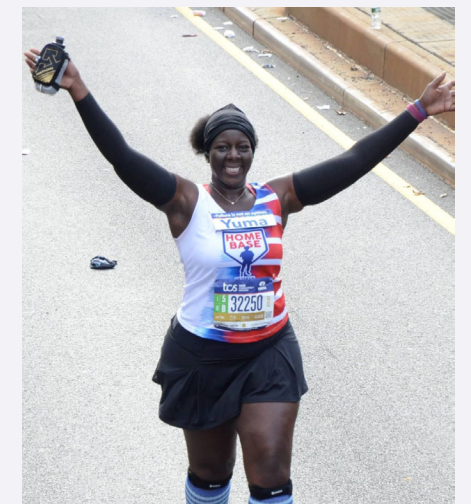
Also honored at the gala were Bob Pittman, Chairman and Chief Executive Officer of iHeartMedia, Inc. (a Home Base media partner) and Jon Bon Jovi, Rock & Roll Hall of Fame and Grammy Award-winning musical artist and humanitarian, who received the Intrepid Salute Award and Intrepid Lifetime Achievement Award, respectively. Support from the gala makes possible educational experiences for more than 30,000 students each year; dynamic STEM content; free programs for Veterans and Military Families; exhibitions that present stories of bravery and innovation; and the preservation of the historic artifacts and collections in the museum's care.

# Race for Home Base 2021 Marathons



## 125th Annual Boston Marathon®

On Monday, October 11, 2021, 20 runners represented Home Base as part of the Mass General Marathon Team for the 125th Annual Boston Marathon®. This outstanding team raised over \$175,000 to support Home Base's mission and programs. The Home Base team was made possible through a generous sponsorship by John Hancock.



## TCS New York City Marathon

On November 7, 2021, 11 participants ran as part of the Race for Home Base Team at the 50th Annual TCS New York City Marathon. This outstanding group raised over \$42,000 for Home Base.



 **1,666**  
TOTAL  
PARTICIPANTS

 **490**  
MILITARY  
PARTICIPANTS

 **236**  
MILITARY  
FAMILIES

 **122**  
TEAMS

 **1,219**  
IN-PERSON

 **447**  
VIRTUAL



[INTRODUCTION](#)

[AWARDS &  
RECOGNITION](#)

[RESEARCH &  
INNOVATION](#)

[STORIES  
OF HOPE](#)

[DIVERSITY, EQUITY,  
AND INCLUSION](#)

[HOME BASE  
NATION PODCAST](#)

[EVENTS & COMMUNITY  
FUNDRAISERS](#)

[HOME BASE  
FLORIDA](#)

[HOME BASE  
LEADERSHIP](#)

[OUR  
SUPPORTERS](#)

[FINANCIAL  
SUMMARY](#)



# Signature Events: Run to Home Base



The 12th Annual Run to Home Base presented by Raytheon Technologies took place on Saturday, September 25, 2021, at Fenway in Boston, MA and virtually across the country. In a great show of solidarity, 1,666 participants raced to raise awareness about the invisible wounds of war that affect the military community.

Ahead of the evening’s Red Sox vs. Yankees baseball game, Home Base and the Red Sox Foundation hosted a pre-game ceremony honoring the military community. Two special guests and Home Base graduates—Air Force MSgt. Yoshema Bryant and Navy Chief Aaron Comino—shared their stories of hope and healing.

After 21 years of service in the Air Force, Master Sergeant Yoshema Bryant found herself seeking care as she was struggling to connect with others after her five duty assignments and two deployments. She was connected to care at Home Base through the Wounded Warrior Project. She initially sought care through the Traumatic Brain Injury (TBI) program, and ultimately completed the 2 week



Intensive Clinical Program (ICP). Today, nearly six months after her treatment at Home Base, Yoshema says that “Home Base is still providing support and assistance for my ongoing mental and physical health”.

Navy Chief Aaron Cominio is an active member of the Special Operators Community, serving as a Navy Diving Warfare Expeditionary Specialist attached to the Navy SEALs. After the sudden onset of neurological issues following a training dive, his wife Monique, a former Air Force physician, led him to Home Base where he completed the Comprehensive Brain Health and Trauma (ComBHaT) program. In Aaron’s words, “Home Base is the lifeline that saved my life. It was my last hope and by far the best medical treatment I’ve ever received in my life”.

Thanks to the race participants and generous supporters, this cornerstone event raised over \$1.9 Million in support of Home Base’s mission to heal the invisible wounds of war for Veterans, Service Members, their Families and Families of the Fallen, all at no cost to the patient.



# Community Fundraisers: Home Base No Shave

TO DATE, **THIS CAMPAIGN HAS RAISED OVER \$1.2 MILLION** TO FUND CRITICAL MENTAL HEALTH AND BRAIN INJURY CARE.



Founded and championed by MBTA Transit Police/ Boston Gang Unit Detective Kurt Power, U.S. Army Veteran, Purple Heart recipient and proud graduate of Home Base, the 7th Annual Home Base No Shave campaign raised awareness and funds for the critical, life-saving care that Home Base provides to Veterans and their Families to heal from the invisible wounds, such as post-traumatic stress and traumatic brain injury.

Participants pledged \$100 to forgo shaving or wear a No Shave lapel pin in order to evoke conversation, raise awareness and break the stigma associated with post-traumatic stress (PTS) and other invisible wounds of war. All police, firefighters, corrections officers, EMTs, dispatchers and paramedics were

encouraged to participate, along with any community supporters, individuals or companies. This annual campaign has again proven to be a great way to encourage and motivate employees, friends and family to make an impact, together.

In 2021, 117 New England police departments and 12 companies and individuals raised over \$225,000.

To date, this campaign has raised over \$1.2 million to fund critical mental health and brain injury care – all at no cost for our nation’s wounded and injured Service Members and their Families.

To celebrate Home Base No Shave’s success, top fundraisers and special guests were invited to a closing ceremony aboard the USS Constitution.





# WCVB PROJECT COMMUNITY: Helping Veterans Heal Televent

Home Base's annual "Helping Veterans Heal" television event aired Thursday, November 11 on WCVB-Boston Channel 5.

This all-day program highlighted the life-saving care that Home Base provides to Veterans, Service Members and their Families, all at no cost. Several Home Base participants bravely shared their story in hopes of reducing the stigma surrounding mental health.

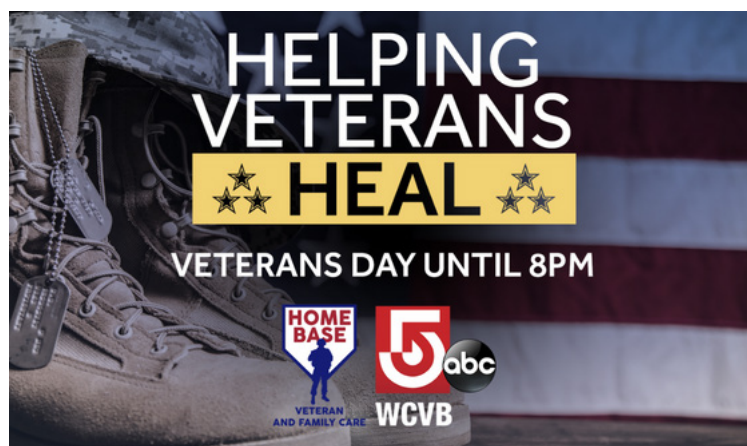
The need for increased awareness about the invisible wounds of war is more important than ever. Military suicides are up as much as 20% since the onset of the pandemic, and this year's event was an important opportunity highlight the increased need for mental healthcare.

Many thanks all of the generous supporters who helped Home Base raise over \$500,000 during this Veterans Day event!

Special thanks to our major gift donors Hanscom Federal Credit Union Charitable Foundation, The TJX Companies and the 1st Lt. Derek Hines Soldiers Assistance Fund, as well as our matching gift donors Raytheon Technologies, Nancy and Rick Kelleher & Family, The Ludwig Family and the Anonymous Friends of Home Base.




**WATCH NOW, CLICK ON A VIDEO BELOW**





## Community & Corporate Support

 **OPTUM** Serve™ Home Base was honored to receive a generous \$25,000 sponsorship from OptumServe for its cornerstone fundraising event, Run to Home Base. Thanks to support from sponsors like OptumServe, the event was able to be held in-person at Fenway and virtually, and raised over \$1.5 Million, surpassing expectations for the first in-person post-pandemic event.



In 2021, the 1st Lt. Derek Hines Soldiers Assistance Fund went above and beyond in its support of Home Base's mission. The Fund designated a portion of funds raised at its annual Flag Day 5K race to Home Base and committed to a \$25,000 sponsorship for the program's signature event, the Run to Home Base in September. The Fund also generously donated \$10,000 to the WCVB PROJECT COMMUNITY: Helping Veterans Heal Televent, helping Home Base surpass the \$500,000 fundraising mark.



Home Base COO Michael Allard joined the family of Travis Peterson, graduate of the Home Base Intensive Clinical program for the 75th Anniversary Event of the Blue Angels Foundation in Pensacola, FL. The Blue Angels Foundation honored the work at Home Base and featured a video of the Peterson family's touching story of healing and hope.



### Home Base Partners with Mass Military Heroes Fund to Plant 37,000 Flags on Boston Common

Home Base and the Massachusetts Military Heroes Fund (MMHF) created a partnership to ensure an annual tradition of honoring local fallen Veterans and Service Members on the Boston Common continues. Each May, Home Base works with MMHF to plant over 37,000 American flags at the foot of the Soldiers and Sailors Monument on the Boston Common to represent every Massachusetts fallen Service Member from the Revolutionary War to the present.

## 2021 Home Base & PTC 22K Push-Up Challenge

In November 2021, Home Base and PTC joined efforts to create the 22k Push-Up Challenge to bring awareness to the very real struggle of mental health and suicide among Veterans.

PTC aimed to bring together both Veterans and non-Veterans with a task of completing 22 push-ups per day from November 4-11. Participants paid a fee of \$22 to join the movement, and the campaign in total raised over \$97,500 for Veteran Suicide Prevention Awareness.

Thanks to the 850+ participants from 15 countries, employee participation from PTC and TIBCO, and a generous \$25,000 gift from PTC, this campaign nearly quadrupled its original fundraising goal of \$22,000

Funds raised through this campaign support Home Base's two-week Intensive Clinical Program (ICP) for Families of the Fallen—a program for spouse and parent survivors of military suicide—and Home Base's four-day intensive Comprehensive Brain Health and Trauma (ComBHAT) program, a special initiative designed to treat the unique challenges facing Special Operators.

Home Base is grateful to PTC for its partnership and philanthropy, as well as all of the participants who committed to supporting Home Base's mission to heal the invisible wounds of war.



# 10th Annual Home Base Golf and Family Day at Kensington Golf & Country Club

Although the 10th Annual Home Base Golf and Family Day at Kensington Golf & Country Club may have looked—and felt—different amid the ongoing COVID-19 pandemic, the 2021 event was a major success. Together, the committee, club members, sponsors and donors raised over \$132,000 “fore” Southwest Florida Veterans, Service Members and Military Families—reaching the incredible milestone of more than \$1.14M raised in the last decade.

Since 2012, [Kensington Golf & Country Club](#) has hosted an annual scramble-format golf tournament with all proceeds from fees and sponsorships supporting the Home Base mission. After the 2020 event was canceled due to COVID-19, the event organizers quickly pivoted to generate additional event day funds through a virtual raffle. Despite the cancellation, the event raised more than \$100,000. With careful planning, the 2021 event was reimaged in adherence with COVID-19 guidelines and restrictions. More than 100 sponsors and 92 golfers took part in the virtual tournament between February and March. Four golfers played in the hole-in-one contest for a chance to win \$1,000,000 for Home Base Florida.

“The Kensington community is very special to Home Base,” said Jason Cooper, U.S. Marine Corps Veteran and Assistant Director of Development, Home Base Florida. “We are deeply grateful for the Kensington members’ longstanding, generous support of their local military community.”

The Southwest Florida region is home to more than 100,000 Veterans. Unfortunately, many lack access to much-needed mental health services. In 2019, Home Base Florida formally announced its expansion and clinical partnership with Lee Health, the largest healthcare system in Southwest Florida. Through this clinical partnership, local Veterans, Service Members and Families receive world-class, evidence-based treatment for the invisible wounds. Previously, those seeking clinical care could access mental health services through Home Base’s two-week Intensive Clinical Program headquartered in Boston, MA. Now, these services are

available locally. Enabled in part by a decade of generous contributions of the Kensington Community, Home Base Florida clinical services at Lee Health are provided at no cost to Veterans or Military Families.

The generosity of the Kensington community also supports Home Base Florida’s Warrior Health & Fitness Program, a free, 90-day program designed to improve the physical health and well-being of local Veterans.

To date, more than 1,600 have benefitted from the Home Base Florida programs that the Kensington community continues to support, including Adventure Series, Outpatient Clinical Program, and Warrior Health and Fitness.

“Home Base is deeply committed to healing the invisible wounds for Veterans and their Families,” said U.S. Marine Corps Veteran and Home Base Florida Program Director, Armando Hernandez. “Increased stress and anxiety due to the pandemic can have deadly results when combined with existing mental health injuries, so our work here in Southwest Florida is more important than ever before.”

“In 2011, the spirit of the community was identified when we raised a flag memorial at the club. Support from the community flowed in for Veterans and Kensington chose Home Base Florida as the number one charity,” said Kensington Golf and Country Club President Bob O’Brien. “These men and women swore to protect us when our country needed it and our members feel it is now our turn to take care of our Veterans.”

As a nonprofit organization that operates predominantly on philanthropic generosity, Home Base is grateful for the support from the Kensington community that allows Southwest Florida Veterans, Service Members and Families to access world-class care and support—at no cost to them.



**“ THE KENSINGTON COMMUNITY IS VERY SPECIAL TO HOME BASE. WE ARE DEEPLY GRATEFUL FOR THE KENSINGTON MEMBERS’ LONGSTANDING, GENEROUS SUPPORT OF THEIR LOCAL MILITARY COMMUNITY. ”**

**JASON COOPER,**  
U.S. MARINE CORPS  
VETERAN AND  
ASSISTANT DIRECTOR  
OF DEVELOPMENT,  
HOME BASE FLORIDA

# Home Base Southwest Florida Expands Outpatient Clinical Care to Collier County

In the five-county region of Southwest Florida, there are more than 100,000 Veterans from all eras of service, equaling about 8-10% of the population. In Collier County, Veterans comprise a staggering 14% according to the federal census, yet many former service members across the state are lacking access to needed mental health services.

According to the National Health Study for a New Generation of US Veterans, approximately 13% of Veterans and their Families who served in Operation Enduring Freedom and Operation Iraqi Freedom screened positive for PTSD. Not only are recent Veterans at higher risk of suffering from PTSD than those in the general population, they also face unique barriers to accessing adequate treatment.

To respond to the needs of local Veterans facing increased levels of post-traumatic stress, depression, anxiety and co-occurring substance use, Home Base Florida entered into a new collaboration to increase the availability of world-class mental health services to Collier County Veterans and their families. Home

Base Florida launched a clinical partnership with David Lawrence Centers for Behavioral Health (DLC), Collier County's only comprehensive, not-for-profit behavioral health provider serving children, adults and families, to offer outpatient behavioral services for Veterans and Military Families—at no cost.

The Home Base clinical program at DLC offers a multidisciplinary approach to care that includes outpatient therapy, psychiatric assessments and medication management. Through the collaboration with Home Base SWFL, DLC will now provide cognitive processing therapy (CPT), a gold standard evidence-based treatment for post-traumatic stress disorder. PTSD is especially acute among combat Veterans.

“As the national and local leader on the frontlines of Veteran's mental health, having more trained clinicians to better deal with the financial and mental health implications this

pandemic will bring now and into the future is a priority for Home Base Florida,” said Armando Hernandez Home Base Florida Program Director. “Florida has a greatly underfunded and under-resourced mental health care system – especially for the large population of military families in the state.”

Additionally, Home Base Florida first launched clinical care in Florida through a collaboration with Lee Health on Veterans Day in 2019. As of October 2021, over 100 Veterans and Family Members have received outpatient care. Previously, those seeking clinical care could only access mental health services through Home Base's [two-week Intensive Clinical Program](#) headquartered in Boston, MA.

The Collier County clinical program was able to become a reality after Home Base Florida secured a \$15,000 grant from the Community Foundation of Collier County to fund their cognitive process therapy (CPT) training for clinicians at DLC, Lee Health and Florida Gulf Coast University.

Three DLC clinicians completed the Home Base rigorous training program making CPT available at DLC in Naples and Immokalee as well as Crossroads, DLC's adult addiction recovery program. These clinicians are now equipped with the highly specialized tools needed to treat trauma victims with what is considered the gold standard for trauma therapies – skills that are lacking and difficult to access in Southwest Florida.

This care is funded through philanthropic support from individual and corporate donors in the Southwest Florida region. Improving access to services for Veterans as well as increasing evidence-based practices is outlined in Collier County's new five-year strategic plan for mental health and addiction services. The Board of County Commissioners' approved plan serves as a road map for community partners, donors and government leaders as they mobilize responses to address associated current and future challenges.

Beginning in December 2021, mental health services are now available to local Veterans at the Home Base Outpatient Clinics at DLC and Lee Health.





# Home Base Partners with Tampa General Hospital to Expand Warrior Health and Fitness Program

“THERE IS AN ABUNDANCE OF INFORMATION ON THE **MENTAL HEALTH BENEFITS OF EXERCISE AND HEALTHY HABITS**. PARTICIPANTS IN OUR PROGRAMS IN BOSTON AND SOUTHWEST FLORIDA HAVE EXPERIENCED **IMPROVED PHYSICAL HEALTH** AND THE **LESSENING OF THE SYMPTOMS OF POST-TRAUMATIC STRESS DISORDER (PTSD), ANXIETY AND DEPRESSION.**”

**ARMANDO HERNANDEZ,**  
PROGRAM DIRECTOR,  
HOME BASE FLORIDA AND  
U.S. MARINE VETERAN.

In October 2021, Tampa General Hospital (TGH) and Home Base teamed up to create a free health and fitness program to help Tampa Bay area Veterans develop healthy ways to build resiliency. The proven Home Base Warrior Health & Fitness program, which launched after a successful pilot in Southwest Florida in 2014, will expand to Tampa and be based at the TGH Fitness Center located on the hospital's main campus and led by trained fitness specialists.

Home to MacDill Air Force Base and U.S. Special Operations Command, the Tampa Bay region has the 27th largest population of Veterans in the country totaling 98,000, according to the U. S. Department of Veterans Affairs. These Veterans and their families, like many around the country, can struggle with battling the invisible wounds of combat, including post-traumatic stress, traumatic brain injury, anxiety, depression, substance abuse disorders, family relationship challenges and other issues.

The partnership to bring the Home Base Warrior Health & Fitness program to Tampa Bay will combine Home Base's outreach and programing expertise while leveraging TGH's existing wellness and clinical platform to provide meaningful services to Veterans.

“Part of achieving our vision of being the safest and most innovative academic health system in America is to address the root causes of health issues that plague our community, one of those being the challenges Veterans face after they transition from serving our country to everyday life,” said John Couris, president and CEO, Tampa General Hospital. “We’re proud to help Veterans in the Tampa Bay region by providing the first step in developing a healthy lifestyle and teaching positive ways to manage stress. We are honored to give back to those who’ve given us so much.”

This program is designed to improve health and well-being through supervised physical exercise, education about healthy eating and living a healthy lifestyle, along with ways



to incorporate stress management with an emphasis on the health benefits of physical activity.

Copperhead Charities philanthropic support was instrumental in launching the WH&F Program at TGH. Home Base Warrior Health and Fitness Program participants will receive a 90-day complimentary membership to the TGH Fitness Center, which includes up to three complimentary one-hour training sessions per week. Participants will consult with a TGH Registered Dietitian and take part in a hands-on, step-by-step cooking class. They will also receive unlimited access to virtual and live group fitness classes and can use the TGH Fitness Center app for tracking health metrics, scheduling and more.

## PARTICIPANTS IN THE HOME BASE WARRIOR HEALTH AND FITNESS PROGRAM AT TAMPA GENERAL RECEIVE:

Fitness evaluations and a personally tailored exercise program

- Nutrition and meal planning counseling
- Health education
- Warrior yoga and resiliency training
- 90 days of group training sessions



# Pelicans Nest Golf Tournament Raises \$256,000 for Home Base Florida

**THE EVENT RAISED A STAGGERING \$256,000 THIS YEAR THROUGH GOLF REGISTRATION FEES, SPONSORSHIPS, A RAFFLE, ONLINE AUCTION AND GENEROUS DONATIONS.**

On November 8, 2021, in honor of Veteran's Day, members of the Pelican's Nest Golf Club at Pelican Landing in Bonita Springs hosted their [6th annual golf tournament benefiting Home Base Florida](#). The event raised a staggering \$256,000 this year through golf registration fees, sponsorships, a raffle, online auction and generous donations. Since 2016, this event at Pelican's Nest has raised over \$512,661 towards the care and support of local Florida Veterans and Military Families dealing with the invisible wounds.

While the event was reimagined due to COVID-19, a full field of 256 golfers hit the links on a beautiful Monday to celebrate Veterans Day.

Mary Jo Morgan, a member of Pelican's Nest Golf Club and Committee Chair, is proud to be part of an event that supports those who have served.



After hearing a struggling Veterans tribulation in their post service life, Morgan was inspired to do something. "Many people say 'Thank you for your service' but at Pelicans Nest, we put action behind those words. Seeing the impact of our efforts makes it all worthwhile," said Morgan.

Honorable guests included U.S. Army Brigadier General (ret) Ed Dyer, Home Base Florida Program Director Armando Hernandez, and Home Base Florida Assistant Director of Development Jason Cooper.

Karter Elliot, U.S. Marine Veteran and Home Base participant from Southwest Florida reached out to Home Base Program for help.

"I was sick of the emotional roller coaster and the low points," Elliott says. "...but I think I was finally ready to take the steps to take care of myself, for the betterment of my family."

It was a breaking point. Elliott turned to the only place he felt comfortable asking for help: fellow veterans.

Once he was ready, Home Base referred Elliott to its Boston location for trauma therapy in 2017 where Elliott received more than 50 hours of intensive clinical care, including group and individual therapy sessions, expressive art therapy, tai chi, yoga and strength training.

"Our marriage and relationship in general is a thousand times stronger because of Home Base and the tools we were given," Renee Elliott says.

"I feel hopeful in general. I never have a moment of hopelessness," Elliott adds. "If we just stop avoiding, this is all very manageable. And you can live a life worth living."

"I was able to receive this life changing care because of the support and generosity, like this golf tournament, that we can get the help here in Southwest Florida. Thank you for what you are doing for Veterans like me."

Home Base Florida is honored to have such dedicated, generous, patriotic supporters like the Pelican's Nest community.



# Our Leaders

## HOME BASE LEADERSHIP 2021

- Brigadier General (USA ret.) Jack Hammond**, Executive Director
- Michael Allard**, Chief Operating Officer
- Ross D. Zafonte**, DO, Chief of Traumatic Brain Injury, Health and Fitness Programs
- Kalo Tanev**, Chief Medical Officer (Interim)
- Louis Chow, PhD**, Director of Home Base Training Institute & Network Development
- Bill Davidson**, Sr. Director, Outreach, Peer Support & Volunteers
- Truc DeCoste**, Associate Director, Outreach, Peer Support & Volunteers
- Leslie Feinberg**, Sr. Director, Government Relations and Director of Education
- Elizabeth Goetter**, PhD, Director, Clinical Services
- Laura Harward**, MSW, LICSW, Co-Director, Intensive Clinical Program
- Armando Hernandez**, Sr. Program Director, Home Base Florida
- Mary Alexis Iaccarino**, MD, Director, TBI Clinical Services and Deputy CMO
- Grant Iverson, PhD**, Associate Director, Traumatic Brain Injury
- Karianne Kraus**, Chief Development Officer
- Laura Lakin**, Administrative Director (Until September 2021)
- Rene’ Lento, PhD**, Director of Addiction Services
- Steve Monaco**, Senior Director, Signature Programs and Communications
- Bonnie Y. Ohye, PhD**, Director, Family Program
- Patrick Smith**, Associate Director, Outreach, Peer Support & Volunteers
- Ann Stewart, LICSW**, Director, Social Work
- Melissa Turgeon**, Sr. Administrative Director
- Edward Wright**, Co-Director, Intensive Clinical Program

## HOME BASE LEADERSHIP COUNCIL 2021

- Christopher R. Anderson  
Patricia Aube  
The Honorable John E. Baldacci  
Stephen Brackett  
James T. Brett  
David Bruce  
Holly Bruce  
John Casey  
John Connors, Jr.  
Donald Dion  
Michael Douvadjian  
Joseph Feaster  
Paul Ferri  
William Fine  
Daniel Foley  
General (Ret.) Frederick M. Franks, Jr.  
Robert Friedman  
David Ginsberg  
Lieutenant General (Ret.) Patricia Horoho  
Carole Huntsman  
Patricia A. Jacobs, PhD  
Jeffrey Kaneb  
Nancy Kelleher  
Stacey Lucchino  
Cathryn Morton  
Donna Murphy  
Lieutenant General (Ret.) James Peake, MD  
Jerome R. Rossi  
Michael Salter  
Rebekah Salwasser  
Scott Schoen  
Peter L. Slavin, MD  
Peter Smyth  
Colonel John Sorgini  
Kathryn Crane-Spier  
Karen Corrigan Tate  
Jean Tempel  
Thomas C. Werner  
Shari Wolkon  
Lee Woodruff  
Paula Zavrl

## RED, WHITE, AND BLUE ALLIANCE MEMBERS

- William Bachman  
Christopher Bencal  
Cindy Brown  
Seth Burr  
Thomas Crohan  
Jonathan Curran  
Alexa Demarco  
Mike Dunford  
Paula Goldfarb  
Carl Guild  
Robert Haarde  
Al Hammond  
Michele Jalbert  
Robert Kinder  
Robert Knight  
Laura Lakin  
Darrin Lang  
Julia Ludwig  
Michael Ludwig  
Brendan Mahoney  
Robert McDonald  
Stephen Melz  
Derek O’Brien  
Derek Oliver  
Jeff Pardo  
Rich Rollins  
R. William Rose  
Samantha Sullivan  
James Wylie  
David Zabetakis



# Our Supporters

## \$100,000+

Anonymous Donor  
Anonymous Donor  
Mr. and Mrs. John M. Bankhead  
Boston Red Sox Foundation  
Mr. and Mrs. Paul J. Ferri  
Ferri Family Foundation  
Fidelity Charitable Gift Fund  
Fisher House Foundation  
Mr. and Mrs. Robert T. Friedman  
The Robert and Diana Friedman Donor Advised Fund  
Goldman Sachs Philanthropy Fund  
Mr. Michael S. Gordon and Ms. Christina M. Gordon  
John Hancock  
Hanscom Federal Credit Union Charitable Foundation, Inc.  
Home Base No Shave Campaign: 7th Annual  
Nancy S. and Richard M. Kelleher  
Kelleher Family Foundation  
Kensington Golf & Country Club: 10th Annual Home Base  
    Golf and Family Day  
Navy SEAL Foundation  
New England Sports Network (NESN)  
Pelican's Nest: 6th Annual Home Base Golf Tournament  
PTC 22K Push-Up Challenge for Suicide Prevention  
Raytheon Technologies Corporation  
SEAL Legacy Foundation  
Mr. Scott A. Schoen and Ms. Nancy W. Adams  
Spier Family Foundation  
Ms. Jean C. Tempel  
WCVB PROJECT COMMUNITY: Helping Veterans Heal  
Televent  
Mr. Thomas C. Werner  
Werner Family Foundation  
Wounded Warrior Project  
Yung Family Foundation

## \$50,000+

American Endowment Foundation  
Anonymous Donor  
Anonymous Donor  
AT&T, Inc.  
BAE Systems  
Dell Technologies Veterans & Supporters  
Digital Federal Credit Union  
Estate of Joanna M. Maloof  
Fidelity Charitable Trustees' Initiative  
Patricia A. Jacobs, PhD  
Keel Foundation  
Mass General Brigham  
Mr. and Mrs. Michael J. Meehan  
MetLife Foundation  
Pocasset Golf Club: 8th Annual Home Base  
    Golf Tournament  
Mr. and Mrs. William J. Schoen  
Schoen Foundation  
Robert and Alice Strobel Foundation  
Mr. Frank E. Zavrl and Ms. Paula D. Zavrl

## \$25,000+

Mr. and Mrs. Glenn Alto  
Alto Family Giving Fund  
American Online Giving Foundation  
Anonymous Donor  
Bowlers to Veterans Link  
Robert J. and Anne Evans Burns Memorial Fund  
Mr. Patrick Ciniello and Mrs. Lisa Ciniello  
The Collaboratory  
Copperleaf Charitable Foundation, Inc.  
Daymark Solutions  
Donald Dion Jr. and Cathy Morton  
Dion Family Foundation  
First Lieutenant Derek S. Hines Memorial Fund  
First Nation Group, LLC  
Google, Inc.  
Headpinz Entertainment Center  
Robert Irvine Foundation, Inc.  
Pliny Jewel IV  
Karpus Family Foundation  
Marathon De Sables  
Mimecast Charitable Fund  
Naples Lakes Country Club Home Base Florida  
    Golf Tournament  
The Patriot Fund Veterans Honor Invitational  
Pentagon Federal Credit Union  
Quail Creek Country Club  
Sudbury for Wounded Warriors (SWW) Golf Tournament  
TCS New York City Marathon  
Team Biogen  
Team GJH  
The TJX Companies



# Our Supporters

## \$10,000+

Ahold Delhaize USA  
Amica  
Beasley Media Group and Waterman Broadcasting's  
"SWFL Salutes our Veterans" Veterans Day Event  
Bank of America Charitable Gift Fund  
Mr. and Mrs. Michael Beebe  
Bessemer Giving Fund  
The Boston Foundation  
Amanda Bourdeau  
Cousin Brothers  
Mr. Michael Dunford and Ms. Kathryn Dunford  
Dunford Family Gift Fund  
Robert L. Fisher Gift Fund  
Mr. Terry J. Francona  
Mr. Benjamin Gase  
Gilley's Girls + Matt  
Granite Bench Charitable Foundation  
Marsh & McLennan Companies, Inc.  
Lee Mish  
Mr. and Mrs. Roger T. Morgan  
Morgan Stanley  
Morgan Stanley Smith Barney Global Impact Funding  
Rear Admiral and Mrs. Roger Nolan  
OptumServe  
Putts for Paul Memorial Golf Tournament in Memory of  
LT Paul Hoban  
Rae of Hope  
Recorded Future  
Ms. Bernadette T. Rehnert  
Mr. Robert W. Rose, Jr. and Ms. Corinne Rose  
RSM  
Jeffrey Rushton  
The Ruth Lilly Philanthropic Foundation  
Mr. Robert Sebes and Ms. Marianne Sebes  
Sevita (formerly Neurorestorative)  
The Michael T. Sherman Foundation  
Peter and Catherine Smyth Family Foundation  
The Sorgini & Wolkon Family Charitable Fund  
Stop & Shop Companies  
Takeda (STRIVE ERG Group)  
Team Michael Hogan Smith  
Team TCC  
TJs Team  
Mr. and Mrs. Jay and Toshiko Tompkins  
Uncle Sam and the Fiskdale Flyers  
The Vela Foundation  
We Run for Heroes  
Worcester Police Department

## \$5,000+

Lisa Adams  
ALEX'S ARMY  
The Ayco Charitable Foundation  
Col. and Mrs. William A. Bachman  
Arthur M. Blank Family Foundation  
Heather Blasko  
BC SVA  
Boston Athletic Academy (BAA) Golf Tournament (??)  
Boston Mutual Life Insurance Company  
CarGurus Salutes Service  
Mr. Brian B. Casey and Ms. Wendy Casey  
Charlie Tango Papa  
Dave Clark  
Clearing House  
Coca-Cola Northeast  
Connie Coleman  
Commonwealth Financial Network  
Jessica Connors  
Tia Crawford  
Ellen Cunliffe Charitable Fund  
Capital Wealth Advisors Asset Management Group LLC  
Mr. Gilbert B. Dailey and Ms. Melissa Dailey  
The Devil Docs  
Jessica Dolan  
Mr. and Mrs. Thomas Donovan  
Donovan Family Fund  
Stacey Drubner  
Dunkin' Brands, Inc.  
Farmers Group, Inc.  
Farmer's Insurance  
Mary H. Fontaine, PhD and James A. Burruss, PhD  
The Fontaine Burruss Family Fund  
GillyGilly  
Lou Gilman  
Jon Gonthier  
Healthcare Trust of America Holdings, LF  
Mr. Shane G. Hoban  
Mr. James B. Holzman and Ms. Beth Ann Winthrop  
Home Base Staff  
Hotwire Communications, LTD  
Janice Furtados's Troops  
JP Morgan Chase  
Josh Jackson  
Greg Johnston Family  
Mr. and Ms. Robert Knight  
Karen Labbe  
Ladies in Bureaucracy  
Larry LaFreniere  
Christopher Lancot

Mark Lynch  
William Lynch  
Gregg Mahdessian  
Marine Corps Community Services  
marshalls4vets  
Mass Bio  
Mass Elks Veterans Motorcycle Run  
McMahon Truck Centers Charlotte  
Max McMillan  
Middlesex Savings Bank  
National Philanthropic Trust  
Logan Nelsen  
David Nelson Plymouth Police Brotherhood  
New York Road Runners  
Newton Police Memorial Assn.  
Nick's Keepers  
Mr. Jonathan S. O'Brien  
Lee County Sheriff's Office - Sheriff Carmine Marcino  
Richard Perron  
PGA Tour Superstore  
Redmond Family  
Mr. and Mrs. James F. Regan  
Mr. and Mrs. Gerard P. Richer  
Clare and Gerard Richer Family Fund  
Caitlin Riga  
Bryan Rosselli  
Katherine Roy  
Schwab Charitable Fund  
Mr. and Mrs. Douglas R. Shaw  
Joel Silva  
Richard Silva  
Southern New Hampshire University  
Spirit "Un" Leashed  
Mr. and Mrs. Jay B. Stephens  
Ms. Margaret Strawser  
Sudbury for Wounded Warriors  
Sunovion  
Mr. David T. Swallow  
Symmons Industries  
Team MiLE  
Jason Thompson  
Amy Trytek  
Turner Construction  
Veterans on the 48  
The Wampatuck Country Club of Canton, Inc.  
Team Weissman  
Mr. John P. West and Ms. Kathleen A. Henry  
Mr. Peter A. Wilson  
Nicky L. Zinchuk



# Get Involved—How to Support Home Base



## HOW TO MAKE A GIFT TO HOME BASE

1x

[One-Time Donation](#)



[Monthly Donation](#)



[Employer Matching Gifts](#)



[Donor Advised Fund](#)



[Donate via Mail](#)

Please make checks payable to Home Base

Mailing address:  
125 Nashua Street, Suite 540  
Boston, MA 02114

## OTHER WAYS TO GIVE:

[Honorary & Memorial Tribute](#)

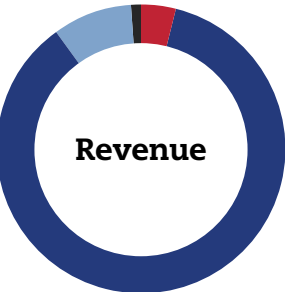
[Wire/Stock Transfer](#)

[Planned Giving](#)

[Host a Fundraiser](#)



# Financial Summary



Third Party Revenue	785,768	3.6%
Contributions	18,841,485	86.7%
Gov't Contracts	2,002,208	9.2%
Investment Income/Other	98,576	1%
Total Revenue	21,728,037	

Sub-total Program Costs	17,543,273	88.3%
Indirect Costs	2,326,973	11.7%
Total Program Costs	19,870,246	

Sub-total Gain/(Loss) from Operations	1,857,791
Prior Year Cash Balance	3,962,324

Total Gain/(Loss) from Operations	5,820,115
-----------------------------------	-----------

In-Kind Support	2,405,450
-----------------	-----------







Follow us on social @homebaseprogram



[homebase.org](http://homebase.org)

**THEIR MISSION IS COMPLETE.  
OURS HAS JUST BEGUN.**

