RESILIENCE IN MOTION

Home Base’s life-saving impact on Veterans, Service Members and Families.

2022 ANNUAL REPORT
HELPING HEROES HEAL

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

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

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

NATIONAL INTENSIVE CLINICAL PROGRAM (ICP)

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

NATIONAL SPECIAL OPERATIONS CLINIC

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

REGIONAL OUTPATIENT CLINICAL CARE

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

WARRIOR HEALTH & FITNESS

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

TRAINING IN UNDER-RESOURCED COMMUNITIES

The Home Base Training Institute has educated over 85,000 clinicians and first responders to recognize and treat the invisible wounds of war. This training propels strategic partnerships to address care in under-resourced community health centers caring for our Veterans of Color and a new initiative with Native American Veterans.
“I left the program feeling lighter. Instead of isolating and blaming myself for Alan and Stephen’s deaths, I can celebrate their lives and the love and the happiness we shared.”

Kathy Colley,
Families of the Fallen Program Graduate, California

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

SGT Travis Peterson,
Intensive Clinical Program Graduate, Georgia

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

Navy Chief Darnel Johnson,
Intensive Clinical Program Graduate, Florida

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

CWO3 Bill Bastable,
Intensive Clinical Program & ComBHaT Program Graduate, Virginia

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

SGT Travis Peterson,
Intensive Clinical Program Graduate, Georgia
IN APPRECIATION OF A GRATEFUL NATION

The year 2022 was a time of grounding, strategizing, and moving onward past the challenges presented by the COVID-19 pandemic and keeping our sights focused on what matters most: healing the invisible wounds of war for our Veterans, Service Members, and their Families.

Many brave men and women have selflessly served and continue to serve in the U.S. Armed Forces. Serving alongside them are their Family Members who sacrifice greatly and care for these Veterans when they returned home wounded or injured. All too often, the safety and freedoms we enjoy as Americans are taken for granted, but the cost for this security and freedom is high. Recent world events serve as a stark reminder of the fragility of peace; the growing threats that continue to be addressed by our Military; and the price paid when freedom is taken for granted.

More than 20 years of combat have taken their toll on the 3 million Veterans who served in Iraq, Afghanistan and other “hot spots” around the world. More than 1.8 million of these Warriors have sustained some type of permanent disability, 7,070 were killed in action and over 30,000 post-9/11 Veterans have died by suicide. According to the 2022 National Veteran Suicide Prevention Annual Report by the U.S. Department of Veterans Affairs (VA),

More than 125,000 Veterans from all combat eras have died by suicide in the U.S. since 2001.

Since our inception 13 years ago, we continue to see the lifesaving results of our programs. Home Base’s national programs include the Intensive Clinical Program (ICP), which provides up to two years of treatment in just two weeks, and Comprehensive Brain Health and Trauma Program (ComBHAT), which is designed specifically for Special Operators. Those, as well as our unique ICP for Families of the Fallen and Resiliency Programs, have reimagined what is possible in mental health and brain injury care. Through the efforts of our team and your support, Home Base is now recognized as one of the premiere clinical programs in the Nation and has cared for Veterans from all 50 states and 13 countries.

On behalf of Home Base, I want to extend our thanks and deepest appreciation to the men and women, both past and present, who have stepped forward and stood watch over this Nation and the Families who continue to sacrifice and support our Warriors.

I would also like to express my gratitude to the loyal supporters of Home Base for their ongoing commitment to our mission — to heal the invisible wounds of war for Veterans and Military Families of all eras. Your support fuels our ability to deliver the best possible care for these extraordinary people who selflessly serve, place themselves at risk and too often require our assistance when they return home.

As we look forward, and onward, we remember: their mission is complete and ours has just begun.

Sincerely,

Brigadier General (ret.) Jack Hammond
Executive Director, Home Base
CO-CHAIRS LETTER TO JACK CONNORS

On behalf of the Home Base Board of Overseers, leadership team, staff, and, most importantly, our patients, we would like to thank Jack Connors for his many years of dedication and commitment to our mission of “Healing the Invisible Wounds of War”.

Dear Jack,

Words cannot adequately convey our deep and abiding appreciation for everything you have done to further the Home Base mission. From “Mission: Gratitude” master of ceremonies, to chairman of the Leadership Council to fearless door opener to future Home Base supporters, time and again you answered the call. Without your advice, counsel, and support, Home Base would likely be a far different program than the thriving National Center of Excellence it is today.

Few could imagine in 2009 that Veterans from every state, territory, and from international bases around the world would walk through our doors on their journey of healing and hope. As you move on to the next stage of your journey, we know that Home Base will forever be part of your legacy.

You often joked about the irony of Private Connors introducing generals and senior Military leaders at many Home Base events. There is a term in the Military: the strategic corporal. It means that even the most junior Service Member can make decisions or take actions that allow strategic objectives to be met. Home Base is better for having Private Connors as our very own strategic corporal. The U.S. Army should be proud that they helped mold Private Connors into a leader and citizen dedicated to service to others.

Thank you, Jack, for your steadfast dedication to Home Base, its mission, and our nation.

Sincerely,

Tom Werner
Chairman, Boston Red Sox

Dr. David F.M. Brown
President, Massachusetts General Hospital
Home Base received $2 Million in funding from the State of Massachusetts to support its mission to heal the invisible wounds of war for Veterans, Service Members, their Families, and Families of the Fallen all at no out-of-pocket cost to them.

Home Base is determined to reduce the number of Veteran deaths by suicide, saving lives by using prevention strategies that are guided by the gold standard evidence-based treatment of mental health care.

The funding from the State of Massachusetts supports Home Base to achieve the following objectives:

1. **Provide Clinical Care for the Invisible Wounds at No Cost to Veterans and Service Members in Massachusetts**
   
   Home Base will provide evidence-based treatment for PTS, traumatic brain injury, co-occurring substance use disorder, and other invisible wounds for Veterans and Service Members across Massachusetts.

2. **Conduct Needs Assessments with Massachusetts Veterans’ Service Officers**
   
   Veteran Service Officers (VSOs) are uniquely positioned across the Commonwealth to connect with Veterans in their communities. Home Base will conduct a needs assessment and trainings with VSOs to support the identification and referral of Veterans in need of care.

3. **Expand Home Base’s Statewide Suicide Prevention Campaign**
   
   Expand Home Base’s statewide suicide prevention campaign to raise awareness of the invisible wounds, eliminate the stigma associated with seeking mental health care, and to create a community driven ecosystem to identify at-risk Veterans in local communities.

4. **Partner with Community Health Centers in Underserved Communities to Better Serve Veterans**
   
   Home Base will work with community health centers in underserved communities to provide tools and resources to better serve Veterans. This includes staff training on Military culture and invisible wounds and training mental health care providers in evidence-based treatments for PTS and case management.

**It is estimated that 1 in 3 Veterans returns home with an invisible wound including post-traumatic stress, 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 an increased risk of suicide.**
FIRST LADY JILL BIDEN VISITS HOME BASE NATIONAL CENTER OF EXCELLENCE

On Thursday, July 14, 2022, in support of the White House's Joining Forces initiative, First Lady Jill Biden visited the Home Base National Center of Excellence in the historic Charlestown Navy Yard of Boston to shine a light on the impact Home Base has made on healing the invisible wounds of war. During the hour-long tour, she received briefings on the services provided at Home Base and met with Service Members, Military Families, and Veteran alumni of the program.

The First Lady, also joined by Senator Ed Markey (D, MA) and Representative Ayanna Pressley (D - MA - 7), was greeted by Home Base Executive Director Brigadier General (retired) Jack Hammond and Chief Operating Officer Michael Allard, as well as Massachusetts General Hospital President Dr. David F. M. Brown, Boston Red Sox Owner and The Boston Globe Chief Executive Officer Linda Henry, Mass General Brigham Chief Operating Officer Dr. Ron Walls, and President of the Spaulding Rehabilitation Network Dr. Ross Zafonte, who also directs the Brain Injury and Warrior Health and Fitness programs at Home Base.

At the first stop on the tour, the First Lady received an overview of the Intensive Clinical Program from Laura Harward, LICSW and Dr. Kalo Tanev. She also heard from Dr. Louis Chow and Bill Davidson about expanding Home Base programs to additional communities.

At the second stop, the First Lady proceeded to the fitness center where she heard about the Special Operations and Traumatic Brain Injury Program from Dr. Zafonte and Dr. Alexis Iaccarino. She also received a briefing on the wellness programming offered to Service Members, Veterans and Military Families from Dr. Ron Hirschberg and Ryan Vanderweilt.

At the third and final stop, the First Lady learned about Home Base’s Veteran, Service Member and Family-focused programming from Dr. Daria Mammon and Jacque Francona. She also spoke with two Veterans and one Military Family who shared their journeys and experiences while completing Home Base’s programs, including Julian and Kalah’ Kitching.

A short video recap of the First Lady’s visit can be viewed here.
SECRETARY OF THE NAVY VISITS HOME BASE NATIONAL CENTER OF EXCELLENCE

On Friday, October 21, 2022, the Honorable Carlos Del Toro, 78th Secretary of the Navy, visited the Home Base National Center of Excellence in the historic Charlestown Navy Yard of Boston.

During the hour-long tour, Secretary Del Toro was greeted by Home Base Executive Director, Brigadier General (retired) Jack Hammond and Chief Operating Officer, Michael Allard. He received briefings on the services provided at Home Base, and met with Veteran alumni of the program.

At the first stop on the tour, Secretary Del Toro heard about the Special Operations and Traumatic Brain Injury (TBI) Program at Home Base's TBI Suite.

At the second stop, Secretary Del Toro proceeded to the fitness center where he also received a briefing on the wellness programming offered to Service Members, Veterans, and Military Families.

At the third stop, Secretary Del Toro received an overview of the Intensive Clinical Program and about Home Base's Veteran, Service Member, and Family-focused programming.
2022 NAVY SEAL FOUNDATION IMPACT FORUM

San Diego October 17 & 18, 2022

Home Base attended the Navy SEAL Foundation Impact Forum in October 2022. This event is specifically designed to meet the diverse interests and needs of attendees, while creating a powerful opportunity for networking, learning, and developing techniques to improve the provision of behavioral health services in the Military and community at large.

Dr. Lauren Brenner of Home Base (pictured below) and Dr. Sharmin Ghaznavi of Massachusetts General Hospital’s Center for Neuroscience for Psychedelics presented on the topics of Post-Traumatic Stress (PTS) and Traumatic Brain Injury (TBI) care at Home Base, research efforts for psychedelic treatments for PTS, and how to make evidence-based decisions when treating Veterans suffering from PTS, TBI, and other wounds.

Dr. Lauren Brenner shared how her team at Home Base takes a multidisciplinary approach to help warriors who are experiencing symptoms of PTS as well as those who are experiencing symptoms of TBI. An evidence-based, comprehensive evaluation including cognitive, emotional/behavioral, and physical disturbances. Dr. Brenner encouraged providers to build a bridge with their patients by using tools that the Home Base care team implements in its clinical treatment programs:

✔ Treat them as human. This included developing trust by being a person first, and then a provider.

✔ Provide psychoeducation and truly understand the why and the what.

✔ Be honest about your limitations and work to coach them along the way.

✔ Be flexible and provide patient-centered care.

✔ Communicate the bigger picture and connections between their physical, emotional, and mental health.

In tandem with Dr. Brenner, Dr. Ghaznavi presented on the research being conducted to determine the efficacy of psychedelic treatment for PTS and other invisible wounds. Dr. Ghaznavi sees potential in the benefits of psychedelic treatment but notes that the field is in the early days of research. Her team takes a scientific, evidence-based approach and advocates for longer-term studies.

The Massachusetts General Hospital’s Center for Neuroscience for Psychedelics received the Distinguished Scientific Award at the Impact Form.

Pictured Left: Robin King, CEO, Navy SEAL Foundation

Pictured Right: Dr. Sharmin Ghaznavi, MD, PhD, Associate Director of the MGH Center for Neuroscience for Psychedelics
On Sunday, July 31st, the SEAL Legacy Foundation hosted its 6th annual Patriot Dinner at the Encore Boston Harbor in Everett, MA to recognize the courage, commitment, and sacrifice of the U.S. Navy SEAL community and Families.

The event, which benefitted Home Base, shined a spotlight on the mental health programs Home Base provides to the SEAL community. The room in which the dinner was held was decorated along its walls by candles, narratives, and pictures for each and every SEAL who has fallen since 9/11. At the end of the evening,

The following morning, golfers took the green in a scramble tournament at the Charles River Country Club in Newton, MA for the Warrior Open golf tournament.

About the SEAL Legacy Foundation and Home Base's Partnership

Home Base and the SEAL Legacy Foundation have partnered to develop new mental-health programs targeted to the SEAL community. Each year since, the SEAL Legacy Foundation has worked closely with Home Base, referring SEALS for care and providing funding to cover costs for care. Since September 2001, the Naval Special Warfare community has lost many warriors during training and in combat, at home and on foreign shores. The SEAL Legacy Foundation has been at the forefront of supporting the SEAL community, helping current and former SEALS and their Families in a variety of ways, including survivor support, college scholarships, and now mental-health care services.

Home Base was presented with a $50k gift from the Kappa Sigma Fraternity.

“We have seen an increase in the number of SEALS seeking support for the symptoms of TBI and post-traumatic stress, including insomnia, anxiety, and cognitive impairment, among others,” McGinnis added. “We have worked diligently to identify a world-class partner so we can broaden our Foundation’s offerings to include mental-health programs.”

- Commander Mark McGinnis

Home Base and the SEAL Legacy Foundation have worked together to expand Home Base’s two-week ICP to serve Navy SEALS and their Families.
DIVERSITY, EQUITY, & INCLUSION

ACCOMPLISHMENTS

2022

AT HOME BASE

Diversification of the Leadership council, to include more female membership.

Updated Home Base Mission Statement that incorporates DEI values, which is used on all new job descriptions for weekly and monthly paid positions and practicum/post-doc job descriptions.

Hiring of a dedicated HR operations person to help support DEI strategic aims in areas of recruitment, hiring, promotion, and retention.

Online resource library established on internal database.

DEI internal education series launched and recorded for staff/trainee onboarding including Cultural Humility 101; Anti Fat Bias; Understanding Perceptions of Asian Americans; Gender and Sexual Identity Training.

Patient facing materials have been reviewed and adapted to increase inclusivity.

Development of educational offerings incorporating DEI considerations.

Didactics include DEI lens/framework.

Safe Spaces established for all staff to process challenging events.

Increased communications in/out of Home Base on holidays/dates/months of note related to DEI.

Survey regarding staff perceptions of involvement in decision making at Home Base developed.

IN THE COMMUNITY

Developing relationships with key stakeholders within Indian Health Services and Urban Indian Health programs to serve as informal advisors to developing programs for Native American communities.

Provided Cognitive Processing Training (CPT) and 6 months of consultation to 5 clinicians at Harvard Street Neighborhood Health Center, a local Federally Qualified Health Center.

THOUGHT LEADERSHIP & CONFERENCES

Michael Allard, COO and Dr. Louis Chow, Senior Director for Home Base Training Institute and Network Development, served as keynote presenters for the Annual MGH Public and Community Psychiatry Spring Symposium in March 2022. The title of the presentation was “Road Map for DEI: The Influence of Provider Culture on Outreach and Mental Health Care for Marginalized Veterans.”

Dr. Chow served as an expert panelist on a DEI conference organized by YWBoston on October 11, 2022. The title, “How to pace your DEI strategy to ensure meaningful and lasting change.”
INNOVATION RESEARCH TO REIMAGINE CARE

2022 Publications

Home Base is at the forefront of research and innovation in the realms of Veteran and Family mental health care. Below is a list of publications from Home Base staff relevant to the groundbreaking work conducted at the Home Base National Center of Excellence in Charlestown, MA.

1. **Associations Between Residual Hyperarousal and Insomnia Symptoms in Veterans Following a 2-Week Intensive Outpatient Program for Post-Traumatic Stress Disorder**


2. **An Online Resilience Intervention for Military Personnel**


4. **The Effect of Intimate Partner Violence on Treatment Response in an Intensive Outpatient Program for Suicide-bereaved Military Widows**


5. **Intensive Outpatient Treatment of PTS and Complicated Grief in Suicide-Bereaved Military Widows**

INNOVATION RESEARCH TO REIMAGINE CARE CONT.

2022 Publications

Home Base is at the forefront of research and innovation in the realms of Veteran and Family mental health care. Below is a list of publications from Home Base staff relevant to the groundbreaking work conducted at the Home Base National Center of Excellence in Charlestown, MA.

Clinical and Administrative Insights from Delivering Massed Trauma-Focused Therapy to Service Members and Veterans


Telemental Health Uptake in an Outpatient Clinic for Veterans During the COVID-19 Pandemic and Assessment of Patient and Provider Attitudes


Presence of Psychiatric Assistance Dogs and Relation to Post-Traumatic Stress Disorder Treatment Outcomes: A Nonrandomized, Observational Study in a Military Sample


PTS and Parental functioning: The Protective Role of Neighborhood Cohesion Among Black and White Veterans

Home Base provides catalyst funding to be used toward innovative, Military-focused research to stimulate new ideas and exciting approaches to research designed to yield meaningful impact for Veterans, Active-Duty Service Members, and Military-Connected Families. Data from catalyst awards can then be used to seek larger-scale funding from other entities to conduct additional research. Proposals relate to advancing one or more of the following areas of clinical or translational research:

- Post-traumatic stress and its most common comorbidities including but not limited to depressive, anxiety, and substance use disorders.
- TBI and its most common comorbidities including but not limited to depression, anxiety, and sleep disorders.
- The impact of the invisible wounds on the Service Member’s or Veteran’s Family relationships, as well as interventions to improve these relationships.
- Interventions to improve wellness among Service Members and Veterans, irrespective of specific clinical diagnoses.

**Examination of the Role of Metal Exposure in Psychopathology of Veterans and Active Duty Servicemembers: A Pilot Study**

**PI: Gabrielle Hoover**
Home Base Catalyst Award    Fund # 242190

This study utilizes a comprehensive battery of measures of psychopathology as well as clinical diagnoses assigned by a psychologist and leverages advancements in the field of exposure assessment via novel x-ray fluorescence (XRF) technology to measure lead exposure in bone, nails, and hair. Our primary aim is to build the foundation for a biobank or other service utilizing the XRF as a surveillance tool for the Home Base program. Within this aim are two core hypotheses:

I. Among Veterans and Active Duty Service Members, determine whether higher lead exposure is related to higher levels of mental health symptoms, including PTS severity and suicidality.

II. Among Veterans and Active Duty Service Members who served in Iraq and Afghanistan or operate lead producing weapons, determine whether there are higher levels of lead exposure and mental health symptoms as compared to those without the mentioned risk factors for lead exposure.

**A Meaning-Centered Cognitive Behavioral Group Therapy to Enhance the Transition to Civilian Life**

**PI: Amanda Baker**
Home Base Catalyst Award    Fund # 242175

Many individuals who have completed trauma-focused therapy still experience “less diagnosable” symptoms like a lack of connection or meaning in life, which can interfere with day-to-day functioning. This study seeks to fill this treatment gap by evaluating the feasibility and acceptability of a group-based meaning-centered CBT, with the goal of increasing meaning in life and decreasing loneliness.
INTENSIVE CLINICAL PROGRAM FOR FAMILIES OF THE FALLEN PARTNERSHIP WITH TAPS/FISHER HOUSE

Home Base Intensive Clinical Program for Families of the Fallen

Thanks to the generous partners at Fisher House and the Tragedy Assistance Program for Survivors (TAPS), Home Base provides support to Families of the Fallen through unique programming targeting their specific needs.

Since 2016, Fisher House has provided lodging to hundreds of Veterans and Families who have sought care for the invisible wounds of war and saw an opportunity to extend that support after TAPS reached out to Home Base to develop programming for Families struggling with trauma and grief from their loss of a Military loved one by suicide. In tribute to the power of partnerships and healing, Home Base, with the support of Fisher House and TAPS, launched the first-in-the-country intensive clinical treatment program for Families of the Fallen, modeled after the ICP that provides care to Veterans.

Sadly, more than 125,000 Veterans have died by suicide since 2001. An alarming number of Family Members have witnessed these events and the devastating aftermaths, yet Families of the Fallen are often overlooked for clinical care and support. To serve these Families, Home Base has partnered with Fisher House and TAPS to fill this critical gap.

Noriko Stern participated in the ICPFF after the sudden loss of her husband, Chris.

“Home Base gave me my confidence back and the courage to keep going, no matter how tough it gets. This program is a gift of life.”

Noriko Stern

The two-week ICPFF is equivalent to up to two years of treatment for Families of the Fallen and starts them on a path of recovery. We have cared for more than 130 Family Members since its inception in 2017, with incredible results and no out-of-pocket cost to the participants. Learn more at homebase.org/icpff.

“Fisher House is proud to partner with Home Base to enhance their ability to care for Veterans and their Families by providing transportation and lodging during the ICP for the participants,” said David Coker, President, Fisher House Foundation. “This allows Home Base to focus on the treatment they provide so well. It’s about two great nonprofits collaborating in service.”

“Home Base has developed a best-practice, Intensive Clinical Program for Veterans and their Family Members who are suffering from trauma. TAPS has proudly joined with Home Base to offer this treatment to survivors of Military suicide and to provide peer-based support to expand the continuum of care,” said Bonnie Carroll, President and Founder, TAPS.
In September 2022, the Home Base Family and Resiliency Team launched the Resilient Youth program — a 6-week virtual skill building course available to any Military-connected child between grades 1-8. Resilient Youth was developed by the Massachusetts General Hospital Child Resiliency Program and The Benson-Henry Institute for Mind Body Medicine. Throughout the course, children learn practical skills that help them reduce feelings of stress and anxiety, strengthen connections with friends and family, improve academic performance and much more.

Home Base is proud to offer Resilient Youth as part of its Resiliency Programs, which include training and support for Veterans and Service Members, Family Members, as well as a free library of meditations and relaxation recordings.
The Home Base Adventure Series provides Military Families, including Families of the Fallen, with family-bonding activities. Veterans, Service Members, Military Families, and Families of the Fallen may explore a new sport, meet other Military Families and learn more about the clinical services, education and research offered by Home Base.

Home Base collaborates with businesses, nonprofits, and community organizations, such as New England Paralyzed Veterans of America, Cranmore Mountain Resort, Warrior Ice Arena, throughout New England that host Adventure Series events free of charge to participants. Past activities have included skiing, skating, museum visits, sporting events, and more. They are open to both adaptive and able-bodied participants, and are available throughout the year.

In 2022, Home Base hosted 27 events with over 1,200 participants.
"I want you to know that Home Base can change your life. Put aside these notions, put aside the stigma and take care of yourself. There is so much work to be done here and so many people, so many Operators, so many Active Duty Veterans can benefit from this. And I just encourage folks to do so."

Lieutenant Colonel Brian Kitching is a U.S. Army Ranger, who was a prestigious White House fellow and is actively serving as commander of the 2nd Battalion, 327th Infantry Regiment in the famed 101st Airborne Division in Fort Campbell, KY.

He came to Home Base after his fifth, and particularly challenging, deployment to Afghanistan.
“Every day we would leave the gate to go on these patrols, I would just take a quick look back because you really never knew if you were going to come back.”

In October 2012, Brian, then a Captain, was on patrol with his 1st Platoon during the second day of an operation. Suddenly, the platoon began taking fire from approximately 10-12 enemy insurgents. He began directing the platoon to return fire.

As the enemy fire intensified, one of Brian’s Soldiers received a gunshot wound to the arm and an Afghan Soldier received shrapnel wounds from a grenade. He ordered a medical evacuation for the wounded and continued to direct his Soldiers to suppress the enemy. Brian then exposed himself to enemy fire to better assess the location for the medical evacuation.

Brian then used a mine sweeping device to clear an area of safety for his platoon, during which a group of improvised bombs were detonated. After, he sprinted 100 meters through an open field and enemy fire to pull security for his advancing forces. He would earn the Silver Star on this day for his extraordinary heroism.

Brian and his unit were deployed in Afghanistan for 270 days and engaged in over 200 battles, in which five American soldiers were killed and many more were wounded. Upon returning home, he grappled with the thought that he should have been one of those soldiers who were killed. Brian knew he needed help — he replayed his decisions over and over again, feeling if any life was lost, it should have been his, as he was the senior commander.

A consummate leader, Brian understood the risk for those who do not seek help, to themselves and their team, so he took the brave step to get help and came to Home Base.

“It is okay to get help. I’ll tell you what, this is going to be hard. This is going to be tough to open yourself up to exposing the things that you’ve been hiding. But it’s exactly what’s required to be the best version of yourself.”

Brian described his time at Home Base as lifechanging, for both him and his family. As a highly decorated Ranger and now ambassador for Home Base, he has not only encouraged his brothers- and sisters-in-arms to seek care, but also convinced his own brother, Sergeant First Class (Retired) Julian Kitching, a decorated U.S. Army Green Beret, to come to Home Base for the care he needed.
U.S. Air Force Veteran Dan McGuire, who served our country for 29 years, received help and support to manage his physical and mental wellness through the Tampa program.

After 12 deployments including Desert Storm, Dan faced many physical ailments including a mild traumatic brain injury that affects his balance as well as back and shoulder injuries. After being medically retired and transitioning to civilian life, his real battle began.

“I struggled with PTS, survivors’ guilt and severe depression that caused me to isolate and have unhealthy habits that included gaining weight. I felt like a failure and that I no longer had a purpose anymore. It felt like life went on for everyone else around me, but not for me.”

- Dan McGuire

After being introduced to Home Base at an outreach tent at the Valspar Championship PGA golf tournament in Tampa, Dan signed up on the spot for the Warrior Health and Fitness program. He was motivated to start by the idea of losing the 35 pounds he had gained, but for him the benefits far outweighed the physical rewards.

“I had an incredibly positive experience and feel amazing now. I had people who cared about me and my success in a judgement-free environment. I found I wasn’t isolating or frustrated. I couldn’t wait to go to the gym to be around other Veterans and the Home Base team. I was searching for camaraderie and didn’t even know it.”

- Dan McGuire

Home Base Florida is grateful for the support of our donors who have an immediate and direct impact on the lives of Florida Veterans of all eras, Service Members, Military Families and Families of the Fallen through our expanding programs.
HOME BASE NATION
SEASONS 4 & 5

ABOUT HOME BASE NATION
Home Base Nation (HBN) is the official podcast of Home Base. Currently in its fifth season, HBN has delivered over 85 intriguing conversations around hot topic issues in the Military community — primarily around the mental health and wellness of our Nation’s Warriors and their Families — with Veterans, Military Family Members, high-ranking Military officials, politicians, industry leaders, and celebrities.

ABOUT THE HOST
The host of HBN is Ron Hirschberg, MD, Director of Health and Wellness at Home Base, Director of the Physical Medicine and Rehabilitation (PM&R) Consultation Service at Massachusetts General Hospital and Assistant Professor of PM&R at Harvard Medical School.

GUEST HIGHLIGHTS

Brandi Benson | S4:E6
Craig Morgan | S4:E7
Eric Goralnick | S4:E14
JR Martinez | S4:E8

Mary Gauthier | S4:E10
Mistress Carrie | S4:E1
Mo Southall | S4:E16
Patrick Downes | S4:E4

Patrick Johnson | S5:E2
Said Noor | S4:E11
Seth Moulton | S4:E12
Thom Tran | S4:E2

LISTEN & SUBSCRIBE: Homebase.org/Podcast
The 13th annual Run to Home Base presented by Raytheon Technologies took place on Saturday, July 30, 2022 at historic Fenway Park. A total of 1,887 runners and walkers participated, including 1,625 in-person and 252 virtual participants from 39 U.S. states and three countries. Among the participants were:

- **520** Veterans and Active Duty Service Members,
- **183** Military Spouses and Family Members,
- **60** family members of a Fallen Service Member.

Additionally, we welcomed 104 all-stars who raised $2,500+ individually and 13 supporters who have participated in all 13 Runs.

The 2022 Run raised over **$2.3 Million**.

**HIGHLIGHTS FROM THE WEEKEND:**

On Friday, July 29, Home Base Executive Director Brigadier General (Ret.) Jack Hammond and Bekah Salwasser, Red Sox Foundation Executive Director and Boston Red Sox Executive Vice President of Social Impact joined Red Sox First Pitch on the New England Sports Network (NESN).

Following the Run, Home Base honored Black Veterans of all eras on the field of Fenway Park during a Pregame Ceremony before the Red Sox vs. Brewers game that evening.

Many thanks to presenting sponsor, Raytheon Technologies, other sponsors, and our partners at the Red Sox Foundation for a successful 2022 Run to Home Base!
13TH ANNUAL RUN TO HOME BASE

Pictured above: Brigadier General (Ret.) Jack Hammond, Executive Director of Home Base, addressed Run to Home Base participants and attendees during the Opening Ceremony.

Pictured right: Run to Home Base participants carried American flags and those of the six United States Military branches at the start line on Jersey Street alongside Fenway Park.

Pictured below: Medal of Honor recipient Alwyn Cashe's great nephew, William Maurice Everett Jr., threw the Ceremonial First Pitch before the Boston Red Sox versus Milwaukee Brewers game.

Pictured left: World War II Veterans Marvin Gilmore and Enoch O’Dei “Woody” Woodhouse II, a Tuskegee Airmen, and Korean War Veteran John O’Neal were honored during the Pregame Ceremony celebrating Black Veterans of all eras.
2022 VETERANS DAY DINNER

Presented by Hanscom Federal Credit Union Charitable Foundation

For the first time since 2019, Home Base brought together partners, donors and distinguished guests at the Home Base Veterans Day Dinner presented by Hanscom Federal Credit Union Charitable Foundation on Saturday, November 12, 2022.

The Dinner was hosted at the American Heritage Museum — a 66,000+ square foot building in Hudson, MA that, among its staggering variety of rare relics, features over 15 tanks and artifacts that are the only ones on public display in North America.

During the Dinner, attendees heard from Massachusetts Governor Charlie Baker and keynote speaker General Richard D. Clarke, a retired U.S. Army four-star general and the 12th Commander of U.S. Special Operations Command. Additionally, Voices of Service, a singing quartet of Veterans and top 5 finisher on Season 14 of America's Got Talent, performed the National Anthem and various songs throughout the evening.

Home Base also presented the Major General Joseph Warren, MD Awards to Jean C. Tempel (individual recipient), and the Navy SEAL Foundation (organization recipient). Ms. Tempel retired as Managing Partner of First Light Capital and serves on the Home Base Board of Overseers. Robin King, Executive Director of the Navy SEAL Foundation, accepted the award on behalf of the foundation.

Pictured above: Between the rare relics of the American Heritage Museum, attendees gather around the stage to listen to keynote speaker General Richard D. Clarke.

Pictured right: Governor Charlie Baker was one of several featured speakers throughout the evening.
2022 VETERANS DAY DINNER

Presented by Hanscom Federal Credit Union Charitable Foundation

The Dinner was attended by nearly 200 friends of Home Base and raised a total of $377,500 in support of Home Base’s mission.

Pictured above (from left to right): Brigadier General (Ret.) Jack Hammond, Jean C. Tempel, Robin King, General Richard D. Clarke and Michael Allard.

Home Base thanks Hanscom Federal Credit Union Charitable Foundation for its continued generosity and support of the Dinner as its presenting sponsor. We also thank all who attended this year and made our first Dinner in three years a very special one!
The Race for Home Base Team is proud to participate in races across the country while raising vital funds to heal the invisible wounds of war for Veterans of all eras, Service Members, Military Families and Families of the Fallen.

RACES

- Boston Marathon
- Rock N Roll Marathon–San Diego
- Falmouth Road Race
- Marine Corps Marathon
- TCS New York City Marathon

56 Total Runners
$290,000 Total $ Raised
A Marine in the Family Inspires Mass General Nurse to Run the Boston Marathon®

Growing up, Brittany Fletcher knew she wanted to be a nurse. She says helping people heal has been a passion of hers for as long as she can remember.

When Massachusetts General Hospital began its new graduate program last year, she jumped at the chance. Since November 2021, Brittany has been a nurse on White 9, an acute care unit that was critical to meeting the tremendous need for patient care during the COVID-19 Omicron surge.

“Mass General is everything I’d hoped for — an incredibly positive, supportive environment where people can heal.”

- Brittany Fletcher

After just a few months on the job, Brittany felt ready for another challenge. A two-sport varsity athlete in college, playing both soccer and basketball, she thought of running the Boston Marathon for the Mass General team and knew exactly what she wanted to fundraise for — Mass General’s Home Base program.

Home Base, a partnership between the hospital and the Red Sox Foundation, focuses on healing the psychological impacts, or “Invisible Wounds,” of Military service for Veterans of all eras, Service Members, Military Families and Families of the Fallen. Home Base is the first and largest private-sector clinic in the nation dedicated to developing and delivering life-saving clinical care and support for the full spectrum of conditions associated with Military service, including post-traumatic stress, traumatic brain injury, anxiety, depression, co-occurring substance use disorder, family relationship challenges and other issues.

“The services Home Base provides are so important to Military Members and their Families, and their research is helping improve care for Veterans everywhere.”

Brittany’s younger brother, Drew, joined the Marine Corps immediately after high school. She says he loves the Military — the sense of belonging, discipline and pride, and the knowledge that he is keeping a commitment he has made to his country. Brittany says Drew also understands the toll Military service can take. In 2020, his lieutenant died by suicide. Alarmingly, the rate of Military suicides has drastically risen over the past five years. In fact, four times as many Service Members have died by suicide since 9/11 than have died during Military operations.
RUNNER STORIES

BOSTON MARATHON: BRITTANY FLETCHER CONT.

“I want to thank everyone at Home Base for the work they do to enrich the lives of Veterans, Service Members and their Families. Having a brother who will be returning to civilian life soon and knowing this program is available to him if he needs it is truly amazing. I feel lucky and honored to be representing this program in the Boston Marathon.”

Brittany also has a special message for her brother:

“I am truly humbled by your bravery and selflessness to defend our country, and do not know if there will ever be a way to thank you for it. I am so proud of you and honored to be your sister, and I cannot wait for you to come home!”

EXCELLENCE AT WORK

Home Base has provided care and support to more than 35,000 Veterans and their Family Members and training sessions for more than 80,000 clinicians, educators, first responders and community members, all at no cost to them. The Home Base National Center of Excellence, a state-of-the-art facility that opened in 2018, is the driving force for a comprehensive national program of care, education and research.

The center brings all of Home Base’s comprehensive and multifaceted services under one roof in the Charlestown Navy Yard, equidistant from the world-class medical and rehabilitation services of Mass General and Spaulding Rehabilitation Hospital.

In the meantime, representing Home Base in the Boston Marathon is an excellent way for those involved, including Brittany, to thank our Veterans, Service Members and their Families for their sacrifice for our nation.
On Thursday, November 10, 2022, from 6:00am-8:00pm ET, Home Base once again partnered with WCVB Channel 5 Boston on the “Helping Veterans Heal” Televent.

The funds raised during the 14-hour Televent directly support Home Base and its mission to help heal the invisible wounds of war for Veterans of all eras, Service Members, Military Families, and Families of the Fallen.

In total, $207,283 was raised to ensure that Veterans, Service Members and their Families can receive world-class care they need — all at no cost to the patient or their loved ones.

Thank you to all of our supporters who made a generous donation to our program during the Televent!

Featured stories that aired on WCVB Channel 5 Boston throughout the Televent:

- **Helping Veterans Heal**: Home Base has served more than 30K Veterans, Family Members
- **Home Base director explains how organization helps thousands of Veterans**
- **‘You’re not alone’:** Home Base helping vets overcome trauma, life changes by Brianna Borghi: Read Here
- **Warrior Health and Fitness Center helps Veterans** relearn how to move, live by Rhondella Richardson
- **Home Base working to fight food insecurity** for Veterans by Katie Thompson
- **Veterans bond with horses through Home Base** program at Massachusetts farms by Matt Reed
- **‘OK not to be OK:’** Veteran laces up for marathon for Home Base by Emily Maher
2022 HOME BASE NO SHAVE

During November 2022, police officers from 112 departments across six states participated in the 8th Annual Home Base No Shave. The month-long campaign raises awareness and funds for the lifesaving care that Home Base provides to Veterans, Service Members and their Families.

Participants pledged $100 to forgo shaving or wore a No Shave lapel pin for the month of November. Officers from the New England region — including Massachusetts, Maine, New Hampshire, Rhode Island and Vermont — and New Jersey joined this year’s campaign.

Thank you to all of the officers who participated this year, as well as the departments that made an exception to their facial hair policy!

At the conclusion of this year’s campaign, Home Base hosted the Closing Ceremony in the State Street Pavilion at historic Fenway Park on Wednesday, November 30.

Among the featured speakers at the event were Massachusetts Bay Transportation Authority (MBTA) Transit Police Officer and Boston Police Department Gang Unit Detective Kurt Power, founder and champion of Home Base No Shave. Kurt is a U.S. Army Veteran, Purple Heart recipient and proud graduate of the Home Base Intensive Clinical Program, or ICP.

Following the speaking program, officers were given the chance to have the facial hair they grew throughout the month removed by a professional at Bostonian Barber Shop on Van Ness Street.

Nearly 2,500 officers helped raise over $179,000 in support of Home Base’s mission to heal the invisible wounds of war.

Pictured above: Participating police officers who attended the Home Base No Shave Closing Ceremony posing with Home Base Chief Operating Officer Michael Allard, Director of Community Fundraising and Events Maureen Roderick and Executive Director Brigadier General (Ret.) Jack Hammond as well as Wally the Green Monster, the official mascot of the Boston Red Sox, inside Fenway Park.

Thank you to all of our supporters who made a generous donation to our program during No Shave!
2022 HOME BASE PUSH-UP CHALLENGE PRESENTED BY PTC

During the week of Veterans Day 2022 — Home Base and PTC teamed up to host the 2nd Annual Home Base Push-Up Challenge presented by PTC to raise awareness for and funds to support Home Base and its mission to heal the invisible wounds of war for Veterans of all eras, Service Members, Military Families and Families of the Fallen.

An estimated 20 Veterans are tragically lost to suicide every day, but this is preventable with proper support and intervention. The goal of the Push-Up Challenge is to bring together Veterans and non-Veterans with a shared purpose of community, team, commitment and awareness while giving back to Home Base.

This year, each participant paid a $25 registration fee to enter the Push-Up Challenge, which went directly to Home Base, and committed to 20 or more push-ups per day. Additional donations were also accepted throughout the week.

A total of 644 participants nationwide accepted the challenge and helped us raise $102,170 to support Veterans, Service Members, and their Families.

Team PTC was also the top fundraising team, donating over $34,000 this year. We also thank all who participated in and donated to this worthy cause.

Home Base thanks PTC for its continued generosity and support of the Push-Up Challenge as its presenting sponsor.
In 2022, Home Base benefitted from 24 community events from New England to Florida. These events raised over $1.7 Million in support of Home Base’s mission.

- **2022 Home Base Community Fundraisers - $5,000+**
  - 7th Annual Home Base Golf Tournament at The Nest Golf Club
  - WCVB Helping Veterans Heal Televent
  - 8th Annual Home Base No Shave Campaign
  - Kensington Golf & Country Club’s 11th Annual Salute to SWFL Veterans
  - SEAL Legacy Foundation Patriot Dinner & Warrior Classic
  - 9th Annual Home Base Golf Outing at Pocasset Presented by LABUR
  - 2nd Annual Home Base Push-Up Challenge presented by PTC
  - Quail Creek Country Club’s Salute to SWFL Veterans
  - Run to Home Base Florida at JetBlue Park
  - Race for Home Base - TCS New York City Marathon
  - Patriot Fund Invitational Dinner and Golf Tournament
  - Naples Lakes Golf Tournament Benefiting Home Base Florida
  - Kappa Sigma Fraternity Military Heroes Campaign
  - Copperleaf Community Salute to SWFL Veterans
  - Boston Bruins 2022 Season 50/50 Raffles
  - Home Base Fundraiser in Honor of Commander Richard Portillo and Suicide Awareness
  - Race for Home Base - Marine Corps Marathon
  - Heritage Palms Veterans Association Golf Outing
  - Home Base Fundraiser in Memory of Sue Corraro LaRosa
  - Race for Home Base - ASICS Falmouth Road Race
  - R.W. Sullivan Engineering’s 15th Annual St. Patrick’s Day Charity Auction
  - Fitness Within’s Operation Run to Heal 5K
  - Colony Foods New England Conference
  - 15th Annual Mass Elks Veterans Motorcycle Run

- **$681,700 from Florida events**
The Southwest Florida community was devastated by the physical destruction of Hurricane Ian. The mental health toll has been even greater for those in its direct path.

As Families struggle to make sense of losing their homes, cars and facing the uphill battle of rebuilding, the Home Base Florida Family rallied together to respond to the needs of our community through a variety of efforts that included volunteering to help those most impacted and providing community outreach and resources to provide mental health support for those struggling to cope.

After the storm, the team sprang into action and quickly deployed a Hurricane Resources page on our website to provide our Veterans, Service Members and Military Families with a list of resources to assist with everything from transportation and food to disaster relief and healthcare.

As we reached out to our partners to assess community needs, we joined forces with organizations such as the YMCA, Veteran MWR and the Naples Vet Center to provide hands on support to Veterans and neighbors with debris removal and clean-up efforts.

Veterans in our program and our staff have put in more than 119 hours volunteering to help survivors.

Families who received support including a Gold Star family, an Army Veteran, a chemotherapy patient and a Vietnam Veteran residing in Bonita Springs, Naples and Fort Myers who were so grateful for the manpower and show of support removing drywall, furniture, downed trees and cars. Our volunteers also assisted unloading six tons of supplies that arrived by boat to Marco Island.

As electricity, phones and community resources came back online and immediate clean-up efforts were complete, our focus shifted to the mental health needs of our Veterans impacted by the lasting effects of Hurricane Ian.

For storm trauma survivors, the damage isn’t limited to property destruction. The anguish of losing everything can take toll on mental health. As people tend to the immediate needs of food, shelter, and clothing, mental health issues will linger. We saw an uptick in referrals to our outpatient clinic, which grew over time as the reality and challenges of rebuilding continued.

Feelings such as anxiety, constant worrying, trouble sleeping and depression-like symptoms are common. Warning signs that someone is struggling can include loss of appetite, low energy and loss of interest in things they previously loved. These are all signs that someone is struggling with depression, anxiety or PTS. Home Base Florida outpatient clinical services were made available to assist Florida Veterans through our clinical partnerships with Lee Health and David Lawrence Centers.

These services include convenient 100% telehealth services for those without transportation or who prefer to stay close to home.
Home Base and Tampa General Hospital have partnered to expand the Warrior Health and Fitness program outside of Southwest Florida and Boston to serve Veterans in the Tampa Bay area. The free health and fitness program designed specifically for Veterans is led by trained fitness specialists and dietitians.

The program improves health and well-being through supervised exercise prescriptions, nutritional education and living a healthy lifestyle, along with ways to incorporate stress management that emphasize the health benefits of physical activity.

Through a generous $250k gift from the Valspar Championship and Copperhead Charities, the program was able to connect Tampa Bay area Veterans with resources to support healthy habits and ways to build resiliency against post-traumatic stress, depression and anxiety.

This two-year commitment helped to connect and serve local Heroes through the Home Base Warrior Health and Fitness program at Tampa General. In the first year, the program has served 92 Veterans with several advancing to the intensive clinical program.
DLC PARTNERSHIP

Home Base Florida and David Lawrence Centers Announce New Mental Health Services for Veterans and Families Impacted by the Invisible Wounds of War

State Senator Kathleen Passidomo, Home Base Florida Honorary Director 4-Star General Fred Franks (USA-Ret.), and David Lawrence Centers CEO Scott Burgess on hand for announcement.

There are more than 1.5 million Veterans in Florida representing the third largest Veteran population in the United States.

With more than 108,000 Veterans, their Families, as well Active Duty service men and women residing in Southwest Florida, many are lacking access to needed behavioral health services.

To improve access to care in Collier County, Home Base Florida and David Lawrence Centers for Behavioral Health (DLC), the largest non-profit behavioral health treatment center in Collier County, announced a clinical partnership to offer mental health and substance use services for Veterans and Military Families who call Southwest Florida home – at no-out-of-pocket cost. State Senator Kathleen Passidomo, Home Base Honorary Director 4-Star General Fred Franks (USA-Ret.), DLC CEO Scott Burgess and many other government officials and community partners were on hand for the announcement.

Behavioral health services are be provided at no cost to Veterans, Service Members, and their Families, regardless of ability to pay, experience level, or discharge status. The Home Base outpatient clinical services at DLC also offer a multidisciplinary approach to care and complements Home Base Florida’s Warrior Health & Fitness Program, which has served as a platform for hundreds of local Veterans to come together, reconnect with other members of the Military community, and embark on a path towards long-term wellness.

DLC clinicians received extensive clinical training in evidence-based therapies for post-traumatic stress disorder (PTS) by Home Base’s clinical experts from Massachusetts General Hospital, which is one of the leading psychiatry departments in the nation. DLC will participate in weekly phone consultations to ensure the best care is delivered to Southwest Florida Veterans, and will work in tandem with Home Base staff to best serve each patient, ensuring that no Veteran—and his or her family—falls through the cracks.
Every day, Veterans are taking their own lives at a troubling rate, and it’s one that continues to climb. Tragically, since 2010, more than 125,000 Veterans nationally have died by suicide, more than the total number of deaths from combat during the Vietnam War and the operations in Iraq and Afghanistan combined.

“Home Base and DLC are partnering to help stem the tide of Veteran suicide and to provide healing and hope to those that have sacrificed so much for our country.”

- Michael Allard
Home Base Chief Operating Officer

“It takes tremendous courage for a Veteran to step forward and ask for help — not all trauma of war or service is physical or apparent, and many of our returning Service Members need care and support.”

- Fred Franks
Home Base Florida Honorary Director
Four-star General (USA ret)
Vietnam and Desert Storm Veteran

General Franks was part of the Home Base Florida inception in 2014 which began with the Home Base SWFL Warrior Health & Fitness Program with a vision of being able to offer the full family of Home Base programs.
**FLORIDA STATE FUNDING**

**Home Base Florida Receives $1.5 Million in Funding from State of Florida**

Home Base Florida, a leading organization dedicated to providing comprehensive care and support to Veterans and their Families, is applauding the approval of $1.5 million by the Florida legislature in support of its mission. This $500,000 boost in funding, compared to last year’s allocation, will play a pivotal role in sustaining and expanding Home Base Florida’s critical clinical programs in Southwest Florida and serving Veterans from across the state.

The additional funding will support Home Base Florida in 4 key areas:

1. **BRAIN INJURY CARE**
   Between 2000 and 2022, more than 458,894 Service Members were diagnosed with a traumatic brain injury (TBI). Home Base, in partnership with Tampa General Hospital and Lee Health, will pilot clinical services for traumatic brain injury, providing a thorough diagnostic assessment for Veterans and Service Members with TBI, which may include, but not limited to, psychiatry, nurse case management, neuropsychology, psychology and physical therapy. Patients are provided a personalized treatment and rehabilitation plan.

2. **BEHAVIORAL HEALTH SERVICES**
   Home Base’s Outpatient Clinical Programs at Lee Health and David Lawrence Centers for Behavioral Health will provide evidence-based treatment for PTS, co-occurring substance use disorder, transitional anxiety and other invisible wounds, for Florida Veterans and Service Members and Military-connected Families across Florida. Telehealth services are available as well, expanding access to care for those in every corner of the state.

3. **WELLNESS-BASED PROGRAMS & PEER SUPPORT**
   Home Base, in partnership with Florida Gulf Coast University and Tampa General Hospital, will offer our Warrior Health and Fitness Program to help improve physical health and well-being through supervised physical exercise, education about healthy eating, living, sleep hygiene, stress management and the health benefits of physical activity. This Program provides a portal for those in need of clinical care for the invisible wounds; 50% of the Florida Veterans from SWFL that have attended Home Base’s 2-Week Intensive Clinical Program first initiated contact with Home Base through our wellness programs.

4. **TRAINING AND EDUCATING FOR FIRST RESPONDERS, HEALTH PROFESSIONALS, VETERAN SERVICE OFFICERS AND OTHER COMMUNITY STAKEHOLDERS**
   Provide education to clinicians, first responders, veteran service officers, and other community support members and stakeholders to deepen their knowledge of the invisible wounds and mobilize the wide-spread effort of connecting at-risk Veterans to trusted mental health resources across Florida — improving care and outcomes for those affected by the invisible wounds.

Senator Jay Collins and Representative Lauren Melo sponsored the bill. Additionally, House Speaker Paul Renner, Senator Kathleen Passidomo, President of Florida Senate, Senator Danny Burgess, and Ret. General James Hartsell, extended their support for the additional funding.

Home Base Florida remains committed to its mission of healing the invisible wounds of war and supporting Veterans and their Families throughout their journey to recovery. With the additional state funding and ongoing community support, Home Base Florida will continue to expand its programs, provide vital care, and make a lasting difference in the lives of those who have served.
YUNG FAMILY FOUNDATION

After years of success in the hospitality industry, philanthropists Bill and Marty Yung of Covington, KY formed the Yung Family Foundation to give back to their community.

The Foundation, which is comprised of the Yungs’ daughters and spouses, felt compelled to support Veterans Service Organizations because the family held deep regard and honor for the sacrifices made by Veterans and their Families to protect American freedoms. Derek Haught, son-in-law of Mr. and Mrs. Yung and Yung Family Foundation spokesman, says that Home Base met the intersection of interests for the family.

The family’s first major gift supported Homes for Our Troops, a Massachusetts-based program whose mission is to build and donate specially adapted custom homes nationwide for severely injured post-9/11 Veterans, to enable them to rebuild their lives. From this relationship came the connection to Home Base.

In August of 2021, Home Base Executive Director, Brigadier General (ret.) Jack Hammond, along with other Home Base Leadership, met with the Foundation to present a case of support. Mr. Haught noted that the family was moved by General Hammond’s remarks, emphasizing the deep passion and commitment they felt from his words and vision. It became clear that the family wanted to support Home Base’s mission and provide funding to help expand care to the Warriors and Families who need it most, and the Foundation agreed to support Home Base with a gift of $1 million.

Derek and his wife, Julie, were able to visit Home Base’s National Center of Excellence in Charlestown, MA. He says that it was “very rewarding” and “a very unique experience to see the facilities” in person. Now, the family says they are excited to see the expansion of Home Base’s mission and care and feel proud to be part of that legacy.

In 2022, the Foundation gave an additional $1 Million gift to support expansion of the Brain Health program and treatment space.

Additionally, Mr. Haught joined the Home Base Leadership Council as a representative of the family.

Home Base is grateful to the Yung Family for their continued support and commitment to our mission.
OUR SUPPORTERS

$100,000+

American Online Giving Foundation
Anonymous GoodNation Foundation Fund
Mr. John M. Bankhead
Beasley Media Group
Boston Red Sox Foundation
Mr. and Mrs. Brian B. Casey
Copperhead Charities
Mr. and Mrs. Paul J. Ferri
Ferri Family Foundation
Fidelity Charitable Gift Fund
Fisher House Foundation
Fox Rock Foundation
Gordon Family Foundation
Mr. Michael S. Gordon and Ms. Christina M. Gordon
Mrs. Karen and Robert T. Hale, Jr.
Hanscom Federal Credit Union Charitable Foundation, Inc.
Home Base Golf Outing at Pocasset presented by LABUR: 9th Annual
Home Base Golf Tournament at The Nest Golf Club: 7th Annual
Home Base No Shave Campaign: 8th Annual
Home Base Push-Up Challenge presented by PTC: 2nd Annual
John Hancock
Kelleher Family Foundation
Nancy S. and Richard M. Kelleher
Kensington Golf & Country Club's 11th Annual Salute to SWFL Veterans
Mass General Brigham
Morgan Stanley Global Impact Funding Trust, Inc.
Navy SEAL Foundation
Pritzker Military Foundation
Col. Jennifer N. Pritzker and Ms. Erin E. Solaro
New England Sports Network (NESN)
Raytheon Technologies Corporation
Mr. Scott A. Schoen and Ms. Nancy W. Adams
Scottish Rite Masons of Boston
SEAL Legacy Foundation
Mr. Gregory F. Spier and Ms. Kathryn Crane-Spier
Spier Family Foundation
Ms. Jean C. Tempel
WCVB PROJECT COMMUNITY: Helping Veterans Heal Teleevent
Mr. Thomas C. Werner
Werner Family Foundation
Wounded Warrior Project
Yung Family Foundation

$50,000+

American Endowment Foundation
Anonymous American Endowment Foundation Fund
BAE Systems
Mr. and Mrs. Richard S. Brown
Cigna Foundation
Healthcare Trust of America Holdings, LF
Mr. and Mrs. Pliny Jewell IV
John Hancock Adviser, Inc.
John Hancock, Inc.
Kappa Sigma Fraternity Military Heroes Campaign
Klarman Family Foundation
MetLife Foundation
Naples Lakes Country Club Golf Tournament Supporting Home Base Florida
The Gordon and Marjorie Osborne Foundation
The Patriot Fund
Pentagon Federal Credit Union Foundation
Quail Creek Country Club’s Salute to SWFL Veterans
Run to Home Base Florida at JetBlue Park
Robert & Alice Strobel Foundation
TCS New York City Marathon: Race for Home Base Team Takeda
The TJX Companies, Inc.
Mr. and Mrs. Paula Zavrl

$25,000+

AT&T, Inc.
Bank of America Charitable Gift Fund
The Boston Foundation
Bowlers to Veterans Link
Copperleaf Charitable Foundation
Daymark Solutions
Del Technologies Veterans & Supporters
Digital Federal Credit Union
Dion Family Foundation
Electric Boat Team Fast Attack
First Lieutenant Derek S. Hines Memorial Fund
Headpinz Entertainment Center
Karpus Family Foundation
Klein Family Charitable Fund
Mr. Michael J. Klein and Mrs. Sharon Klein
Mr. Edward and Mrs. Kathleen Ludwig
Mr. Kevin and Mrs. Kerry Ludwig
Mr. Michael and Mrs. Julia Ludwig
The McKnight Foundation
Mr. and Mrs. Michael J. Meehan
Sudbury for Wounded Warriors
Mimecast Charitable Fund
Mr. and Mrs. Roger T. Morgan
Naples Lakes Country Club Homeowners Assn., Inc.
The Patriot Fund
Pentagon Federal Credit Union Foundation
PTC Foundation, Inc.
PTC, Inc.
Robert Irvine Foundation, Inc.
Mr. Robert W. Rose, Jr. and Mrs. Corinne Rose
The Ruth Lilly Philanthropic Foundation
Schwab Charitable Fund
Takeda Pharmaceuticals U.S.A., Inc.
Team Daymark
Team GJH
Valerie Tews
VMF Fund
Wasabi Technologies, Inc.
We Run for Heroes
OUR SUPPORTERS CONT.

$10,000+

ALEX’S ARMY
Maj. Gen. and Mrs. Peter M. Aylward, (Ret.)
Amazon Robotics
Amica Insurance
Anonymous Collier Community Foundation Donor
Anonymous YouthBridge Community Foundation Donor
Anonymous to care for SEAL
Arizona Community Foundation
The Bank of America Charitable Foundation
The Blackbaud Giving Fund by its agent, YourCause
Boston Bruins Foundation
Boston Duck Tours Quack Pack
Amanda Bourdeau
Mr. and Mrs. Thomas F. Boyle
Mr. Seth Burr
Ms. Kelly Carlson
Cluett’s Crew
CMGA Event Fund
Collier Community Foundation
Commonwealth Financial Network
Mr. and Mrs. John M. Connors Jr.
CWA Asset Management Group LLC
The Devil Docs
Dan and Kathy Grubb Family Foundation Fund
Mr. and Mrs. Dan L. Grubb
Dr. and Mrs. Thomas J. Russell
Dunford Family Gift Fund
Mr. and Mrs. Michael Dunford
Mr. and Mrs. Edmond J. English
ET Trust
Mr. Brian Fredriksen
GovX, Inc.
Granite Bench Charitable Foundation
Mr. Alfred J. Hammond
Hammond Family Giving
Havas Health
Heritage Palms Veterans Association
The Highland Street Foundation
Home Base Fundraiser in Honor of Commander Richard Portillo and Suicide Awareness
Home Base Staff
James O. Carey Association, Inc.
Janice Furtado’s Troops
JNBA Financial Advisors, Inc.
Johnston-Churchill Family Fund
Patricia Churchill and Greg Johnston
JP Morgan Chase Bank, N.A.
Keel Foundation
Mr. Richard F. Kezer
Mr. and Mrs. Donald L. Laurie
Long Term Care Partners, LLC
Marine Corps Marathon: Race for Home Base
Marshalls4Vets
MassBio
MassMutual
McMillian Education
Mr. Richard McVey and Ms. Lara Spencer
Mr. Richard McVey Fund
Mr. Phillip Melton and Mrs. Brenda Melton
The Michael T. Sherman Foundation
Microsoft Corporation
Mildred’s Dream Foundation
Mimecast Charitable Fund
Morgan Stanley
Mobias Home Base
National Philanthropic Trust
Sevita
Newburyport Bank Charitable Foundation
Rear Adm. and Mrs. Roger T. Nolan, USN (Ret.)
Office of the Sheriff, Lee County Operating Account
OPERATION: HEALING OUR HEROES
Optum Serve
Mr. and Mrs. Victor J. Paci
Mr. and Mrs. Peter Palandjian
Mr. and Mrs. William W. Pilcher II
Rae of Hope
Raging Bulls
Recorded Future, Inc.
RSM Boston Foundation
RSM US Foundation
Mr. and Mrs. Peter H. Smyth
Peter and Catherine Smyth Family Foundation
The Sorgini & Wolkon Family Charitable Fund
Col. John P. Sorgini and Ms. Shari H. Wolkon
Nancy and Geoffrey Stack Family Foundation
Stop & Shop Supermarket Company LLC
Sunovion Pharmaceuticals, Inc.
Team Biogen
Team Michael Hogan Smith
Team TCC
The TJX Foundation, Inc.
Mr. Jay G. Tompkins and Mrs. Toshiko Tompkins
Turner Construction Company
Veterans’ Support Fund
YouthBridge Community Foundation
OUR SUPPORTERS CONT.

$5,000+

Ace American Insurance Company
Anonymous Bank of America Charitable Gift Fund
Mr. Lee R. Anderson and Mrs. Penny Anderson
Mr. and Mrs. Joseph C. Antonellis
ASICS Falmouth Road Race: Race for Home Base
Mr. Adrien and Mrs. Pat Aube
The Ayco Charitable Foundation
Col. and Mrs. William A. Bachman
Mr. and Mrs. David W. Bernauer
The Arthur M. Blank Family Foundation
Heather Blasko
Boston HR Council
Mr. and Mrs. Laurence E. Brown
Mr. Benjamin S. Butcher and Ms. Linda M. McLoughlin
Mr. Matthew Cannata
The Chosin Descendants
Dave Clark
Mr. William Cosgrove, Jr.
Colony Foods New England Conference
Ms. Anne Marie Corraro
Cousin Brothers
Cox Engineering Company
Ms. Ellen Cunniff
Mr. and Mrs. Gilbert B. Dailey
Defense Credit Union Council
Mr. and Mrs. David J. DeRita
Mr. Jonathan Desmond
Ms. Kathleen T. Donohue and Mr. Mark Sanders
Donohue/Sanders Giving Fund
Mr. and Mrs. Thomas Donovan
Donovan Family Fund
Eugene and Mary E. Dooner Foundation
Stacey Drubner
Eastern Bank Charitable Foundation
Emfield Family Foundation
Farmers Group, Inc.

Fire/EMS/LEO’s in the fight for Vet!
Fitness Within’s Operation Run to Heal 5K
Mr. John J. Furanna
Mrs. Maila E. Furanna
Ms. Vivien Gattie
Gilley’s Girls & Matt
Mr. Richard A. Govoni
Richard A. Govoni Revocable Living Trust
Les and Judy Greenberg Family Fund
Ms. Judith Greenberg
Heritage Palm Veterans Association
The High Pointe Foundation
Income Research and Management Charitable Fund
Income Research and Management, Inc.
Mr. and Mrs. Gary B. Jacobsen
John Hancock MILE
Mr. Ron W. Jones and Ms. Carole C. Loveland Jones
Ryan Kelleher
Mr. Wesley D. Kremer and Ms. Kersten Kremer
Ladies in Bureaucracy
Lee Health
Liberty Mutual Insurance
The Loveland Jones Charitable Fund
Gregg Mahdessian
Marsh & McLennan Agency LLC
Jim Marshall
Mass Elks Veterans Motorcycle Run: 15th Annual
Robert Mayo
Jay Medailleu
Ms. Donna L. Melz
Paul Mercer
Middlesex Savings Bank
Mr. and Mrs. Douglas J. Miller
Lee Mish
The Morrison & Foerster Foundation
Norwich 1965

Not Even One
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PGA Superstore - Naples
Mr. Kevin Phoenix and Ms. Whitney Connolly
Pinellas Community Foundation
James Powell
Proud Dad
R.W. Sullivan Engineering’s 15th Annual St. Patrick’s Day Charity Auction
Mr. and Mrs. Daniel Revers
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Sanofi
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A. Clare Stupinski
Suffolk Construction
Mr. and Mrs. Douglas Williams
Mr. Peter A. Wilson

John Tackeff
Team Havas
Team of 2
Jason Thompson
TJ’s Team
Trot for Cory
Uncle Sam and the Fiskdale Flyers
Mr. Neil Ungerleider and Ms. Diane Stern
Valor@Liberty
Vanguard Charitable
Crystal Verrier
Veterans of Foreign Wars
Veterans on the 48
The Wampatuck Country Club of Canton, Inc.
We Love Our Troops
Mr. Douglas Williams
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*Rolled off in 2022
# FINANCIAL SUMMARY

## Revenue
- 3rd Party Revenue: 1,077,241 (4.6%)
- Contributions: 20,112,384 (85.7%)
- Government Contracts: 2,062,185 (8.7%)
- Investment Income/Other: 204,252 (>1%)

**Total Revenue**: 23,456,062

## Program Costs
- Sub-total Program Costs: 20,240,197 (88.5%)
- Indirect Costs: 2,645,955 (11.5%)

**Total Costs**: 22,886,152

## Operations
- Sub-total Gain/(Loss) from Operations: 569,910 (8.9%)
- Prior Year Cash Balance: 5,820,116 (91.1%)

**Total Gain/(Loss) from Operations**: 6,390,026
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- PLANNED GIVING
- HOST A FUNDRAISER