MISSION

Heal the *Invisible Wounds of War* by connecting Post-9/11 Veterans and Military Families to World Class Care

**World Class Care:**

High quality, evidence based, patient centered, safe, technologically advanced, culturally competent and provided in an efficient and timely manner.
FOUR PILLARS OF SERVICE

Outpatient Clinic
2-week Intensive
Step Up-Step Down
Support Groups
6-Month Fitness
Adventure Series
Resilient Warrior
Resilient Family

CLINICAL CARE
Delivering comprehensive, individualized, evidence-based care for traumatic brain injury, post-traumatic stress, military sexual trauma, and many related conditions

TRAINING AND CAPACITY BUILDING
Training community-based clinicians, first responders, educators, and social service leaders to recognize and assist those with invisible wounds

WELLNESS
Empowering Veteran and military families to maintain long-term physical and emotional health, and build resilience to daily stressors

TRANSLATIONAL AND CLINICAL RESEARCH
Driving discovery of new and improved treatments, and advancing the standard of care for Veterans across the nation

Clinicians
First Responders
Parents and Educators – Staying Strong
Community
PTSD
TBI
Family
Outcomes & Care Models

HOME BASE
VETERAN AND FAMILY CARE
National Center of Excellence
WHAT DISTINGUISHES HOME BASE

• 3 Generations of Care model, incorporating family members

• Veterans of Post 9/11 conflicts are part of clinical team

• Care team is multi-disciplinary

• Care provided regardless of discharge status

• Financial barriers of care are removed
VETERAN OUTREACH

▪ Post-9/11 veterans

▪ Guide veterans into care

▪ Integral part of team
  • Outpatient Clinic
  • ICP; Peer support and program continuity

▪ Collaborate and partner with:
  • Military organizations
  • Veteran service organizations
  • Colleges and Universities
  • Community organizations
Located in Boston since its inception in 2009.

Treatment is highly individualized and coordinated.

Each participant receives a full, personalized assessment by the Home Base clinical team.

Assessments are multi-disciplinary and include a thorough review of psychosocial needs such as housing, health insurance, and employment.
TREATMENTS OFFERED

- Prolonged Exposure Therapy
- Cognitive Processing Therapy (CPT)
- Cognitive Behavioral Therapy (CBT)
- Couples therapy; Emotionally Focused Therapy (EFT) and Cognitive-Behavioral Conjoint Therapy (CBCT for PTSD)
- Case Management
- TBI Evaluation and Symptom Management
- Pharmacologic treatments – in support of other therapies
- Family services
A holistic approach to care:

- Individual Treatment (PTSD, TBI, other presenting concerns)
- Group Therapy
- Stress Reduction and Resiliency
- Cognitive Skills and Health
- Comprehensive Med Evaluation
- Fitness & Nutrition
- Family Support & Education
- Integrative Therapies such as yoga, art & Tai Chi
- Social activities

The ICP was developed by Home Base Clinicians and staff, tailored to the treatment needs of post 9/11 Veterans and Families.
Home Base’s **Warrior Health and Fitness Program**, which currently operates in Boston, MA and in Southwest Florida, leads up to 60 Service Members and Veterans per session through a free 6-month program designed to improve their physical health and well-being through:

- Supervised physical training in a comfortable setting. Veterans run the program.
- Education about healthy eating, living, sleep hygiene and the benefits of physical health.
- Techniques to help alleviate stress and manage anxiety.
- Enable participants to form a new band of “brothers and sisters” through a shared experience designed around positive competition.
Training Institute; Supporting the Mental Health of Veterans and Families.

“From the War Zone to the Home Front”.

35+ online, interactive, archived webinars.

Free CME/CE-certified.

Various in person trainings throughout the year.
GAPS/CHALLENGES

- Securing funding to maintain and expand clinical operations
- Training community clinicians in Evidence Based Therapies for PTSD
- Reduce stigma of seeking care
- Occupational challenges
- Connecting organizations and healthcare systems caring for service members
HOW CAN LEGISLATORS HELP?

- Create competitive funding opportunities to support and fund innovative programs
- Raise awareness to combat stigma
- Support policies that facilitate mental health help seeking
- Support training programs for businesses to hire/mentor/support veteran employees
- Create public/private partnerships that bring together agencies and healthcare systems that support service members
Their Mission Is Complete.
Ours Has Just Begun.