



HOME BASE CLINICAL AND WELLNESS SERVICES

Home Base is a National Center of Excellence dedicated to healing the invisible wounds through clinical care, wellness, research and training. As a non-profit serving US Service Members, Veterans, Families and Families of the Fallen around the world, Home Base leverages 21st Century technology and renowned clinicians from Mass General Brigham and Harvard to deliver innovative, evidence-based care and support - **all at no cost to participants**. Since 2009, Home Base has served over 30,000 of some of the most injured U.S. Veterans, Service Members, and their Families from all 50 states, 5 territories, and 9 countries.

NATIONAL PROGRAMS

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

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

2-WEEK FAMILIES OF THE FALLEN INTENSIVE CLINICAL PROGRAM

- In collaboration with the Tragedy Assistance Program for Survivors (TAPS)
- For survivors of traumatic loss that combines evidence-based treatment for post-traumatic stress disorder and grief
- Provides 63 hours of treatment

SPECIAL OPERATIONS CLINIC

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

"SLIDE INTO HOME BASE" VIRTUAL HOURS

- Bi-weekly virtual meetings for Veterans, Service Members, and Military Families

RESILIENT WARRIOR, RESILIENT FAMILY, AND RESILIENT YOUTH

- 6-week course designed to introduce a variety of mind-body techniques and skill-building exercises scientifically shown to improve overall mood and well-being
- Developed in collaboration with Massachusetts General Hospital's Benson-Henry Institute for Mind Body Medicine (BHI)

ICP GRADUATE PROGRAM

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

OPERATION HEALTH @ HOME DIGITAL WELLNESS PLATFORM

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

INVISIBLE WOUNDS

Post-traumatic stress, traumatic brain injury, anxiety, depression, co-occurring substance use disorder, relationship challenges, physical health, transition challenges military sexual trauma, and other issues associated with military service.

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

PROGRAMS AVAILABLE REGIONALLY

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

OUTPATIENT MENTAL HEALTH CARE

Individual Therapy

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

Group Therapy

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

WARRIOR HEALTH AND FITNESS (WH&F)

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

SKILLS-BASED OUTPATIENT ADDICTION RECOVERY (SOAR) PROGRAM

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

ADVENTURE SERIES

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

INNOVATION & FINDING NEW TREATMENTS

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



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

-Kathy Colley,

Families of the Fallen Program Graduate, California



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

-SGT Travis Peterson,

Intensive Clinical Program Graduate, Georgia



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

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



“Home Base isn’t another cookiecutter 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