

## LEADING THE CHANGE

ANNUAL REPORT 2023



11

SUICIDE IS THE
SECOND-LEADING CAUSE
OF DEATH FOR
POST-9/11 VETERANS,
ACCOUNTING FOR 22.3%
OF ALL DEATHS.

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US DEPARTMENT OF VETERANS AFFAIRS

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## **THANK YOU**

33 Donors | Community Partners



# LETTER FROM OUR FOUNDERS

Dear Friends and Supporters of VETS,

As the world evolves, VETS remains dedicated to pioneering the use of psychedelic-assisted therapies to transform veteran healthcare. In 2023, we expanded our reach across 43 states, allocating more than \$1 million in grants and providing over 1,421 hours of group and individual coaching. These efforts ensure that veterans receive the full spectrum of support and care needed for their healing journeys.

Our community's resilience and commitment were especially evident as we achieved a 6% increase in our Foundational Healing Grants, serving 233 Special Operations Forces veterans and their families. These efforts are supported by targeted programs that include specialized workshops and comprehensive retreat preparations, reflecting our ongoing commitment to effective support and healing.

As we approach VETS' 5th anniversary in 2024, we are set for significant expansion. We aim to deepen our impact through strategic partnerships, expanded ambassador programs, and continuous advocacy for legislative changes that enhance veteran access to psychedelic therapies. Our research collaborations and dedication to public awareness position us as leaders in this critical field. We are grateful for the enduring support from our donors and community partners, which is essential for our mission's success.

With immense gratitude,

2m + auticapou

Marcus and Amber Capone

Co-Founders

**Veterans Exploring Treatment Solutions (VETS)** 

## 2023 — STATS

233

Foundational Healing Grants awarded

**Grants provided for treatment with:** 

IBOGAINE & IBOGA

5-MEO-DMT

**PSILOCYBIN** 

AYAHUASCA

KETAMINE

1,260+

Individual Coaching Hours provided

\$1M+

Direct Support Funding

161+

Group Integration hours provided

# WHAT — WE DO



**To END the veteran suicide epidemic** by providing resources, research, and advocacy for U.S. military veterans seeking psychedelic-assisted therapies for traumatic brain injury (TBI), post-traumatic stress disorder (PTSD), addiction, and other health conditions.

We envision a world where our **veterans have access** to the most **advanced healthcare options** to heal from the mental and physical wounds of war.





### **Resources:**

VETS provides grants, coaching, and resources for veterans to receive psychedelicassisted therapies in countries where they are legal, but still unregulated.

### Research:

We further scientific research to better understand how psychedelic therapies may impact issues facing the veteran community.

### **Advocacy:**

By pairing life-changing stories with compelling data, VETS advocates for responsible policy change. Our goal is to make psychedelicassisted therapy available to all veterans in the United States.

## OUR — VALUES

# WE LEAD WITH INTEGRITY

We are the vanguard in finding effective and practical tools to heal our fellow veterans.

# WE ARE DETERMINED

For veterans on the brink of suicide, every minute counts. VETS is never out of the fight, and we prioritize expedience, practicality, effectiveness, and perseverance through struggle.

# WE ARE RESOLVED

We honor the immense strength and courage required to overcome trauma. We empower by leading the way in finding the best tools for our community to heal. We support the heroism of those facing these challenges with whatever it takes.



We proudly stand with our fellow veterans, families, and communities. At VETS, our dedication is to making a life-saving impact, showing gratitude and generosity to those who support us along the way.

# WE LEAD WITH COMPASSION

We know what it takes to overcome the challenges that follow serving our country. Our wrap-around, heart-centered support empowers our community to rise above.

# WE EMBRACE TRUST

We have faith in the character, strength, and commitment of the veterans who seek healing with psychedelic therapy. VETS is here to lend a helping hand.

# 2023 —ACHIEVEMENTS



RESEARCH: STANFORD STUDY GROUNDBREAKING RESULTS



ADVOCACY: NDAA

\$10M



RESOURCES: OUR
MOST SUCCESSFUL
YEAR ON RECORD

233

INDIVIDUALS SUPPORTED THROUGH FOUNDATIONAL HEALING GRANTS



REDISCOVERING PURPOSE:
THE VETS AMBASSADOR PROGRAM



VETS GALA TO END VETERAN SUICIDE: THE THIRD ANNUAL EVENT IN SAN DIEGO, CA

## 2023 ACHIEVEMENTS

**VETS PROVIDED** 

233

FOUNDATIONAL HEALING GRANTS

(a 6% increase)

**186** Special Operations Forces (SOF) veterans

34 SOF veterans' spouses

**13** Special Circumstances

WE SERVED RECIPIENTS IN THE

NAVY ARMY
MARINE CORPS
AIR FORCE

GRANTS PROVIDED FOR TREATMENT WITH:

IBOGAINE & IBOGA 5-MEO-DMT PSILOCYBIN AYAHUASCA KETAMINE



In 2023, Grant Recipients received

1,421

HOURS OF INDIVIDUAL COACHING AND INTEGRATION SUPPORT

INCLUDING OVER 161 HOURS OF GROUP SESSIONS, GROUP INTEGRATION AND COACHING:

- Men's Integration
- Women's Integration
- Spouses as Supporters
- Facing Challenges for Spouses
- Couples Integration

- Yoga
- Meditation
- Meditation Training
- Pre-Retreat Preparation
- Various Workshops

TREATMENT GRANTS \$782.415

PREPARATION & INTEGRATION COACHING \$213,150

TRAVEL GRANTS \$15.072

**TOTAL AWARDED** 

\$1,010,637

## 2023 HIGHLIGHTS:

## AMBASSADOR PROGRAM

## REDISCOVERING PURPOSE: THE VETS AMBASSADOR PROGRAM

The VETS Ambassador program exists for two primary purposes: to provide grant recipients avenues for giving back to the community, and to expand the scope and impact of the organization as a whole. Engaging with the community and being driven by purpose are critical parts of the healing process. Adding support mechanisms for grant recipients and raising awareness about the VETS mission is critical for the future of the organization. The VETS Ambassador program exists to fill both needs. VETS Ambassadors are publicfacing representatives of the organization. Ambassadors are carefully selected based on their participation in the program, commitment to their own personal healing journey, and willingness to act in good faith as a program representative.

IN 2023, VETS WAS HONORED TO HAVE 29 INDIVIDUALS BECOME CERTIFIED AMBASSADORS:



### PEER SUPPORT

Peer Support Ambassadors are trained to support fellow veterans entering the VETS program. Each peer supporter learns how to effectively hold space before, during, and after the retreat experience, as well as harm reduction techniques to help mitigate challenges associated with each. Each grant recipient is automatically matched with a peer supporter.



### **MEDIA ADVOCACY**

Media Advocacy Ambassadors have been trained and are willing to share their stores in podcasts, print media, on camera interviews, written form interviews, blog posts, social media, etc.



### LEGISLATIVE TESTIMONY ADVOCACY

Legislative Testimony
Ambassadors will assist in
supporting VETS' policy
initiatives at the state and
federal levels of government.



### **DONOR RELATIONS**

Donor Relations Ambassadors will assist in cultivating existing donor relationships, as well as helping to facilitate new donor connections where appropriate. Realization of impact through storytelling, direct outreach, and shared gratitude will be coupled with events such as virtual gatherings, in person dinners, and opportunities to connect 1:1.

## 2023 HIGHLIGHTS: ADVOCACY

## 2024 NATIONAL DEFENSE AUTHORIZATION ACT

VETS assisted in achieving groundbreaking success with the inclusion of the first-ever provision for psychedelic research in the National Defense Authorization Act (NDAA).

This significant milestone, a culmination of collaborative efforts and unwavering dedication from our community and partners, marks a pivotal advancement in mental healthcare for our military. Spearheaded by the tireless advocacy of U.S. Representative Dan Crenshaw (R-TX) and the support of our organization, this initiative promises to revolutionize treatments for active duty personnel.

This legislative success underscores the power of collective action and the importance of our continued commitment to the well-being of our military community. VETS played a crucial role in turning the Douglas "Mike" Day Psychedelic Therapy to Save Lives Act from a vision into reality, with intensive educational campaigns and direct engagement with legislators leading to its approval.

"This is more than a legislative success; it's a beacon of hope, promising innovative and effective treatments for those who have selflessly served our nation."



- AMBER CAPONE







## 2023 HIGHLIGHTS: RESEARCH



## **STANFORD UNIVERSITY**

"An Observational Pre-post Study Evaluating the Safety of Tabernanthe Iboga Exposure"

**Veterans Exploring Treatment Solutions** (VETS), in collaboration with Stanford University, supported a pioneering study on the effects of ibogaine therapy for veterans suffering from Traumatic **Brain Injury (TBI) and Post Traumatic** Stress Disorder (PTSD). We look forward to the publication of the study titled "Magnesium-Ibogaine Therapy in Veterans with Traumatic Brain Injuries" in Nature Medicine, expected in early 2024. In late 2023, preliminary data suggests remarkable improvements in veterans' health, including significant reductions in disability ratings and suicidal ideation. VETS' involvement underscores our commitment to exploring innovative treatments for veterans' mental health.

The study, led by Dr. Nolan Williams of Stanford University, enrolled 30 U.S. Special Operations veterans, all supported by VETS through our Foundational Healing Grants program.

This groundbreaking research, using ibogaine combined with a cardioprotective agent, showcases a potential new treatment avenue for TBI and associated mental health issues.

Since our founding in 2019, VETS has been a major advocate for veteran mental health, focusing on access to psychedelic-assisted therapies. Our collaboration with Stanford University represents a significant step in validating the effectiveness of ibogaine therapy for PTSD and TBI. The personal accounts of VETS' grant recipients captured in the wide range of media reports further reinforce the transformative impact of ibogaine treatment, echoing VETS' mission to provide hope and renewed life to those affected by the traumas of service.





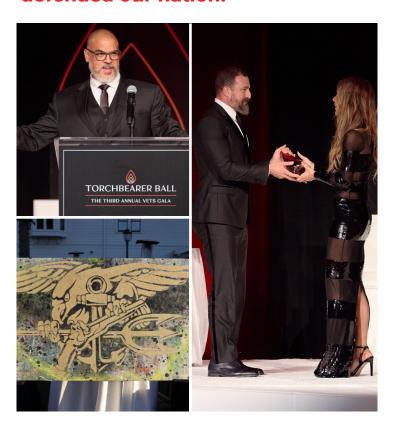


"It is a tremendous honor to be recognized by VETS for our research of ibogaine to treat traumatic brain injury in Special Operations Forces Veterans. We believe there is an urgent need to study the efficacy of new, alternative therapeutic options to treat post-traumatic stress disorder caused by traumatic brain injuries in veterans. Initial research performed in our lab shows that the use of ibogaine offers psychiatric benefits by allowing the brain to enter a highly responsive state and reprocess traumatic memories."

- NOLAN WILLIAMS, M.D,
ASSOCIATE PROFESSOR
OF PSYCHIATRY AND
BEHAVIORAL SCIENCES AT
STANFORD UNIVERSITY



On Veterans Day, November 11, 2023, over 600 attendees gathered for our sold-out third fundraising gala in San Diego, CA, *Torchbearer Ball* to END Veteran Suicide. It was a powerful and heartwarming evening honoring the brave heroes who have selflessly served and defended our nation.





The event featured a vibrant cocktail reception, a silent auction, an elegant dinner, speaker addresses, Torchbearer Award Honorees, a live auction, and countless connections with the U.S. Special Operations Forces and psychedelic therapy communities.

In attendance were over 70 veterans and spouses. We celebrated supporting over 700 grant recipients since setting forth on this mission and brought awareness to the life-changing benefits of psychedelic treatments and the critical work that lies ahead.

Speakers included Dr. Andrew Huberman, Nolan Williams, M.D., Rep. Dan Crenshaw, Sara Wilkinson, and former Governor of Texas Rick Perry.

### **RESOURCES HONOREE**



## Rep. Dan Crenshaw



We proudly recognize Rep. Dan
Crenshaw's unwavering commitment
to fighting to unlock resources for all
U.S. veterans and active duty personnel.
As a decorated Navy SEAL veteran,
Rep. Crenshaw has shown exemplary
dedication to addressing health challenges
service members face.

His instrumental role in introducing H.R. 3684, The Douglas "Mike" Day Psychedelic Therapy Act, showcases his advocacy for providing veterans with access to innovative and effective health treatments. Through his compassionate leadership, he continues to be a driving force in creating positive change in the lives of our veterans.

### **ADVOCACY HONOREE**



## Dr. Andrew Huberman



Dr. Andrew Huberman's significant contributions to educating the masses about mental, physical, and spiritual wellness have profoundly impacted the field of psychedelic science. Through his accessible and engaging platforms, he has empowered millions with knowledge and resources to improve their overall well-being. Dr. Huberman's dedication to advancing psychedelic science aligns closely with VETS' mission, as he is pivotal in disseminating valuable information about cutting-edge treatments for veterans. We honor his generosity and dedication to creating a brighter future for all who have served, and consistently highlighting the work of VETS.

### **RESEARCH HONOREE**



## Nolan Williams, M.D.



Dr. Nolan Williams, triple board-certified in general neurology, psychiatry, and neuropsychiatry, is an Associate Professor and Director of the Stanford Brain Stimulation Lab. His pioneering work led to the first FDA-cleared neuromodulation approach for treatment-resistant depression. Notable for numerous awards and publications, Dr. Williams is on the verge of publishing a groundbreaking ibogaine neuroimaging study in collaboration with VETS. Despite facing significant risks and challenges, including a demanding IRB process and the disruptions of COVID-19, his study, completed in just nine months, is expected to revolutionize healthcare.

### **HONOREE**



## Sara Wilkinson



Propelled by the tragic loss of her husband, Navy SEAL Chad Wilkinson, to the invisible wounds of war, including PTSD and traumatic brain injuries, Sara Wilkinson has become a fierce advocate for the veteran community. Through her foundation, Sara actively raises awareness and funds, striving to significantly reduce veteran suicide rates. Her relentless efforts and courage have made her a beacon of resilience and compassion within the veteran community. With an impressive background in the fitness industry, she fervently supports VETS.

















THANK YOU TO OUR SPONSORS WHO MADE THE EVENT **POSSIBLE** 

















## **TOTAL BODY EXPERTS**





Stone Canyon INDUSTRIES









## SPECIAL GIFTS AND PLEDGES

A special thanks to our donors and community partners.

Together, we are impacting the lives of veterans!

\$100,000-\$249,999

Mike & Joanna Gabler

The Jurvetson Family

Light Up to Live / The Reed Family

Verstandig Family Foundation

\$50,000 to \$99,999

AmeriTex Pipe / Kevin Thompson

**Black Rifle Coffee Company** 

The Change Reaction

**Russell Morris** 

**SEAL Future Foundation** 

\$10,000 to \$49,999

40

\$1,000 to \$9,999

137

\$100 to \$999

465

**\$100** or less

1588

## EXPANDING THE VETS TEAM

In 2023, VETS was pleased to welcome a group of new team members, each bringing a unique set of skills and expertise, all passionately committed to furthering the VETS mission.

## ADVANCING SCIENTIFIC RESEARCH







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I'm a recipient of a VETS grant that changed my life, and may have actually saved my life. I served 25 years in the Army, 18 of which were in Special Operations. I suffered from symptoms related to TBI, including anxiety, depression and fits of rage. I received treatments for these symptoms with psychedelic treatment being one of the most profound treatments. I completed my treatment just over a year ago. I have not had a drink of alcohol in over a year, I no longer have depression and anxiety. My head is clearer and I have a sense of purpose again. I cannot explain in words the positive change VETS has had on me and more importantly my family.

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TOM SMITH
VETS Grant Recipient (2023)
and VETS Ambassador

## **MEDIA AND**

## **EVENT COVERAGE**

## **"U.S. MILITARY VETERANS TURN** TO PSYCHEDELICS IN MEXICO FOR PTSD TREATMENT"

By Lisa Ling, Analisa Novak November 16, 2023



## **©CBS MORNINGS**



Los Angeles Times: Scientists **Explore Using Psychedelics to Treat Alcohol, Drug Disorders** 1.2.2023



**Green Beret Veteran Experiences** Deep Healing 1.18.2023



Grit Daily: Meet the group that helps veterans return to the world thanks to psychedelic medicine 1.20.2023

STARS STRIPES. Stars and Stripes: Winner of Reality TV show "Survivor" pledges to donate prize money to veterans charities 1.26.2023



The Devil Doc Talk Show: Amber **Capone of VETS 1.28.2023** 



The Psychedelic Christian Podcast: Interview with CT & Becca Thompson 2.1.2023



**Variety: Documentary** about Navy Veterans Using Psychedelics to treat PTSD in the works from Participant 2.1.2023



**Good Trip Podcast Ep. 4 - Amber** and Marcus Capone (Founder: **VETS) 2.28.2023** 



**Spectrum News 1: How** Psychedelic Healing Helps **Traumatized Veterans 3.2.2023** 



WOSU 89.7 Public Media: public media OSU receives license to grow psychedelic mushrooms 5.18.2023



DailyMail: "They're not fairy tale magic shaman potions." Meet the wounded warriors who want red state republicans to let psilocybin mushrooms turn the tide on veteran suicides 3.5.2023



The Psychedelic Mom Podcast with Amber Capone: Psychedelic and Veteran family healing 5.30.2023



All Secure Podcast with Marcus and Amber Capone 4.3.2023



The Washington Times: Once taboo, psychedelic drugs offer vets new PTSD treatment option 5.31.2023



Press Release: VETS Applauds **Bipartisan Push to include** active duty military members in psychedelic-assisted therapy research 4.17.2023

Bloomberg

**Bloomberg: US Veterans are** accelerating the push for psychedelics 6.6.2023



Press Release: Survivor winner donates \$100.000 to VETS 4.26.2023



Benzinga Research: VETS Co-Founders Joined Rep. Dan Crenshaw (TX-02) for press conference supporting bipartisan legislation funding psychedelics research for military service members 6.15.2023



The Hill: Suicide Crisis in the military fueled by ineffective screening for brain injuries 5.5.2023



POLITICO Politico: Psychedelics for Soldiers 6.16.2023



Voices of Esalen Podcast - The Warrior Within: How Amber and Marcus Capone help veterans through psychedelic-assisted therapy 5.12.2023

STARS STRIPES. Stars and Stripes: House Lawmakers push bill to create psychedelic research grant for active-duty troops 6.16.2023



health CNN Health: My grandfather hid the emotional toll of world war II from his family for decades 5.12.2023

## MEDIA AND

## EVENT COVERAGE

### BENZINGA

**Benzinga: VETS Co-Founders** Joined Rep. Dan Crenshaw (TX-02) for press conference supporting bipartisan legislation funding psychedelics research for military service members 6.19.2023

## MARIJUANA MOMENT

Marijuana Moment: GOP congressman says psychedelic therapy with ibogaine "changed my life" as lawmakers push military research 6.21.2023

## MARIJUANA \*\* MOMENT \*\*

Marijuana Moment: Bipartisan bill would fund psychedelics research for military service members with \$75 million in grants 6.21.2023

### Washington Examiner

**Washington Examiner: Crenshaw** unveils legislation to study psychedelic treatment for activeduty service members 6.21.2023

RollingStone Rolling Stone: The Battle for the future of psychedelics 6.28.2023

### MFN'S .INIIRNAI

Men's Journal: Shining a light on saving veterans - an ongoing battle we can't afford to lose 6.30.2023



NBCDFW: "I got my life back": Psychedelic therapy may take a step forward in defense bill 8.15.2023



Cision PR Web: VETS Announces **Torchbearer Ball. the Third** Annual Gala to END Veteran **Suicide 9.6.2023** 



**KY Attorney General Daniel Cameron: Kentucky Opioid Abatement Advisory Commission Public Hearing** 9.15.2023



**Matter of Fact: Veterans Sav Psychedelic Are Helping Them** treat their PTSD 9.17.2023

### Bloombera

**Bloomberg: TOMS Shoes** Founder talks funding plan for psychedelics movement 9.19.2023



**VETS** joins Coalition to Heal **Invisible Wounds 10.10.2023** 

### pharmacy

**Pharmacy Times: Psychedelic-Assisted Therapy is life-changing** for veterans with PTSD, vet access to these therapies remain outside the United States 10.19.2023

## MARIJUANA ROMENT \*

Marijuana Moment: Veteran Access to psychedelics requires balance of speed and caution, says panel with VA and former CDC officials 11.3.2023



The Intercept: Congress is pushing revolutionary research on psychedelic treatments for the military 12.13.2023



Lucid News: An ambitious vision drives Kentucky's ibogaine plan to treat opioid dependency 11.3.2023



**Military Times: First-ever** provision for psychedelic studies included in defense bill 12.18.2023



Newsweek: The Case for ibogaine: Kentucky's opportunity to lead in the fight against opioid addiction | Opinion 11.8.2023



The New Health Club Podcast: **MDMA** Therapy for War Trauma in civilians and veterans, by Amber Capone and Johnathan M. Lubecky 12.21.2023

STARS STRIPES.

**Stars and Stripes: Ecstasy and** Magic Mushrooms show signs of helping with PTSD treatment, researchers say 11.16.2023

CISION

Press Release: VETS and Rep. **Dan Crenshaw Celebrate Bi-**Partisan support for NDAA bill that includes grants for research in psychedelic treatment 12.28.2023

**©CBS NEWS** CBS News: U.S. military veterans turn to psychedelics in Mexico for PTSD treatment 11.16.2023

BENZINGA Benzinga: Kentucky's promising opioid addiction treatment initiative stalls as new AG ousts leading advocate 12.29.2023

HIGHTIMES High Times: U.S. Military veterans are going to Mexico for psychedelic treatment 11.27.2023



**DAV: Veterans and the new** psychedelic renaissance 11.30.2023



**OAN: VETS Advocate for** psychedelic-assisted therapies 12.5.2023

## **MEDIA AND**

## **EVENT COVERAGE**

## **EVENTS**



**Business Group on Health Annual Conference** Washington, DC | April 27, 2023



**Psychedelic Science** Denver, Colorado | June 19-23, 2023



**SOF Week** Tampa, Florida | May 8-11, 2023



Torchbearer Ball - Third Annual Gala to END Veteran Suicide Hotel del Coronado, San Diego, CA **November 11, 2023** 

## **SOCIAL MEDIA**



### @VeteranSolutions

| Year | <b>Followers</b> | % Change |
|------|------------------|----------|
| 2021 | 2,172            |          |
| 2022 | 9,077            | 76.07    |
| 2023 | 17,892           | 97.11    |



### @VetSolutionsOrg

| Year | <b>Followers</b> | % Change |
|------|------------------|----------|
| 2021 | 140              |          |
| 2022 | 767              | 81.75    |
| 2023 | 5,256            | 585.27   |



### @VeteransExploringTreatmentSolutions

| Year | Followers | % Change |
|------|-----------|----------|
| 2021 | 1,158     |          |
| 2022 | 1,724     | 32.83    |
| 2023 | 3,142     | 81.21    |



| Year | Subscrib | ers % Change |
|------|----------|--------------|
| 2021 | 216      |              |
| 2022 | 1,510    | 85.70        |
| 2023 | 1.910    | 54.97        |

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Being a VETS grant recipient has shown me what unconditional love for myself and others truly looks like. My plant medicine experience laid the foundation for establishing new habits to live a life in better alignment with my spiritual beliefs. The Ibogaine experience was the most profound spiritual experience I have ever had - it solidified my beliefs and purpose in life after my military career. The wraparound support provided by VETS has helped me build the skills to live a life that revolves around a practice of compassion, kindness and peace instead of darkness, suicidal thoughts, and destruction. My wife, Tracey, has equally benefited from the support of VETS programs and now our marriage is a partnership I hadn't ever imagined was possible. Every person in my life has benefited from VETS because of how I show up in life and relationships. I am blessed with a new lease on life and I don't take that lightly. Thank you for your continued support of this amazing mission.

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BRANDON BRYAN
VETS Grant Recipient (2022)
and VETS Ambassador

## **BOARD OF DIRECTORS**



MARCUS CAPONE

Marcus is an entrepreneur and former Navy SEAL who spent a sizable portion of his 13 year military career deployed to a war zone. After Marcus's transformational experience with entheogenic medicine, he felt compelled to immediately begin helping friends who were also experiencing the same post-war challenges. Marcus has been involved with several start-up companies since leaving the military, serves on a number of advisory boards, and is the Co-Founder of VETS.

Marcus is the Co-Founder and CEO of TARA Mind, a digital health platform that provides measurement-based tools and enhances communication channels between providers and patients.

Marcus attended Southern Illinois University on scholarship, playing quarterback for the SIU Salukis. He received his MBA from The University of Southern California Marshall Business School and a graduate degree in Global Leadership from The University of San Diego Knauss School of Business.



JARRED Taylor

Jarred Taylor is originally from Washington state. After graduating high school in 2002, he joined the Air Force, where spent 14 years as a Joint Terminal Attack Controller. At the end of his time in the Air Force he co-founded two successful companies: Article 15 clothing and Leadslinger's Whiskey, as well as launched a successful podcast, Drinkin' Bros. In 2014, Jarred co-founded Black Rifle Coffee with Mat Best and Evan Hafer, which has become a staple in the coffee space and directly rivals Starbucks.



SARA WILKINSON

Sara Wilkinson grew up the youngest child in a military family. Traveling the globe and attending over 15 schools before graduating prepared her for a life married to Navy SEAL, Chad Wilkinson. Along with military life, Sara has been in fitness injury for over 20 years. As a successful gym owner and tenacious entrepreneur, Sara was recruited by CrossFit LLC to become a course supervisor, and spent the past 8 years traveling the globe, engaging in public speaking, training, and instilling cohesiveness and camaraderie within the CrossFit global community. She holds a Bachelors of Science degree within the College of Health and Human Performance from the University of Florida and is a Level 4 CrossFit Coach.

Sara's husband served 21 years as an active duty Navy SEAL with more than 10 deployments before succumbing to the affects of PTSD, TBIs and blast wave injuries leading to his death by suicide on Oct. 29, 2018. The couple have two teenage children.

Unable to receive treatments himself, Sara has seen the positive impact VETS has provided to Chad's teammates, and hopes to lend her voice and story to change the narrative and numbers surrounding the veteran suicide epidemic.



NICK NORRIS

Nick is a graduate of both the United States Naval Academy and Basic Underwater Demolition / SEAL (BUD/S) Class 247. Upon completion of SEAL training in 2004, Nick assumed progressively higher positions of leadership within Naval Special Warfare. His deployed roles included combat advisor to Iraqi and Afghan military units, Cross Functional Team Leader, and Ground Force Commander during combat operations in both Iraq and Afghanistan.

Originally from Chicago, Nick received his Bachelor in Science from the United States Naval Academy in 2003 and his Masters of Science in Real Estate from The University of San Diego in 2013. Nick is the Co-Founder of Protekt Products, a wellness company that is committed to positively impacting customer health via both personal care products and nutritional supplements.

## INTEGRATION COACHES

















## **STAFF**



AMBER
CAPONE
CHIEF EXECUTIVE
OFFICER



DAVI BELLESIA System Administrator



CHRIS BECK EXECUTIVE ASSISTANT & PROJECT MANAGER



BRAD BURGE DIRECTOR OF PUBLIC RELATIONS



LORI CAMPER, PH.D. PROGRAM DIRECTOR



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Ø DIRECTOR OF
EVENTS



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FISKE
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OFFICER, INTERIM
CHIEF FINANCIAL
OFFICER



ISABEL MCKENZIE DIRECTOR OF DEVELOPMENT



LAUREN MYERS DIRECTOR OF WOMEN'S PROGRAMS



ASHLEY OGBURN PROJECT MANAGER



DYLAN
PETERS
DIRECTOR OF
RESEARCH



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CHRIS "CT"
THOMPSON
DIRECTOR OF
COMMUNITY
ENGAGEMENT



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DAFFNY VIEIRA SOCIAL MEDIA ENGAGEMENT & GROWTH COORDINATOR



KHURSHID KHOJA DIRECTOR OF PUBLIC POLICY & OUTSIDE COUNSEL



KRISTOPHER-RAY BOLLETER WEB DEVELOPER

## **ADVISORY BOARD**



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DAVID Bronner



DR. RICK Doblin



B. CHRISTOPHER FRUEH



PETER HENDRICKS, PH.D.



DR. BOB Koffman



FRANK LARKIN



DR. KIRK PARSLEY



DICK SIMON



KEVIN J. WEISS



AMANDA Feilding



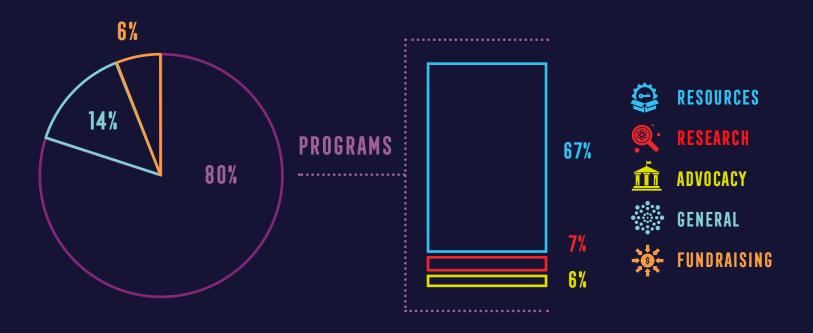
DR. LYNN MARIE Morski

## FINANCIAL HIGHLIGHTS

## PROFIT AND LOSS | JANUARY-DECEMBER 2023

| INCOME                                  |  |
|---|--|
| Grants and Contributions - Unrestricted | \$1,173,111<br>\$121,625<br>\$262,136<br>\$393,951 |
| Grants and Contributions - Restricted   |  |
| Other Income                            |  |
| Special Events                          |  |
| Merchandise Sales                       | \$13,242   |
| Total Income                            | \$1,964,065  |
| EXPENSES                                |  |
| Program Expenses                        | \$1,188,044  |
| Facility Expenses                       | \$13,496   |
| Personnel Expenses                      | \$765,460  |
| Professional Services                   | \$456,891  |
| Other Business Expenses                 | \$311,058  |
| Total Expenses                          | \$2,734,949  |
| NET OPERATING INCOME                    | (\$770.88 <b>4</b> )                               |

## **EXPENSES | JANUARY-DECEMBER 2023**



**Fundraising** 

**Total Expenses** 

TOTAL EXPENSES



|            | Resources              | \$1,825,497 |
|------------|------------------------|-------------|
| <b>®</b> : | Research               | \$203,186   |
|            | Advocacy               | \$160,755   |
|            | Total Program Expenses | \$2,189,438 |
|            | General                | \$385,720   |

\$159,791

\$2,734,949

# LOOKING TO THE FUTURE

## GOALS FOR 2024: EXPANDING ON OUR EXISTING FOUNDATION

## RESOURCES

## **Enhance Support Services**

Continuing to expand on the worldclass programming currently being offered at VETS.

## Grow Loan and Grant Programs

Expand no-interest loan program and introduce the Grant Recipient "Pay it Forward Fund."

## Partner with a Therapeutic Referral Network

Provide ongoing therapeutic support to Grant Recipients in the VETS program.

## RESEARCH

### **Enhance Data Collection**

Enhance internal data collection methods to better support research and program assessments.

## Pursue Research Collaborations

Continue partnerships with top universities for clinical trials and data analysis.

## **Initiate Cutting-Edge Studies**

Begin developing trials such as a couples' MDMA and veteran-focused psilocybin studies; publish research on changes in spirituality post-therapy.

# POLICY AND ADVOCACY

## GROWTH

## **Expand Policy Team**

Grow the team to advocate for legislative changes.

## **Publish Policy Statement**

Clearly identify strategic long-term goals to serve all veterans in the United States.

## Draft and Introduce Federal Legislation

Boost engagement with officials to introduce federal legislation.

### **Focus on State-Led Initiatives**

Devise a strategy for VETS-led legislation in states with strong ties to the veteran community.

### **Increase Public Relations**

Expand outreach through national media, local news, and influencers, led by VETS' PR Ambassadors.

## **Increase Healing Grants**

Provide 240 Foundational Healing Grants to veterans and spouses.

## **Expand Partnerships**

Collaborate with additional healing grant partners.

## **Expand Ambassador Program**

Add new ambassadors in peer support, advocacy, and donor relations.

### **Increase Mission Awareness**

Build a robust team to effectively communicate the impact of the VETS' mission.

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Since January 2023 VETS has been active and encouraging support in my journey to be the best version of myself. The level of support that VETS provides continues to be the standard for myself and many other Veterans on their path to a healthy life. The level of financial support needed is not easy, and VETS continued support is a pinnacle for other organizations to place Veterans' needs first. VETS focuses on the Veteran healing journey from coaching, mentoring, counseling, integration workshops, and any other meaningful modality they can provide. I would not be here today if it was not for VETS and the donations of others helping to fight Veteran suicide and promote healthy and meaningful options to allow Veterans to have a healing journey like no other.

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MIKEY MCKIM
VETS Grant Recipient (Feb 2023)
and VETS Ambassador

## THANK YOU

## A SPECIAL THANKS TO OUR DONORS AND COMMUNITY PARTNERS.

## TOGETHER, WE ARE CHANGING THE LIVES OF VETERANS.



































It is such a joy to rediscover a life filled with opportunities supported by a healing community, not held back by the afflictions of combat service. I will be forever grateful to VETS for the gift of life unhindered by the traumas of life and military service. My healing grant was my last hope to embrace life after a suicide attempt that left me with little hope or confidence in traditional talk therapies and medications. I received a beautiful gift that created space to heal and offered me resources to support the healing process. VETS is a lifelong healing community that provides invaluable support to my family and me.

The gift of healing led me to a brotherhood that embraces each other with understanding and compassion. This gift was also given to my wife, who shared my path of service and found healing through the generosity of VETS. Together, we have a new path, along with our children, that will leave behind fear, anxiety, and depression. With our VETS healing community, we will move forward and embrace life on a new path filled with love, healing, and happiness.

**HERB DANIELS VETS Grant Recipient (2022)** and VETS Ambassador



## **OUT OF THE FIGHT**



- @VeteranSolutions
- **f** @VeteransExploringTreatmentSolutions
- in @Vetsolutionsorg
- **VETS, INC.**
- **X** @vetsforvets

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