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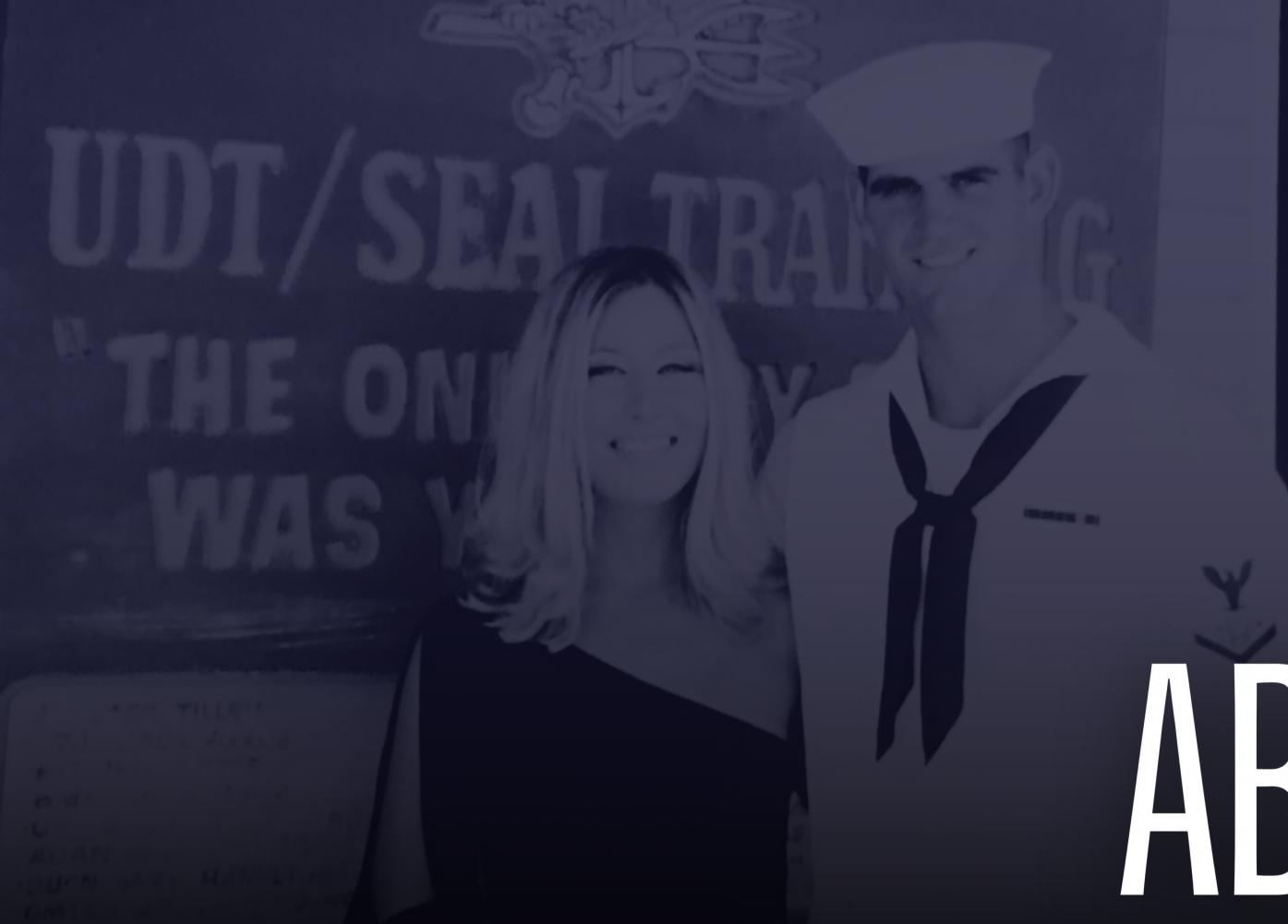
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ABOUT

ABOUT

Founded in 2019, Veterans Exploring Treatment Solutions (VETS) is a 501(c)(3) non-profit organization working 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. VETS envisions a world where our veterans have access to the most advanced healthcare options to heal from the mental and physical wounds of war.

VETS has supported nearly 1,000 U.S. Special Operations Forces (SOF) veterans and veteran spouses with psychedelic-assisted therapy treatment abroad, paired with preparation and integration coaching. VETS believes that assisted therapy can help lay the foundation for further healing. This "foundational healing" enables continued progress across a range of therapeutic modalities, and is supported by a robust coaching program, providing a holistic treatment solution for veterans.

OUR STORY

After 13 years as a U.S. Navy SEAL, Marcus Capone faced challenges like depression, isolation, cognitive impairment, and more due to traumatic brain injury (TBI). His wife Amber Capone, dogged in her determination to save him, found a clinic where he would undergo treatment with ibogaine, a potent psychoactive drug that is extracted from the Tabernanthe iboga shrub, native to West Africa. The transformational experience changed his life, leading to the founding of VETS in 2019.



OUR FOUNDERS

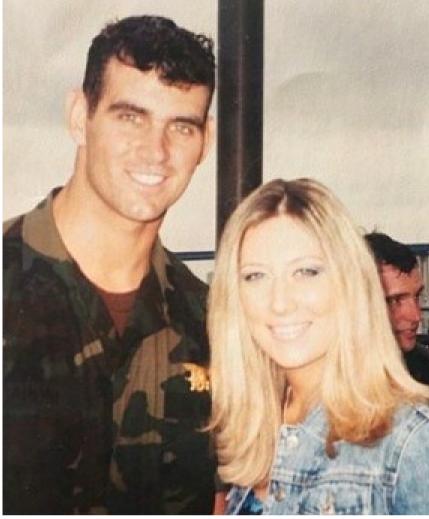
Amber Capone, Co-Founder and Chief Executive Officer

Amber has a history of fixing, building, and tenaciously seeking solutions to complex challenges. In 2019, she chose to walk away from a successful career as a top-producing real estate agent to pursue her most critical work yet, serving as a Co-Founder and Chief Executive Officer of VETS. As her own personal and professional life began to unravel upon Marcus' separation from the military, she became determined not to become a victim, but to pursue victory for her own family, as well as countless others who are suffering. Amber possesses a servant heart and a steadfast determination to make a difference.

Marcus Capone, Co-Founder and Chair of the Board of Directors

Marcus is an entrepreneur and former Navy SEAL who spent a sizable portion of his 13-year military career deployed to a combat war zone. After Marcus' transformational experience with psychedelic-assisted therapy, he felt compelled to immediately begin helping friends in the veteran community, also experiencing the same post-war challenges. He currently serves as Co-Founder and CEO of TARA Mind, a public benefit corporation whose mission is to expand safe and equitable access to psychedelic-assisted therapy for anyone struggling with a mental health condition. Marcus also serves on several advisory boards, and as Co-Founder of VETS. He has a bachelor's degree from Southern Illinois University, a master's degree in Global Leadership from the University of San Diego, and a Masters of Business Administration from USC Marshall Business School.









2023 IMPACT



Foundational Healing Grants

- 6% increase from 220 grants in 2022.
- ★ 186 Special Operations Forces (SOF) veterans.
- ** 34 SOF veterans' spouses.
- **13** Special Circumstance grants.



Individual Coaching Hours

- 161 Hours of Group Integration:
 - Men's Integration Group
 - Women's Integration Group
 - Spouses as Supporters Call
 - Facing Challenges Spouse Call
 - Weekly Yoga
 - Group Meditation
 - Pre-Treatment Prep Calls
 - Couples Call
 - Workshops



Funding Awarded to Veterans

\$782,415 Foundational Healing Grants

15,072 Travel Assistance Grants

2|3,|50 Preparation & Integration



Grant Recipient States

In 2023, VETS served veterans from 43 states throughout the US.









VETS served veterans from the Navy, Army, Marine Corps, and Air Force in 2023.



I had lost hope and now,
I have hope again.
I look forward to life.
I finally got to come home.

—— Pat Flatley, Green Beret veteran

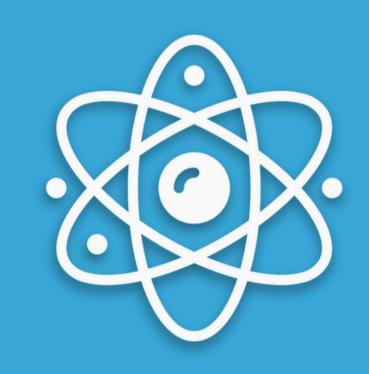
05

HEAR PAT'S STORY





RESOURCES



RESEARCH



ADVOCACY

RESOURCES

Foundational Healing Grants

VETS offers grants, coaching, and support to veterans and their spouses/families seeking psychedelic-assisted treatment overseas. With Foundational Healing, grants encompass a range of benefits:

- Individual preparation and integration coaching sessions.
- Grant funding for psychedelic-assisted therapy.
- Group integration coaching for veterans and spouses.
- Access to VETS Community Platform.
- Workshops.
- Weekly meditation classes.
- Weekly yoga classes.

VETS Gala: Each year, VETS proudly hosts its annual gala in San Diego around Veteran's Day, dedicated to ending veteran suicide. Sponsorships play a crucial role in directly supporting our mission, which focuses on providing healing grants to SOF veterans, their spouses, and gold star spouses. Our past events have been resounding successes, with sold-out attendance, over 600 esteemed guests, and millions of dollars raised to end veteran suicide.

Education: VETS is dedicated to providing comprehensive educational resources tailored specifically for the veteran community. We aim to empower individuals with informed decision-making through an in-depth exploration of the risks and benefits associated with psychedelic therapy. Our educational initiatives cover a wide range of topics, including the latest research findings, evidence-based practices, and personal testimonies from veterans who have experienced the transformative effects of psychedelic therapy firsthand. By fostering a deeper understanding of these therapies, we strive to ensure that every member of the veteran community can make well-informed choices about their mental health treatment options.

RESEARCH

VETS partners with research institutions to advance psychedelic research:

Stanford University Neuroimaging Study - VETS has collaborated with Dr. Nolan Williams of Stanford's Brain Stimulation lab to conduct an observational study of ibogaine exposure in veterans with head trauma, combat, or blast exposure.

• The study is the first of its kind to observe participants having undergone ibogaine treatment using functional magnetic resonance imaging (fMRI) and electroencephalography (EEG). Neuroimaging techniques allow researchers to track physiological changes in the brain and identify structural mechanisms of healing. Ibogaine is thought to reduce neuroinflammation and promote neuroplasticity, two mechanisms for reversing the effects of TBI and head trauma. A population of 30 veterans was evaluated at strategic time points to monitor the acute and enduring effects of ibogaine exposure. In addition to monitoring neural systems before and after treatment, the study assessed clinical changes in cognition, mobility, self-care, interpersonal relationships, and community activities. The project represents a significant advancement for ibogaine research and veterans' health. Results are still pending further analysis.

Ohio State Program Evaluation - Dr. Alan Davis of the Ohio State's Center for Psychedelic Drug Research and Education (CPDRE) is leading a program evaluation of VETS grant recipients.

• Dr. Alan Davis of the Ohio State's <u>Center for Psychedelic Drug Research and Education (CPDRE)</u> is leading a program evaluation of <u>VETS</u> grant recipients. The research team will prospectively observe hundreds of veterans receiving psychedelic therapies using cognitive and behavioral questionnaires. Clinical assessments capture changes in psychological flexibility, with increases in flexibility believed to remediate symptoms of <u>PTSD</u>, depression, and anxiety. The study follows Dr. Davis' 2019 <u>retrospective study of veterans receiving ibogaine therapy</u> which found significant reductions in <u>suicidal</u> ideation, cognitive impairment, depression, anxiety, and symptoms of <u>PTSD</u>. Furthermore, the study will canvas <u>veterans</u> undergoing a range of psychedelic therapies while receiving support and resources from <u>VETS</u> programming. Results will direct the optimization of <u>VETS</u> services to maximize the therapeutic impact of psychedelic treatment. In addition, spouses concurrently receiving psychedelic therapy will be observed about their veteran counterparts. Parallel analysis of veterans and spouses has never been conducted and expands the scope of therapeutic intervention for veterans and their loved ones..

RESEARCH, cont.

SOC-F Trifecta of Treatment - VETS is providing program support for the Trifecta of Treatment study sponsored by the Special Operations Care Fund (SOC-F).

• The study investigates the combined therapeutic efficacy of hormone replacement therapy (HRT), repetitive transcranial magnetic stimulation (rTMS), and ibogaine therapy in veterans with PTSD and TBI-related cognitive impairment. It's the first study of its kind to evaluate all three therapeutic modalities in concert, to identify the optimal order of treatments. Veterans suffering from PTSD and TBI often experience endocrine dysfunction, diminished neural activity, and reductions in neuroplasticity. When taken together, HRT, rTMS, and ibogaine therapy address the core maladies of PTSD and TBI by restoring healthy endocrine functioning, promoting neural activity through non-invasive magnetic stimulation, and activating neuroplastic changes through the production of brain-derived neurotrophic factor, respectively. Most importantly, these treatments have been endorsed by veterans and represent the cutting edge of veterans' health.

ADVOCACY

VETS works to reduce the stigmas associated with mental health and psychedelic therapies and ensures that veterans have access to the most effective healthcare options:

<u>Texas House Bill 1802</u>: Psychedelic Research for Veterans

Kentucky Opioid Abatement Advisory Commission (KYOAAC) to encourage the Commission to allocate \$42M to ibogaine research for opioid addiction in the state.

National Defense Authorization Act, Amendment 48 and Amendment 137: Both focused on clinical trials of psychedelic-assisted therapy. VETS collaborated closely with House Representatives and their teams, producing essential fact sheets to counteract misinformation and boost support. Lubecky discussed MDMA-AT on the "New Horizons in Health" VA Podcast with the US Undersecretary for Health.

<u>Douglas Mike Day Psychedelic Therapy to Save Lives Act:</u> The Douglas Mike Day Psychedelic Therapy to Save Lives Act is a proposed legislation advocating for the therapeutic use of psychedelics to treat mental health issues. Named after advocates for psychedelic-assisted therapy, the act aims to promote research, accessibility, and responsible integration of substances like psilocybin and MDMA into mental healthcare. It proposes streamlining regulations for clinical trials, expanding research funding, and ensuring safe access to psychedelic therapy. Overall, the act represents a significant step towards recognizing and harnessing the therapeutic potential of psychedelics in mainstream mental healthcare.





In 2021, suicide was the 13th-leading cause of death for Veterans overall, and the second-leading cause of death among Veterans under age 45-years-old.



2023 National Veteran Suicide Prevention Annual Report
VA Suicide Prevention Office of Mental Health and Suicide Prevention November 2023

PTSD & TBI

What is Post Traumatic Stress Disorder (PTSD)?

PTSD is a psychological reaction occurring after experiencing or witnessing a highly stressful event (such as wartime combat, physical violence, or a natural disaster) that is usually characterized by depression, anxiety, flashbacks, nightmares, avoidance of triggers, numbness, and suicidal ideation. PTSD is a serious, long-lasting, and life-threatening condition when not adequately treated, highlights the need for expedited approval of new therapies. Approximately 8% of the U.S. population, and 11-17% of U.S. military veterans, will experience PTSD at some point in their lifetime.

Psychologists and medical practitioners use "post-traumatic stress (PTS)" to refer to a common adaptive response to experiencing a traumatic or stressful event. Symptoms of PTS are similar to those associated with "post-traumatic stress disorder (PTSD)", though the symptoms of PTSD last much longer, and don't usually go away without treatment. PTS symptoms are common after deployment and may improve or resolve within a month.

PTSD symptoms are more severe, persistent, can interfere with daily functioning, and can last for more than a month. PTSD significantly incr<mark>eases ri</mark>sk of suicide.

What is Traumatic Brain Injury (TBI)?

Traumatic brain injury (TBI) is an injury or physiological disruption of brain function resulting from an external force, typically indicated by new or worsening changes in mental status such as confusion, disorientation, slower thinking; and loss of memory. Over the last ten years, more than 413,858 military service members, or about 8.4% of all personnel, have been diagnosed with TBI according to the Defense and Veterans Brain Injury Center. The Centers for Disease Control estimates that 4.2% of military service members have been diagnosed with TBI.

TBI and PTSD exhibit many of the same symptoms such as fatigue, memory and attention difficulty, irritability, anxiety, and depression; as such, TBI often goes undiagnosed, misdiagnosed, or untreated. Leaving symptoms, even mild ones, untreated may cause or amplify other issues such as addiction, familial dysfunction, and attempts of suicide.

PTSD & TBI, cont.

What are mTBI (mild TBI) and bTBI (blast TBI)?

Considered the "signature wound of the war", TBI can range from mild to severe with a wide array of symptoms. Even mild TBI (mTBI) and blast TBI (bTBI) caused by proximity to blast waves (such as improvised explosive devices, breaching, or explosive ordnance) may cause chronic symptoms like personality change, impulsivity, depression, anxiety, irritability, sleep disorders, headaches, dizziness, decreased cognition, PTSD, and suicidal ideation.

Although severe TBI may be diagnosed through computed tomography (CT) scans and collecting information about the loss of consciousness, memory, and responsiveness after the event, the invisibility of mTBI and bTBI makes diagnosis costly and difficult. Though more research is being conducted, mTBI has no current definitive test for diagnosis; and while bTBI is known to cause Interface Astroglial Scarring (IAS) of the brain, detection is only currently available postmortem.

What's the connection between PTSD and TBI?

Combat veterans with PTSD frequently demonstrate a complex spectrum of co-morbid psychological and neuropsychiatric symptoms. One of the signature injuries of the recent conflicts in Iraq and Afghanistan is traumatic brain injury (TBI)—largely attributed to exposure to improvised explosive devices and increased survival from life-threatening injuries. Veterans who have sustained a TBI are more likely to have comorbid psychological and neuropsychiatric issues including PTSD, depression, anxiety, cognitive impairment, and suicidal behaviors.

What treatments are available now for PTSD?

Currently, available treatments for PTSD have limited effectiveness in addressing the unique and complex range of psychiatric symptoms in Special Operations Forces personnel and veterans. Currently approved psychotherapies aim to address troubling memories (such as cognitive processing therapy, prolonged exposure, and eye movement desensitization and reprocessing), but for many veterans, these treatments do not work or don't completely ameliorate their symptoms. Daily medications (such as SSRIs, SNRIs, other antidepressants, mood stabilizers, antipsychotics, and psychostimulants) are prescribed to reduce persistent hyperarousal and fluctuating moods or lessen cognitive deficits. Unfortunately, these medications have limited efficacy for many individuals with PTSD, have unwanted side effects, require long-term use, and are no longer considered the front-line treatment.

PTSD & TBI, cont.

What treatments are available now for TBI?

Current treatments for TBI include rehabilitative services that help veterans with job skills, problem solving and memory issues. Additional treatments include currently available psychotherapies, and daily medications. Lithium and protein are also being investigated for their effectiveness, according to the VA. However, these current treatments apply to the most severe cases of TBI and may not be appropriate for veterans with mTBI or bTBI. The lack of research and misdiagnosis of these distinct types of TBI mean that veterans are often treated with standard treatments for PTSD, anxiety, and depression that can sometimes lead to exacerbated or worsening symptoms or no symptom relief at all. At this time, the nuances of TBI need to be further understood so that veterans may receive appropriate and specialized care.



"Evidence is also directing us to...the period after these drug sessions...a critical period of plasticity...where people can learn things that they hadn't been able to before."



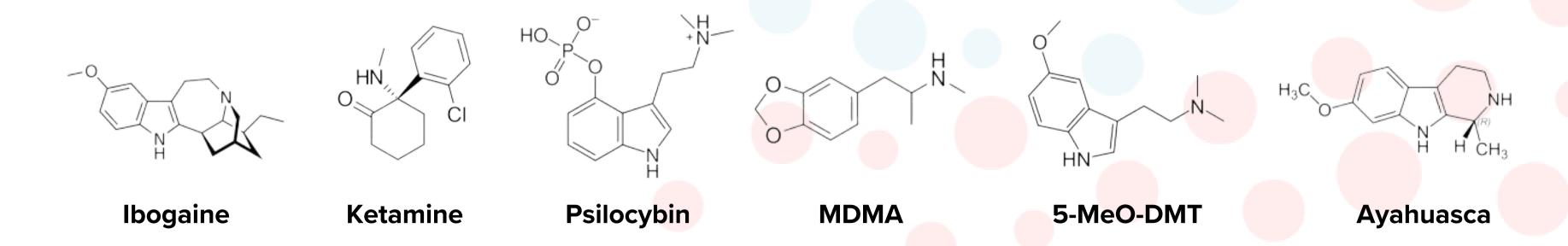
PSYCHEDELIC-ASSISTED THERAPY

What are psychedelics?

Psychedelics are a broad class of chemicals known for their psychoactive effects that alter normal consciousness. The word "psychedelic" means "mind-manifesting"—when used carefully in the right settings, such as in combination with therapy, they can bring unconscious thoughts, feelings, memories, and sensations to the surface. Psychedelics are also increasingly being explored for their ability to increase neural plasticity, enhance neural regrowth, and change mental patterns. Psychedelic compounds vary widely in their pharmacology and psychological effects.

What psychedelic modalities does VETS support?

In addition to ibogaine therapy, VETS also supports treatment and research using other psychedelic therapies, including ketamine, psilocybin, MDMA, 5Meo-DMT, and ayahuasca.



PSYCHEDELIC-ASSISTED THERAPY, cont.

What is psychedelic-assisted therapy?

Psychedelic-assisted therapy, or psychedelic therapy, uses pharmacological compounds to enhance the effectiveness of therapy for a variety of mental health and neurological conditions. With research accelerating into their legal uses, psychedelic therapies are track to be the next major breakthrough in mental health care.

Psychedelic drugs have potential as effective treatments for veterans and many others. Psilocybin, MDMA, ketamine, ibogaine, and LSD are the most widely researched. These substances have shown strong preliminary efficacy when combined with therapy for treating depression, anxiety, addiction, PTSD, TBI, and other conditions.

Although most of these treatments are not yet approved by the Food and Drug Administration (with the exception of esketamine for depression), these substances' abilities to enhance therapy may be due to their neurochemical effects, as well as due to psychological mechanisms, such as helping with the reprocessing of traumatic memories, encouraging emotional breakthroughs and spiritual-type experiences, gaining personal insights, increasing psychological flexibility, and facilitating adaptive personality changes.

What is psychedelic integration coaching?

VETS is committed to ensuring maximum potential for success in assisting veterans seeking transformative, foundational well-being solutions. Proper preparation and dedicated integration are key to setting intentions which create meaningful changes after treatment. Grant recipients receive five one-on-one sessions with a highly trained preparation and integration specialist. Other coaching provided includes Couples Support, Mindfulness Coaching, and Executive Leadership Coaching. VETS also provides weekly group coaching for grant recipients and their spouses.



"Given the alarming rates of suicide in veterans..., the substantial reduction in SI that we observed—which must be interpreted cautiously as an exploratory analysis—is noteworthy."

Magnesium–Ibogaine Therapy in Veterans with Traumatic Brain Injuries Cherian, K.N., Keynan, J.N., Anker, L. et al. Nature Medicine, January 2024

IBOGAINE

What is ibogaine?

Ibogaine is a potent psychoactive drug that is extracted from the Tabernanthe iboga shrub, native to West Africa. In its whole plant form, iboga has been used for centuries for initiatory rituals by indigenous groups. Ibogaine, the extracted chemical, was used in France for over 30 years as an antidepressant, and as a stimulant until the mid-1960s. Since the 1960s, ibogaine has been used by Western doctors primarily as a treatment for addiction, especially opioid addiction. Preliminary research has shown that ibogaine treatment is associated with reduced addiction severity, reduction in the withdrawal syndrome associated with opioid use, and reducing the compulsive desire to consume a wide variety of drugs.

What is ibogaine therapy?

Ibogaine therapy is reported to help reduce the intensity of a spectrum of mood and anxiety symptoms and is associated with self-reported improvements in cognitive functioning in individuals with substance use disorders. During treatment, ibogaine allows the evocation and reprocessing of traumatic memories and occasions therapeutic and meaningful visions of spiritual and autobiographical instances which are of central relevance in addressing PTS-related psychological content. The benefits of ibogaine may be associated with its effects on serotonin and dopamine transporters, sigma, N-methyl-d-aspartate, nicotinic acetylcholine, and opioid receptors, and the production of glial-derived neurotrophic factors and brain-derived neurotrophic factor which are identified sites of interest in the treatment of cognitive impairment in neuropsychiatric disorders.

What are the risks of ibogaine therapy?

The primary adverse effects of ibogaine include cardiovascular effects, ataxia, nausea, and vomiting, and psychological effects such as auditory and visual hallucinations, re-experiencing traumatic memories, acute fear, distress, or guilt). Ibogaine therapy should always be administered under careful medical supervision. VETS works closely with grant recipients to determine if psychedelic therapy is right for them.

IBOGAINE, cont.

Is ibogaine therapy legal?

Ibogaine therapy is legal in some countries outside the U.S., though mostly unregulated. The federal government has exempted members of certain spec<mark>ific religious organizations from such prosecution, within narrow restrictions, after years of litigation. However, only certain religious organizations have obtained such exempt status; members of most religious organizations are not exempt and are still liable to be prosecuted for the federal crime of drug possession.</mark>

Why ibogaine for PTSD?

Ibogaine treatment is reported to help relieve a variety of mood and anxiety symptoms and has been associated with self-reported improvements in cognitive functioning and quality of life in people suffering from addiction. During treatment, ibogaine therapy allows patients to recall and reprocess traumatic memories and may contribute to personally meaningful and therapeutic insights, often with spiritual and autobiographical content. These effects may make ibogaine an effective adjunct to therapy for addressing PTSD-related psychological content.

Why ibogaine for TBI?

Preliminary research has indicated that ibogaine could play a role in enhancing neuroplasticity and contribute to neuronal growth. There is evidence that ibogaine can be used as a neuroprotective agent to help reduce or prevent brain damage from blasts and explosions as well. Ibogaine increases the amount of Glial Cell Derived Neurotrophic Factor (GDNF), Brain Derived Neurotrophic Factor (BDNF), and Nerve Growth Factor (NGF) in parts of the dopaminergic system of the brain. The release of GDNF promotes the survival and differentiation of different dopamine neurons and has been associated with the anti-addictive properties of ibogaine. BDNF supports the survival of cells and promotes the growth and differentiation of new neurons, and dysregulation of NGF has been related to neurodegenerative diseases. The increase of these neurotrophic factors by ibogaine has the potential to heal brain injury at the neuronal level.

IBOGAINE, cont.

Why ibogaine for TBI? cont.

To gather more evidence about ibogaine as a potential PTSD and TBI treatment option, VETS is supporting Stanford University researcher Dr. Nolan Williams' observational and brain imaging study of the safety of ibogaine-assisted therapy in veterans with head trauma, combat, or blast exposure. In addition to psychological and cognitive testing of 30 veterans receiving ibogaine treatment in countries where the treatment is available, study participants will also receive magnetic resonance imaging (MRI) and electroencephalography (EEG) to explore possible brain changes associated with its use.



93.8% of VETS Foundational Healing Grant recipients who responded to an internal survey reported improvement after treatment.



HOW WE HELP

Who is VETS?

Founded in 2019, Veterans Exploring Treatment Solutions (VETS, Inc.) is a 501(c)(3) non-profit organization that provides resources, research, and advocacy to improve the quality of life for U.S. combat veterans and their families. VETS intends to change the landscape of veteran healthcare and end the veteran suicide epidemic by finding meaningful alternative solutions for mild traumatic brain injury (mTBI) and post-traumatic stress disorder (PTSD).

How do we help veterans?

VETS provides Resources, Research, and Advocacy to improve the quality of life for veterans and their families. VETS provides Foundational Healing grants, coaching, and resources for veterans to receive psychedelic-assisted therapy treatment in countries where it is legal, but still unregulated.

While we aim to serve all U.S. combat veterans through legislative advocacy, robust research, and building awareness, VETS has historically focused on the Special Operations Forces veteran community. SOF personnel are often exposed to especially rigorous training cycles, and experience some of the highest rates of deployment, blast exposure, and intense combat. Although SOF veterans exhibit PTSD symptoms at comparable rates to conventional forces veterans, an alarmingly high rate of suicide among SOF veterans highlights the challenge of effective treatment methods for this unique population.



IN THE NEWS







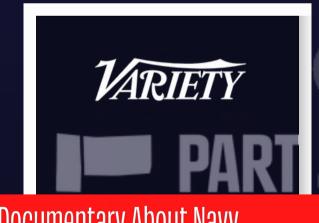






The Case for Ibogaine: Kentucky's Opportunity to Lead...





Documentary About Navy Veterans Using Psychedelic...



Crenshaw unveils legislation to study psychedelic treatment for



Scientists Explore Using Psychedelics To Treat Alcohol...

IN THE NEWS, cont.



How psychedelic drugs turned a Texas veteran's life around.



Ecstasy and magic mushrooms show signs of helping with PTS...



Meet The Group That Helps Veterans Return To The World...



Suicide crisis in the military fueled by ineffective screening...



Marcus And Amber Capone



want red state Republicans to...



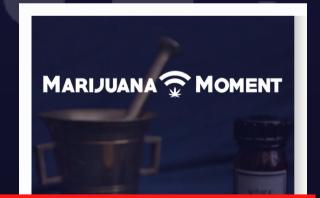


VETS Advocate For Psychedelic-Assisted Therapies

CATE FOR PSYCHEDELIC-ASSISTE



U.S. Military Veterans Are Going to Mexico for Psychedelic Tre...



Veteran Access To Psychedelics Requires Balance Of Speed And...











FOR YOUR INTEREST, COVERAGE, AND SUPPORT

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