



A 501(c)(3) Charitable Trust



## 2020 Impact Report





# How we started...

Founded in 2017 by Hammond Meredith and Jon Krashna, **Sabot Foundation** is a 501(c)(3) Charitable Trust created with one goal in mind: to support combat veterans and their transition to civilian life.

To achieve that goal, the Foundation supports our Veterans and their families by coordinating holistic wellness care & inspiring life-long connections through wholesome activities.



Sabot Foundation has earned the 2020 Platinum Seal of Transparency from GuideStar. Less than three percent of non-profits registered with GuideStar are recognized with a Platinum Seal. A Platinum Seal status is the leading symbol of non-profit transparency and accountability.



**“True heroism is remarkably sober, very undramatic. It is not the urge to surpass all others at whatever cost, but the urge to serve others at whatever cost.” – Arthur Ashe**





## Mission

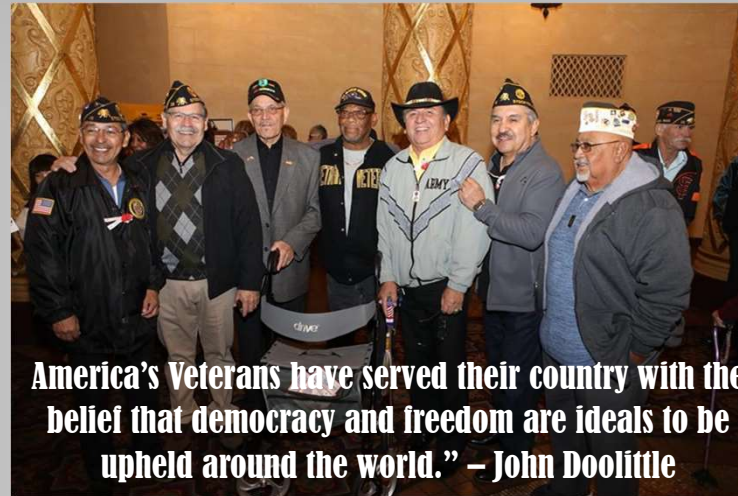
Provide the proper care, connections & guidance to support Veterans mentally, physically & emotionally in their civilian lives

## Vision

Assist Veterans with transition to civilian life by navigating the opportunities & obstacles following separation from the military

## Educate

Create awareness by educating the general public about the debilitating conditions and alternative PTSD treatment options through events, podcasts, ads & collaboration



**America's Veterans have served their country with the belief that democracy and freedom are ideals to be upheld around the world." – John Doolittle**

## Influence

Inspire reconnection to society & link Veterans with personalized care to help them during recovery & transition

**Total Veterans and their families assisted/involved in 2020:**

# 237

## Improve

We strive to improve lives through holistic platforms and build support systems that serve veterans throughout their areas of need (especially PTSD, TBI and MST)





## We are **Mission Driven**

Veterans and Veteran Foundations Trust our Organization  
We are Transparent and Dependable

**“Because all of us believe and understand in the fabric of the common bond of why we call ourselves American is to care for the men and women who wear the uniform; and when they take off the uniform, we care for them when they are veterans.”**

**– Steve Buyer**

We maintain **Consistency** in connecting with the public as a whole - The power of social media combined with the ease of online giving has contributed to the rise in popularity of peer-to-peer giving. The more people see their peers involved in a cause, the more likely they are to participate and donate

The ways we **Connect** with Veterans in need:

Social Media

Sabot Foundation Events

American Legion & Veterans of Foreign Wars

Third Party Events: Warrior Games, Invictus Games, Marine Corps Birthday, Shot Show, etc.

Referrals from: Veterans, Foundations, Friends and Family

Therapists, Counselors, Psychologists, Doctors

We **Impact** others lives and share detailed information about our programs and the outcome



# On The Right Path...

There's growing acknowledgment among veterans and health care providers that there are additional options in the toolbox for clinicians and therapists working with afflicted veterans. There's increasing recognition that some traditional first-line treatments alone may not be adequate to meet the needs of veterans who've experienced trauma. Even when they're partially successful, nontraditional therapies may be useful adjuncts that boost overall wellness.

"Not all people who have PTSD present with the same needs or the same symptoms, and no one prescriptive approach works for everyone." Quote from Karen Soltes, LCSW, MAED, E-RYT, a founding partner of Warriors at Ease, which trains yoga and meditation teachers to support military communities. She goes on to include "For many people with PTSD, and especially those with chronic pain, sleep is a challenge. Their nervous systems are hypervigilant; it's as if they're still on guard duty even though they may have been home from the war for months, years, or even decades," she explains.

We have experienced and read about veterans succumbing to PTSD at their own hands despite receiving what we call "material support" (including homes, vehicles, bikes technology etc.). We agree that material things are helpful in assisting veterans in their active daily life but it is one part of the healing process - it doesn't address the mental issues that veterans struggle with everyday. Veterans are dealing with a range of issues related to PTSD, pain, stress, anxiety, depression, insomnia and social isolation. Sabot Foundation was created to fill this void, we step in to supplement their needs to create balance in their lives.



**"The soldier above all others prays for peace, for it is the soldier who must suffer and bear the deepest wounds and scars of war."**  
– Douglas MacArthur

## We Help Veterans:

- Find & obtain civilian jobs (often a first for those who enlisted after high school)
- Empower veterans and equip them with the tools & skills needed to become valuable & productive members of society
- Support adjustment with making their own choices versus being told what to do, how to do it, and when
- Share best practices and collaborate with wellness advocates to improve trauma recovery & rehabilitation
- Discover ways to re-establish veterans' family & employee roles
- Reduce suicide among Veterans caused by TBI, PTSD & MST





## Improving Lives

Generally speaking, the VA provides outstanding medical care. The problem, however, is that many veterans struggle to access it. The VA's complex bureaucracy is hard to navigate, so many eligible veterans don't receive care in a timely, convenient manner.

Most national security discussions focus on strategy, policy, weapons systems, budgets, bases and buildings. While those items are important, we need to remember that people matter too. Service members are an irreplaceable component of U.S. national security. And because the United States relies on an all-volunteer force, how the country treats its troops during and after their service matters when it comes to sustaining this critical component of national strength.

Despite some recent improvements, the VA and other federal agencies struggle to keep other promises to active service members and veterans after they come home. Aging bureaucracies struggle to meet the needs of a diverse and dispersed population. Educational and economic support programs fail to keep pace with the changing needs of veterans and their families. To fix these problems, the United States must rewrite the contract it strikes with its service members, building a support system that not only ameliorates their battle wounds and financial losses but also helps them thrive after their service in a 21<sup>st</sup> Century economy.

Foundations like ours help accelerate improvement and establish a valuable footprint. We are mindful of the ways in which the increasing civil-military divide exacerbates the struggles of veterans—for example, fueling veteran unemployment because of the cultural gap between civilian employers and their veteran employees. This divide may also hinder veterans' reintegration into communities and their willingness to seek mental health care, because of a fear of social stigma.

The transition from uniformed duty to civilian status is not just a change of jobs, it's a change in virtually every aspect of life: their careers, responsibilities, jobs, homes, communities, lifestyle, health care, training and more. If service members have families, the transition will also mean big changes for spouses and children, especially since these family members have no access to continuing support from the Department of Veterans Affairs.



**“As a former veteran, I understand the needs of veterans, and have been clear – we will work together, stand together with the Administration, but we will also question their policies when they shortchange veterans and military retirees.” – Solomon Ortiz**





# We Provide

CBD

Dental Health

Cognitive Therapy

Stellate Ganglion Block

Events Inspiring Collaboration

Hyperbaric Oxygen Therapy

LLLT (Low Level Laser Therapy)

Legal Assistance for family and disability

Assisting other foundations with valuable platforms

Education and guidance leading to job and career creation



**“Never was so much owed by so many  
to so few.” – Winston Churchill**





# Road to Recovery

## Stellate Ganglion Block (SGB)

SGB is proven to provide durable relief from symptoms of PTSD and may help in some anxiety states. During the SGB procedure, an injection of a long-acting local anesthetic is made in the right side of the neck around the main nerve that controls the “fight or flight” response (the sympathetic nervous system). Multiple peer-reviewed medical studies show that a right-sided SGB results in significant long-term improvement in chronic anxiety symptoms associated with post-traumatic stress disorder (PTSD). The SGB takes less than 15 minutes to perform, and benefits are seen in as little as 30 minutes.

The main proponent of this life changing procedure, Dr Sean Mulvaney, served in the military for 31 years in the Special Operations community as both a US Navy SEAL officer and a US Army physician. He is also an Associate Professor of Medicine at the Uniformed Services University of the Health Sciences, board certified in Sports Medicine and Pain Medicine.



**PTSD is much more common in military personnel than the general population... thus the approach to healing military PTSD is significantly different.**



## CBD vs. Opioids

Doctors tend to prescribe opioids to deal with chronic pain, which gives way to side effects like stress, anxiety, mood swings and sleep disorders. Most veterans readily admit that the side effects of opioids aren't worth the small amount of pain relief they experience. Additionally, opioids are highly addictive. In 2016 the VA published that 66,000 veterans received treatment that year for opioid addiction.

Cannabidiol (CBD) alleviates pain, diminishes inflammation, enhances mood, and is an effective remedy for a variety of other ailments, both physical and mental. There are several clinical trials and tons of anecdotal evidence on the effectiveness of CBD. In our own experience we have found that CBD helps relieve symptoms of PTSD, anxiety, chronic pain, insomnia and more, which is why it's becoming a such popular choice for so many veterans.

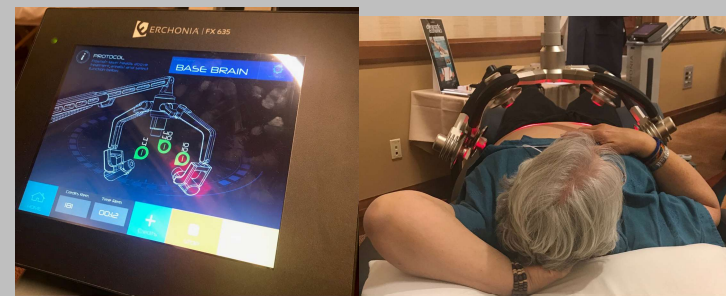
## Low Level Laser Therapy & Neurology

Functional Neurology has helped individuals of all ages, especially those that have suffered concussions, migraines, dizziness and vertigo, chronic regional pain syndrome, ataxia, insomnia and others. Treatments commonly consist of a series of gentle nerve stimulation, body movements & hand-eye coordination as well as specific head & eye exercises to help correct abnormal neurological exam findings and to improve performance.

Laser Therapy is used to:

- enhance tissue repair
- reduce inflammation, free radical production and oxidative stress
- improve blood flow and cellular energy production

While patients usually see results after only one visit, we have discovered through our engagement with the Arizona Chiropractic Neurology Center that a series of six treatments over a 2-3 week time span maximizes the anti-inflammatory effects.





# Holistic Care

**“As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.”  
– John Fitzgerald Kennedy**

## Cognitive Behavioral Therapy (CBT)

CBT focuses on the relationship among thoughts, feelings and behaviors; and it notes how changes in any one domain can improve functioning in the other domains. For example, altering a person's negative thoughts can lead to healthier behaviors and improved emotion regulation. CBT targets current problems and symptoms and is typically delivered over 12-16 sessions in either individual or group format.

Therapists use a variety of techniques to aid patients in reducing symptoms and improve function. Therapists employing CBT may encourage patients to re-evaluate their thinking patterns and assumptions in order to identify unhelpful patterns (often termed “distortions”) in thoughts, such as overgeneralizing bad outcomes, negative thinking that diminishes positive thinking and always expecting catastrophic outcomes, to more balanced and effective thinking patterns. This therapy helps veterans reconceptualize their understanding of traumatic experiences and helps them understand themselves better, thus strengthening their ability to cope.



## Hyperbaric Oxygen Therapy for TBI

Hyperbaric Oxygen Therapy (HBO or HBOT), is a unique medical treatment that uses high dose oxygen to speed and enhance the body's natural ability to heal. HBOT is approved by the American Medical Association, FDA, and Medicare. When dealing with circulatory problems, non-healing wounds and strokes, adequate oxygen cannot reach the damaged area and the body's natural healing ability is unable to function properly. HBOT provides this extra oxygen naturally and with minimal side effects.

The Foundation offers this therapy as an alternative for veterans suffering from TBI and other injuries when they're unable to receive treatment due to backlog or when their health insurance doesn't provide this option.



# Dental Care

Dental care has been reported as one of the top unmet needs among homeless adults. Significant dental problems have been identified in two thirds of homeless individuals, including missing and decayed teeth and oral pain. We believe poor dental health and poor dental appearance are significant quality of life issues. Such results clearly demonstrate the need for adequate access to oral health care among the homeless.

Under VA's Outpatient Dental Program, outpatient dental services & treatment considered medically necessary are provided to certain homeless and other enrolled Veterans. These limited dental benefits defined in Title 38 U.S.C. 2062 are to be provided on a one-time course of dental care provided in the same manner as the dental benefits provided to a newly discharged veteran. Only those who were prisoners of war (POWs) and whose service-connected disabilities have been rated at 100 percent (or who are receiving the 100 percent rate by reason of individual unemployability) are eligible for dental care.



Recently discharged veterans with a service-connected dental condition or disability who served on active duty 90 days or more and who apply for veterans dental care within 180 days of separation from active duty, may receive one-time treatment for dental conditions if the dental condition is shown to have existed at the time of discharge or release AND the veteran's certificate of discharge does not indicate that the veteran received necessary dental care within a 90-day period prior to discharge or release.

The **DOV Project** is a non-profit 501(c)3 dental clinic whose entire patient base are veterans (of any branch) who do not qualify for dental services from the VA and are not in a financial position to pay for on-going dental treatment. The foundation has maintained a strong relationship with [dovproject.org](http://dovproject.org) for the last two years by connecting veterans with the care they need.



# COVID-19

The Foundation is a highly rated organization with Charity Navigator and throughout the COVID-19 pandemic we have managed to continue servicing veterans by adjusting our strategies. Since the Foundation operates as a true all volunteer managerial organization, we haven't had payroll issues like other organizations. We have only had to scale back due to third party shutdowns or third parties scaling back their operations. Due to our established relationships, especially with cognitive therapy, we have been able to keep serving veterans in need.

We believe in our ever-evolving philanthropic landscape and world, we believe adaptability is the most important trait in order for non-profits to succeed in times like these. However, fundraising was our biggest challenge.

The principles we develop reflect our organization's unique mission, values, and circumstances. We have focused on finding a safe harbor to weather the COVID-19 economic storm and from this focus we have found ways to safely and effectively continue our core programs:

**“Honor to the soldier and sailor everywhere, who bravely bears his country's cause. Honor, also, to the citizen who cares for his brother in the field and serves, as he best can, the same cause.”**

**– Abraham Lincoln**

**Prioritize Self-Care:** Our Veterans stated they need more human connection, clarity and self-care, a chance to breathe & think. Constant communication and check-ins let veterans know that we're still there for them.

**Flexibility:** Use of Zoom, video chat, WhatsApp as virtual visits has helped immensely. Utilizing social media for advocacy, Psychological support/therapy and to deal with stressors expanding to on the job and at home.

**Expanding Our Knowledge:** Taking community learning activities to a virtual environment by showing veterans how to employ their skills to keep active. Providing information on PPP & SBA related resources, sharing information on government related stimulus packages, advice on laws related to evictions and strategies extending to mortgages and car payments.

**Getting Outdoors:** Since closures have been exhausting for many, we utilized unique outings which allowed us to provide social distancing – fishing, golf, and a wintery trip to Mono and Inyo Counties, CA, enjoying skiing and hiking with veteran amputees and their families.





# From Those We've Helped...

"I'm a US Navy Veteran and I was taking 600 to 900 pills a month due to daily chronic pain. I learned about Sabot Foundation and how they help veterans with PTSD at an event that I attended. One of the items they introduced was Cold Laser Therapy. The specialist I met at that event placed cold lasers on my brain stem and belly and within 45 minutes I saw the biggest changes - my brain fog had gone away and my speech was clearer. Cold laser therapy has made a huge difference in my life and now I'm off 98% of my prescription pills and feel so much better!"

**Hanna S - US Navy**

"I was pretty much self-medicating with a combination of alcohol and prescription pills but it was making things worse. The 1500 mg of CBD that Sabot provided helped me eliminate the alcohol, cut down my pill intake 85% (and dropping), and reduced my anxiety. But best of all my insomnia decreased and I am back to getting 7-8 hours of sleep. These improvements helped me change my eating habits, have more energy to exercise and it overall increased my health so substantially that I can't even begin to describe it."

**James L - US Army**



"I am not good with quotes can I just give them 6 stars! My story is just too much of a mess. Without them probably would've checked out long ago!"

**Nick S - USMC**

"After several deployments OEF and OIF participating in HVT and other operations, when I got home I realized that things within me changed for the worse, resulting in mood swings, anxiety, sudden scares to loud noises all that bad voodoo stuff. I would go to my car and just hit the bottle and pop pills hoping to calm it all and I kept getting worse. My wife and kids were one foot and three toes out the door. These guys at Sabot not only saved me, but they also saved my marriage, my employment and my sanity. No more pills, no more booze, and I'm sleeping well again. I've also gotten into an exercise regimen with a small group of buddies, back in jiu-jitsu. Now I'm 16 months sober. You do the math on that one because I can't. Here's the formula Therapy x CBD x outdoor events x disciplined activities and a few kicks in my arse (a politically correct word) by these guys. How simple is that? Something I was not getting from government services, and they still check on me.... constantly."

**Aron G - US Army**



# Dedication

We dedicate this report to all Service Members who have succumbed to suicide and to the grieving ones left behind who will forever feel the pain of a loss so overwhelming. The world was a better place while they were with us. Their family, friends, fellow veterans and we as a Nation mourn their loss. Every life is valuable.

The following monographs, although a small sampling compared to the 100,000+ veterans lost since 2001, provide indispensable insight to understanding the depth of our loss through suicide. The monographs here highlight the faithful and honorable service of men and women who served their Nation in uniform but who also tragically succumbed to suicide.

**Age: 23**

**Rank/Occupation: Specialist Electronics Service**

**Branch: Army National Guard**

This Soldier was a decorated member of the Army National Guard. He served some very personally challenging months in Iraq where he witnessed the death of several of his buddies as well as others he did not know. When he returned home after his deployment, he had a very brief demobilization and was rapidly released from active duty. He returned to his hometown with some emotional scars. According to his family and friends, he was a fun loving, life-of-the-party type of person when he left for Iraq; when he returned he was alone and became depressed. His depression was so severe that he chose to end his own life with a handgun on Thanksgiving Day. His father said, "He returned with absolutely no support systems and struggled because he was separated from the only people who knew what he had been through, and we as parents had no idea how to help him."

**Age: 38**

*Near and dear to our hearts:*

**Rank/Occupation: Sergeant Combat Engineer**

**Service Branch: U.S. Army**

This Soldier enlisted with the United States Army in 2008 and served concurrent deployments in Iraq and Afghanistan. In 2011 while on convoy in Afghanistan, his armored vehicle was struck by an IED. After regaining consciousness, he found himself and his fellow soldiers trapped in the burning vehicle. Gravely injured, the soldier managed to beat out the fire with his own mangled legs. He was then able to reach a hatch and assisted others out of the vehicle before pulling himself out. The attack caused him to suffer shrapnel wounds across his body, a bilateral leg amputation and a brain injury. He was medically retired from the United States Army in 2013 at the rank of sergeant. Throughout his service, he received many awards and commendations, including the Purple Heart and the Valorous Unit Award. Upon returning home, he became a valued member and leader of a Veterans motorcycle club as well as a motivational speaker in the Veteran community. He took his own life unexpectedly in his home (specially build by Operation Finally Home to accommodate his adaptive needs) and left behind his wife & six children.

**Age: 32**

**Rank/Occupation: Staff Sergeant / Security Forces**

**Branch of Service: Air Force**

This Airman served honorably in the Air Force for 14 years and received numerous accolades throughout his career. His friends and fellow Airmen described him as "someone selfless" that acted as "a friend, big brother, mentor and a leader." His suffered from PTSD and was overwhelmed by his impending fourth deployment to Iraq. He died by suicide in the basement of his home with his family upstairs.

**Age: 40**

**Rank/Occupation: First Sergeant/Infantry Service Branch: U.S. Army**

This Soldier served honorably for over two decades and deployed to Iraq as a First Sergeant. While out on a meet-and-greet patrol in Iraq, he suddenly stepped out of his vehicle and swore loudly. He then shot himself with his M4 and died. At first, his fellow Soldiers scrambled to find the sniper whom they believed must have fired the shot. When they realized the truth, they were bewildered. Although he had no history of mental health issues, the First Sergeant's leadership demands, physical injuries, and hidden psychological wounds all collided. He left behind his wife & two sons.





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AMERICAN LEGION POST 150

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