



IMPACT REPORT 2020/2021 FY

A 501c3 Charitable Trust

== SABOT FOUNDATION ==

SABOT FOUNDATION



“

To care for those who shall have
borne the battle and for their
families, caregivers and survivors

”

- Abraham Lincoln

CONTENTS

- 1 From The Founders
- 2 About Sabot Foundation
- 3 Mission & Vision
- 4 Foundation Statement
- 5 About the Company
- 6 Our Impact
- 7 Our Programs
- 8 Financial Overview
- 9 Operation Homecoming
- 10 Assistance To Veterans
- 11 Testimonials



Message from the Founders



The 20th anniversary of the September 11th tragedy also marked the end of a two-decade conflict. Despite the return of many of our soldiers deployed overseas, it does not signify an end to many issues that plague veterans. These men and women have made infinite sacrifices that carry long-term physical and emotional wounds. We advocate for and ensure that they receive the world class care they've earned and deserve. The foundation remains an all-volunteer operation whereas no salaries are

paid. All funds received support veterans in need in addition to advocacy, awareness, holistic wellness, education, building alliances & civilian transition. The foundation has been involved in more than 60 veteran events which provide awareness and outreach. We truly believe that our programs have prevented several suicide attempts. We continue marching forward into 2022 with our mission and vision intact. With your support we will continue to make a difference in the lives of our nation's heroes.

Jon Krashna & Hammond Meredith



About Sabot Foundation



LAUNCH

Conceived in 2016 at the base of the Big Horn Mountains in Wyoming right after the 2015 VA NATIONAL SUICIDE REPORT was released.



CORE FOCUS

Mental Health, Suicide, Suicide Awareness, Homeless, At Risk, PTSD, MST, TBI, MTBI, Crisis Advocates, Education, Holistic Care

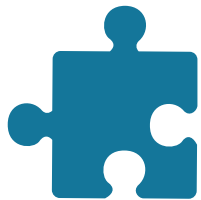
Mission and Vision

Reducing and eliminating the suicide epidemic amongst veterans caused by TBI, PTSD and MST. Assisting Veterans to reintegrate through transition programs to civilian life and navigating the opportunities and obstacles to their separation from the military. Our goal is to provide the proper care and guidance necessary to assist ill and wounded veterans in their civilian lives.



Advocacy

PTSD is more common for military personnel than for the general population. We create awareness through advertisement, collaboration and events as well as educating the general public about the debilitating conditions as well as alternative treatment options.



Trauma and PTSD

We share best practice and collaborate to influence research and knowledge around trauma recovery, rehabilitation and discover ways to re-establish their roles within the family and career.



We Improve Lives

We are one of the few foundations in our area that has a core focus on Health and Wellness through programs which address Mental Health, while engaging in housing, education, and transition assistance.

Foundation Statement

A majority of our outreach is accomplished by utilizing tools integrated within Social Media. We engaged with supporters and participants while at the same time bringing awareness to our activities and the issues we support. In FY 2020/2021 we targeted over 400,000 people resulting in over 217,000 click throughs (over 50%).

In the United States there are over 45,000 military and veteran non-profits. Navigating the vast amount of resources is challenging, not only for veterans but for potential donors as well.

Sabot Foundation strives to communicate clear and timely information with the public regarding our goals, focus, objectives, progress and achievements, in addition to highlighting our value and contribution to the Military Community. We are a boutique foundation with a Guidestar Platinum Rating, the highest level of recognition that is only awarded to 12,000 non-profits out of 2M. The number of veterans we're able to assist for our size is remarkable. As we continue with our goals in 2022 – WE APLAUD YOU, THE DONORS, THAT ENABLE US TO HELP SO MANY IN NEED.



OUTREACH

The Foundation has created a valuable outreach program which extends to veterans who are also First Responders



DONATIONS

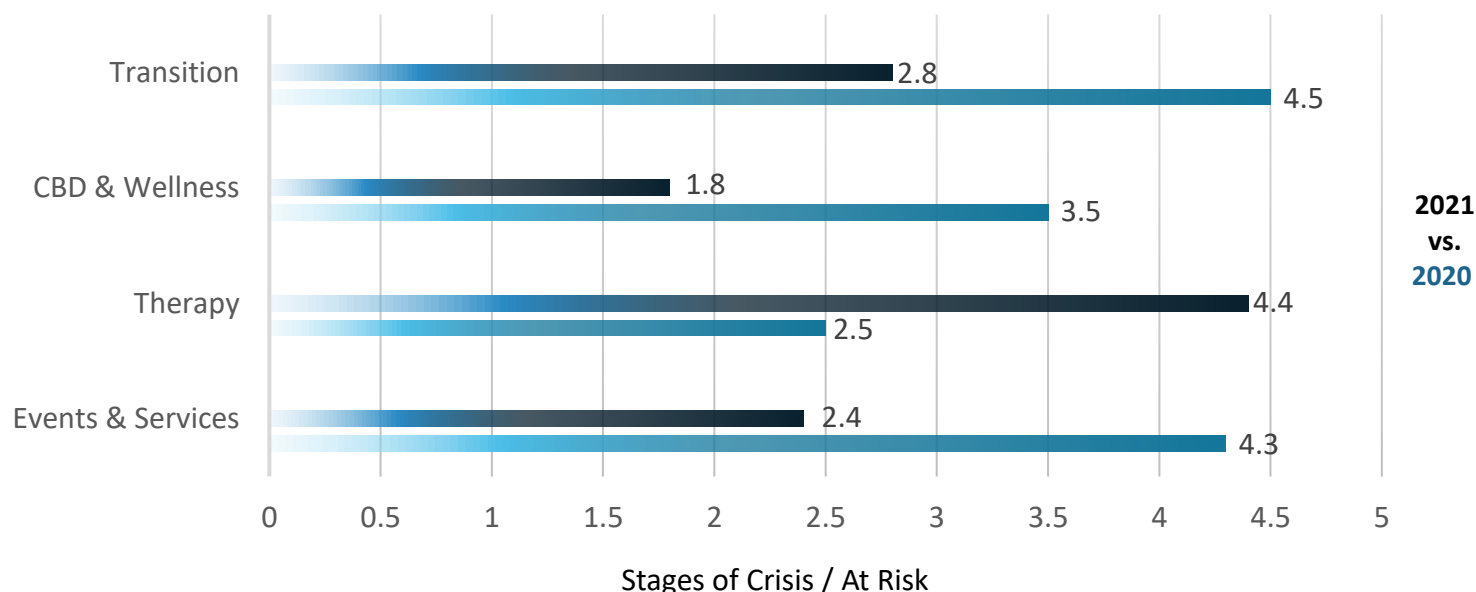
100% of all Donations go to support and assist veterans in need, utilizing our successful programs and resources



Our Impact

Sabot Foundation's prime focus is on mental health, at-risk and homeless issues. We are now ENTERING OUR 5TH YEAR and have provided assistance to OVER 600 VETERANS. The majority of the veterans we've assisted were classified as stage 3 and 4* and their most common injuries are PTSD and TBI, which is classified by the VA as a "signature injury". We strive to provide aid as quickly as possible to veterans with those injuries in order to prevent a more serious and degenerative condition, Chronic Traumatic Encephalopathy (CTE), a progressive and fatal brain disease associated with repeated traumatic brain injuries (TBI's), including concussions and repeated blows to the head. It is also associated with the development of dementia and worse – SUICIDE.

Addiction, alcoholism and dual diagnosis mental health issues affect the mind and the body but also have an impact on the spirit. Many veterans have moved away from pills because they have experienced heightened anxiety and depression from taking them, which are prime triggers to suicide. We found that the holistic programs we offer and advocate for have assisted veterans exponentially. The demand for veteran therapy in 2021 increased which also correlated with a rise in at risk veterans (mostly due to lingering issues surrounding the pandemic and aftermath from Afghanistan). However, by increasing participation in our other programs we see a decrease of risk in other categories – this is the key to our comprehensive strategy to address mental wellness.



*Veterans are categorized from Stages 1 -5; zero are at the least risk, five are at the highest risk of suicide and/or death. Generally speaking veterans categorized between 4-4.5 are at risk due to financial crisis, homelessness, depression, anxiety, alcoholism

and PTSD. The programs indicate core areas of our focus. We have seen phenomenal results and positive changes with the veterans we've assisted which means that our current programs are effective.

Our Programs

Alternative Wellness

CBD, Low Level Laser Therapy, Stellate Ganglion Block, Dental Assistance Program, Ibogaine and 5 MeO-DMT, Ayahuasca Programs.



Cognitive Therapy

CBT has been an effective therapy program for the last three years through which we have served several Veterans with depression, one of the most common side effects of PTSD. The foundation engages private therapists and psychologists who treat veterans through a gradual process of challenging negative thoughts and taking incremental steps towards positive behavioral change.



Operation Homecoming

In fiscal year 20/21 the Foundation launched **Operation Homecoming**, a platform created to assist at-risk and homeless veterans with obtaining stable housing. The foundation interfaces with a Los Angeles-based realty group that owns/operates 11 multi-unit properties located from West Los Angeles to the San Fernando Valley. Several of these properties have been approved through the Veterans Affairs Supportive Housing program (HUD-VASH).



Financial Overview

In FY20-21:

Received \$143,073.70 in contributions

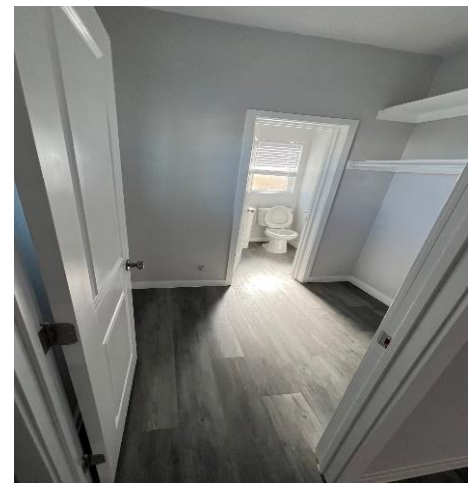
Spent \$142,698.63 on Veteran Programs & Support

Net Profit = \$375.07

Our current and historical financials are available on our website: www.SabotFoundation.org/Financials



Operation Homecoming



Remodeled Veteran Housing

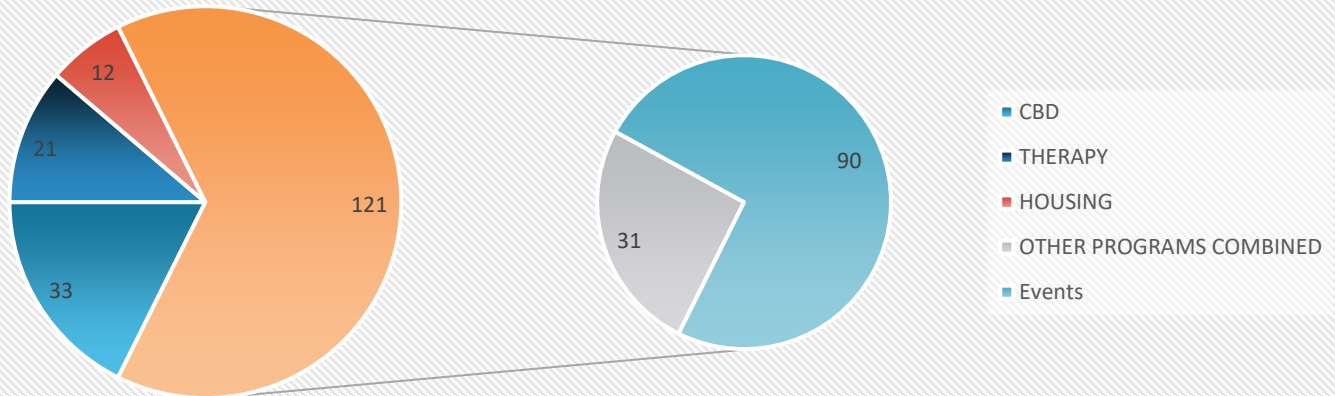
Due to the lack of affordable housing in the LA area, the Foundation focused on creating substantiable partnerships in order to place homeless and at-risk veterans in long term sustainable housing. The most recent placements included personal inspections by

the VA in order to utilize the VASH program - which pays for 100% of the rent for qualified veterans. We have been instrumental to placing veterans in a strong housing program in addition to assistance with obtaining furniture.

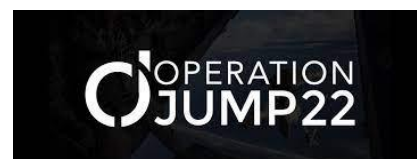
Assistance to Veterans

Our services provided to Veterans are holistic, the assistance we offer meets the needs of a Veteran's mind, body and spirit. Obviously, these needs are not being met for each and every Veteran. During the pandemic in the past year and a half (2020/2021) we have continued to assist veterans in-need while the necessity for mental care has risen exponentially.

Veterans Assisted 20/21



Sabot Foundation Provided Grants and Supportive Donations to the following Charitable Organizations:



Testimonials

Vietnam Veterans:

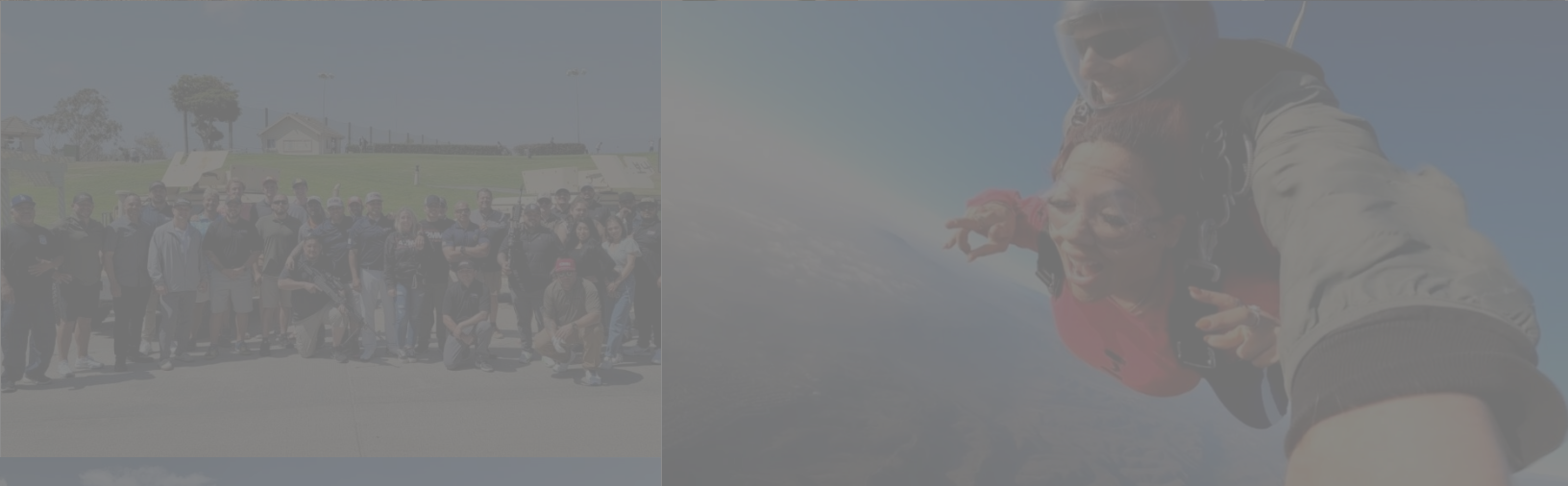
- PTSD early Parkinson's, back and shoulders with arthritis. Terry is only using 1500mg CBD and Isoplex CBD cream.
- Stage 4 liver disease, 10 herniated discs. Both shoulders gone. Using only Born products for whole body, stopped using pain and psych meds.
- Agent Orange early onset Parkinson's, short of breath lately. Bob shakes from Parkinson's are progressing. He stop all meds just using 1500mg BORN products.
- Herniated disc and recently diagnosed with arthritis in legs and shoulders. Brad has cut out all meds except Born CBD and Balm products for pain and stomach issues.
- PTSD, 3 back surgeries, early Parkinson's in legs and hands are starting to shake. Only pain meds are CBD products.
- PTSD, tremors from Agent Orange. Bob is very happy with results of CBD cream and use of 1500mg CBD oil. His last doctors reported that the cancerous spot on his lung hasn't grown. Bob shared with doctor he has been using CBD products and his doctor told him to keep on taking it.
- PTSD, arthritis in one shoulders, recently found out he has lower disc damage. Dylan is raising his grandson on his retirement. He could not afford this treatment because of cost. He also doesn't take any pain meds due way it makes him feel.

OIF Veterans:

- Chemical burns, disc damage to 3 discs. PTSD. Matt only uses CBD, for pain in arms hands and back.
- Chris is using CBD cream and 1500mg 2 and half droppers daily. Socially he cut out Pills and has been cutting down on his drinking, having physical problems due to alcohol.

OEF Veterans:

- 2 back surgery's, PTSD. Jimmy has had increased his VA disability for PTSD to 100 percent. The CBD is his only pain control. Jimmy has taken to world travel 2 times this year. His wife said he has been more social since taking the CBD, she is very happy.
- PTSD and other injuries could not afford CBD and resulted to self-medication of illicit Schedule 1 drug. Since taking CBD at 2500mg and 3000mg dosages he has eliminated self-medicating since experiencing significant changes in how he is feeling.



THANK YOU
FOR YOUR
SUPPORT