

2022/2023 FY

IMPACT REPORT

SABOT FOUNDATION

501(C)3 CHARITABLE TRUST



A 501(c)(3) Charitable Trust



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MESSAGE FROM THE TRUSTEES



Sabot is entering its 8th year with a continued focus on Veteran Suicide Prevention and Veteran Suicide Awareness. Veteran suicide rates have reached epidemic proportions in recent years. Our focus on comprehensive measures to prevent and address veteran suicide remains a top priority. It is not enough for society to simply acknowledge or sympathize with the issue; we must collectively take practical steps to provide essential support to veterans in need. Sabot was launched at the base of the Big Horn Mountains, Big Horn Wyoming in November 2016 in the cabin style house (pictured above).

By expanding and strengthening holistic and alternative programs, veterans have access to resources that guide them through challenging phases. These programs provide mental health support, practical demonstrations of stress reducing techniques, and mentorship opportunities. Additionally, partnerships between local government, private organizations, and local communities further aid our goals in the transition process by facilitating connections and support networks.

We continue to cultivate an environment where families and communities are equipped to address the unique needs of veterans. We have surpassed 90 events engaging with both veterans, first responders, similarly aligned non-profits, and community partners. Our outreach events also aim to educate the attendees about suicide prevention, recognizing signs of distress, identifying suicidal ideation, and how to intervene appropriately. These events also help promote understanding and empathy among the community. Our VARE retreats provide safe spaces for veterans to share their experiences, connect with others facing similar challenges, and receive necessary and life-changing support.

The continued focus on veteran suicide prevention is an urgent societal imperative. By investing in improved access to mental health services, enhancing transition programs, supporting families and communities, and integrating technology and data analytics, significant strides are being made in addressing this profound issue. It is our collective responsibility to support those veterans and no effort should be spared in preventing the tragedy of veteran suicides. Together, we can ensure that our veterans receive the care, understanding, and support they need and deserve.

Jon Krashna
Jon Krashna
Co-Founder

Hammond Meredith
Hammond Meredith
Co-Founder

Outreach

An effective outreach program identifies veterans who are at-risk of suicide and provides them with the necessary resources and support. Our outreach strategy takes many forms, including support groups, community-wide awareness campaigns, and mental health screening programs such as our accountability meetings, events, and wellness retreats. The goal of our outreach efforts is to provide hope, comfort, knowledge and guidance to veterans in crisis, and empower them to seek help and overcome their emotional pain. We also share this information with families. By utilizing data to drive decision making, we are able to implement and evaluate multiple prevention strategies that enhance and improve well-being based on the best available evidence. A critical aspect of outreach is education and awareness. Our education initiatives break down the stigma around suicide and mental health and provide individuals with the tools to assess their own mental health, identify the warning signs of suicide, and seek help for themselves or others who may be struggling. Awareness campaigns are also important in curbing and reducing the risk of suicide by encouraging individuals to reach out for help and promoting available resources.

87
EVENTS
2017-2023
DEDICATED
TO OUTREACH

EVENTS

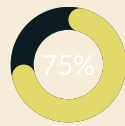


SABOT EVENTS

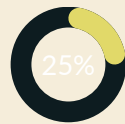


PARTNER EVENTS

OTHER



ADVERTISING



GOVERNMENT RELATED

Overall, the successful implementation of a suicide prevention program requires a comprehensive approach that addresses the root causes of mental health issues and provides veterans with the resources and support they need to overcome these struggles.



WHERE WE'RE AT TODAY

Sabot's experience in working with veterans and their families continues to be a deeply rewarding and humbling experience. Our work with veterans and their families has provided an unparalleled perspective on the sacrifices that these individuals have made for the United States and the challenges that many face on a daily basis.

One of the most important aspects of working with veterans and their families has been providing them with the support and resources that they need to thrive, not just survive. This has included connecting them with organizations and programs that can help them navigate the complex system of benefits and services available to them. Whether it is helping them find suitable housing, accessing healthcare, or connecting them with job opportunities, our primary goal is to help the veteran and their family achieve a sense of stability and well-being in their lives which has been proven to reduce the stressors that can lead to suicidal ideation or suicide.

Collaboration is a key aspect of our organizational experience and administration efforts. The Foundation remains an all-volunteer organization and 100% of all donations support veteran causes. We continue to openly share our experiences in working closely with community groups, mental health professionals, and other human service organizations to ensure that our programs objectives were met. As a team, we implemented evidence-based solutions and employed best practices that optimize program success. We leveraged the expertise of our collaborators to design and implement culturally appropriate interventions that resonated with the veteran community.

The administration of our collaborations for suicide prevention included flexibility, adaptability, and long-term planning. We emphasized that our program initiatives are an ongoing commitment to the cause and a willingness to evolve and adapt as circumstances change. For these reasons, we regularly assessed progress, tracked outcomes, identified obstacles, and made necessary changes to the scopes and/or approach.

WHERE WE'RE GOING



The ability to coordinate with community partners regarding suicide prevention services provided by others is an essential aspect of suicide prevention efforts. Suicide is a complex issue that requires collaboration, communication, and cooperation among various stakeholders, including mental health professionals, medical providers, community organizations, and gov't agencies. By working together, these partners can provide a comprehensive and coordinated approach to suicide prevention that addresses the needs of the entire community. There are a wide variety of programs and we are expanding our reach not only to these partners but also heavily into the civilian sector.



OUR PROGRAMS

"I was a mess- I attempted suicide twice. Once sitting in my car in tears they talked to me for over three hours, at that moment I felt someone really cared. I'm still alive!!" M.H. - USMC-OIF- 2005-2010

"Sabot's CBD Program has been a major reason why my Mal-Seizures have not returned. I can't afford the [non-pharmaceutical] products and they have been helping me for over two years" - J Lucas U.S. Navy

"Sabot has supported my needs since 2018. No other organization has provided me this level of support. They have given my life relief." William Henry - USA-Vietnam

We emphasize that our efforts related to various suicide prevention services are not focused only on those actively considering self-harm – they are also a source of support and guidance for individuals who may be experiencing stress, anxiety, or other mental health concerns. Additionally we aim to help those who may be experiencing issues with housing, physical ailments or other financial difficulties which accelerate the risk of suicide. We offer our guidance and present solutions involving our programs and our partners, including advocating on their behalf with VA services. These services are also valuable to family members who may be struggling to support someone in a crisis.

"VARE" (Veterans Assistance Recovery Empowerment) Retreats offer a unique safe and supportive environment for veterans to connect with others who are experiencing trauma. The retreats take place over a four-day period utilizing a structured mental health and wellness program combined with integration programs (post retreat). The retreat focuses on five core areas critical to veteran mental health management; Physical, Emotional, Spiritual, Social and Educational. It is imperative that none of these five areas are neglected because they focus on core causes which include pre-service trauma (neglect or abuse), social isolation, discrimination, social disadvantage-post service (poverty, homelessness, at risk, financial), bereavement (such as survivors guilt), severe stress (divorce or child separation), and long term physical health conditions.

VARE provides a reset button for veterans who are struggling to cope with the stress and trauma associated with military service. We also include spouses, Gold Star and immediate family members to participate with the veteran if they choose. Additionally, we offer female only retreats.

OUR PROGRAMS CONTINUED....

Sound Therapy is a form of alternative healing the foundation employs which involves the use of singing bowls which produce a range of sounds and vibrations that facilitate relaxation, balance, and healing.

Sabot created a unique sound therapy tool in the form of an album, containing 17 separate music tracks in 432Hz, that is accessible from anywhere in the world on over 35 streaming platforms. The album is also available in Dolby Atmos. This is the first time a veteran non-profit has created a tool which can be accessible by any veteran or active duty service member in the world and used remotely.

Over 17,000 people have accessed and streamed the entire album since August 1, 2022, over 80,000 streams of various singular tracks including guided meditation from the album have been streamed. This album is strictly a holistic and wellness tool.

Meditation has also been shown to improve focus, concentration, and cognitive function. Research has found that regular meditation can increase activity in the prefrontal cortex, a region of the brain that is associated with executive function and decision-making.

Cognitive Behavioral Therapy provides a range of strategies that veterans can utilize to help them develop healthier thought patterns and behaviors. It focuses on the present and encourages people to identify negative thoughts and feelings, then work out ways to counter them. In particular, CBT empowers veterans to reframe the way they interpret traumatic events and challenging experiences. By changing the narratives around difficult situations, CBT can help individuals overcome the long-term effects of Post-Traumatic Stress (PTS) as well.

Low level laser therapy (LLLT) is a form of alternative medicine that utilizes low-power lasers or light-emitting diodes (LEDs) to stimulate healing and pain relief in various parts of the body. Low-level laser therapy has proven to be effective in a wide range of medical conditions, including chronic pain, musculoskeletal injuries, skin conditions, circulatory problems, and cognitive impairment. It has been used to treat conditions such as neck pain, migraine headaches, fibromyalgia, tendonitis, carpal tunnel syndrome, and many other conditions.

Breathwork is a practice that dates back to ancient times, utilized by various cultures for its health and spiritual benefits. It involves mindful breathing techniques that can have a positive impact on both physical and mental well-being. Over time, breathwork has been studied more extensively and has become a popular practice for individuals seeking to improve their overall well-being. We often enjoy this technique with Sound Therapy to improve focus and concentration.

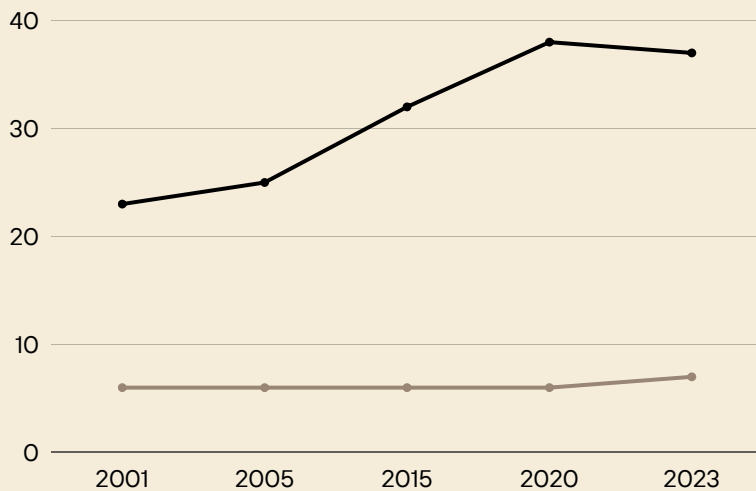
CBD Program Since 2017 we have assisted close to 100 veterans with alternative healing options through this program. One of the most prevalent issues faced by veterans is chronic pain resulting from combat-related injuries. Traditional pain medications, such as opioids, often come with severe side effects and the risk of addiction. CBD, on the other hand, has shown promise as a safer alternative. Studies have proven that CBD interacts with the body's endocannabinoid system, reducing inflammation and providing analgesic effects without the same addictive potential. By incorporating CBD into their pain management routine, veterans may experience relief while avoiding the adverse consequences associated with conventional pharmaceuticals. CBD has been reported to promote better sleep, ensuring that veterans can experience a more restful and rejuvenating slumber. NO VETERAN HAS EVER PAID FOR THIS SUPPORT

Operation Homecoming – A living assistance program for veterans which include

- Tenant Based Rental Assistance (TBRA): rent assistance, security deposit payments, utilities
- Supportive Services: Homelessness Prevention Services, Housing Counseling (in coordination with the VA and VASH Counselors)
- Development and Remodel of Non-Congregate Shelters
- Homeless
- At Risk of Homelessness



SUICIDE DEATHS



STATISTICS

The black line indicates the number of veteran suicides post Sept 2001 as of 2020 the number was 38,152 (VA Suicide Report) however the number of veteran suicides have remained steady between 6,000 and 6146 for 21 years. Realistically these numbers will break past the 40,000 number by end 2023. However the joint 8 state study conducted by Duke University and The University of Alabama placed the veteran suicide rate in those states at 52.3 percent higher than civilians - a much higher rate than previously reported.

VETERANS MENTAL HEALTH LEADERSHIP COALITION

Sabot is a Mission Alligned Partner supporting advocacy efforts to improve mental health care and prevent suicide through research, education, and advocacy for safe, ethical, and affordable access to psychedelic medicines and assisted therapies. Veteran Mental Health Leadership Coalition Inc. is a membership-based organization that shares a similar mission to the Reason For Hope Foundation focused on Veterans and their family members.

Lieutenant General Martin R. Steele, USMC (Ret), Co-Founder and Chief Executive Officer, Reason for Hope; Jesse Gould, Founder and President, Heroic Hearts Project; Adam Marr, Co-Founder, Warrior Angels Foundation; Daniel Elkins, Founder, Special Operations Association of America; Brian Losey, Board of Directors, SEAL Future Foundation; Kendric Speagle, Commander, American Legion Blue Sky Post 426; Tim Jensen, Co-Founder and President, Grunt Style Foundation; Allison Wilson, Founder and President, The Hope Project; Ryan Roberts, Research Director, The Mission Within; Juliana Mercer, Founder, Sabe Journeys; Neil Markey, CEO, Beckley Retreats; Deran Young, Founder and CEO, Black Therapists Rock; Al Yeck, Executive Director, Veterans Healing Farm; Adrian Marquez, Co-Founder, Sheepdog Program Corporation; Patrick Mullins, Executive Director, No Fallen Heroes; Dre Popow, Executive Director, Veterans Rebuilding Life; William Tovar, Support Line Operations Manager, Fireside Project; Ron Millward, Founder, Balanced Veterans Network, David Esselman, Chief Strategy Officer, BrainFutures; Elijah Sacra, Founder and Executive Director, Warrior Wellness Solutions; Gary Hess, Founder and Executive Director, Veterans Alliance for Holistic Alternatives; Rachel Dzieran, CEO, Navy SEALs Fund; Nicholas Blackston, Veteran Peer Support Program Senior Mentor, SoundMind Project; and Dr. Zachary Skiles, Psychologist, Social Neuroscience and Psychotherapy Lab & the Sequoia Center. Additional Coalition partners include Field to Healed, Scottsdale Research Institute Foundation; Reaching Everyone in Distress Foundation; and Clusterbusters.



Helping others find happiness

The Sabot Foundation has successfully rolled out and maintained several mental health and support programs to a growing number of veterans in need.

"The first step for many veterans is asking for help. When that happens, we want to be there to provide everything they need."

info@sabotgroup.com

SABOT FOUNDATION

Projects	Details	Outcome
<p>3128 VETERANS</p> <p>VARE Retreats Integration PRISM Programs and Outreach</p>	<p>Alternative Medicine - LLLT - Integration Retreats - Events - Crisis Intervention - CBT</p>	<ul style="list-style-type: none"> Improved Social Cohesion - Enhanced Productivity- Suicide Awareness Suicide Prevention Benefits Education
<p>86 VETERANS</p> <p>CBD Assistance Program</p>	<p>Alternative options to manage ailment issues, reduce pill intake, and provide a healthy option for a better life</p>	<ul style="list-style-type: none"> Pill Dependency Reduction Success in controlling Anxiety and Depression Effective Pain Management Alternative
<p>22 VETERANS</p> <p>Operation Homecoming</p>	<p>Housing At-Risk Veterans in permanent housing</p>	<ul style="list-style-type: none"> Opened a path to rebuild and reintegrate. Reduction in stress levels elevated motivation for support systems to catalyze their journey towards stabilizing mental health and well being needs.

Accumulative Funding

Donations	Donations to Other Charities	Veterans Reaches and/or Assisted
<u>\$1,652,537</u>	<u>\$110,373</u>	<u>3236</u>

VETERANS REACHED

3236

AMERICAN WARRIOR PARTNERSHIP STUDY

WHY OUR EFFORTS ARE EVEN MORE IMPORTANT

America's Warrior Partnership's new study reveals at least 44 former service members take their own life each day by suicide or overdose

America's Warrior Partnership (AWP) released an interim summary report from the multi-year study Operation Deep Dive™ (OpDD). The report was created to develop a profile of former service members (FSM) most at risk for suicide, as well as inform the development of impactful suicide prevention strategies at the local, state and national levels. Researchers gathered state-provided death records and coordinated with the Department of Defense (DoD) to corroborate military affiliation and identify commonalities of the person, military service, and cause of death.

Additionally, Operation Deep Dive™ found that the VA has not been accounting for Self-Injury Mortality (SIM), which are attributed predominately to overdose deaths. Separate of suicide, the rate of SIM among former service members is at least 20 per day. SIM is defined by accidents or undetermined deaths that are closely aligned with self-harm/suicidal behavior. "Inaccurate data leads to a misallocation of very valuable resources. Operation Deep Dive™ is designed to address this.



America's Warrior Partnership is committed to partnering with communities to prevent veteran suicide. We fill the gaps between veteran service organizations by helping nonprofits connect with veterans, their families, and caregivers.

PROGRAM GOALS - ACTION TARGETS



- ★ OUTREACH
- ★ EDUCATION
- ★ REDUCING BARRIERS
- ★ STRENGTHENING RELATIONSHIPS
- ★ ACCESS
- ★ PARTICIPATION
- ★ INTEGRATION
- ★ CRISIS INTERVENTION
- ★ SUPPORT RECOVERY
- ★ SUICIDE PREVENTION
- ★ SUICIDE AWARENESS

Our Health & Wellness Advisors

The purpose of the Sabot Foundation Health & Wellness Board is to serve as an advisory body to the Sabot Foundation on matters relating to health & wellness, planning, resources, and related solutions to provide a meaningful improvement in caring for veterans and others who are related to veterans primarily to battle Suicide and triggers which could lead to suicide.



Our advisory group assists in choosing indicators for a health and wellness assessment, which then identifies the problems that may be highlighted (and later addressed in a health and wellness improvement plan). The board influences policy and program decisions by offering input, advice, and recommendations to the trustees of the Sabot Foundation as it relates to veterans, Gold Star Spouses, Gold Star Family members, veteran families, and veteran spouses by:

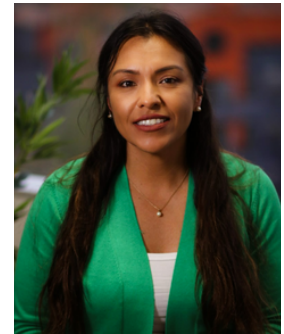
1. Identifying primary care needs and priorities.
2. Encouraging the development of wellness, events, outreach, programs, and care services.
3. Coordinating various forums on wellness and primary care issues.
4. Advising Sabot Foundation on matters concerning the nature, scope and extent of wellness programs and policies needed in order to meet their goals and identify current goals that may need revision or expansion.
5. Reviewing Transition Programs.
6. Determining if the policies have a positive effect on increasing wellness, while potentially decreasing suicide and creating awareness and prevention.
7. Monitoring progress made toward attaining the Foundation's goals.



**Brittany Carrera,
LMFT BA MA**



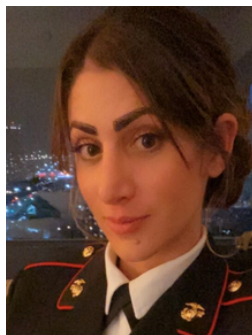
**Tana Espino,
LMFT BA MS**



**Jacqueline Angeles,
LMFT BA MS**



**Raquel "RaqC"
Cordova**



**GYSGT
Lauren Rezai
USMC**



**Natalie Valle,
Sound Healer
& Reiki Master**

Emergency Responders

The impact of mental trauma on the well being of emergency responders cannot be overstated, many are also veterans and combat veterans. It is very common for first responders to develop symptoms of PTSD, including but not limited to: intrusive thoughts, nightmares, irritability, emotional numbness, and avoidance behaviors. PTSD not only affects their personal lives but also interferes with their ability to perform their duties effectively. Mental trauma can lead to an increased risk of substance abuse, depression, anxiety disorders, and even suicide. If unaddressed, these consequences can devastate their lives, their families, and the communities they serve. Additionally, many veterans are unaware of their benefits and tools available to them. Sabot promotes awareness, prevention, and early intervention, alongside the provision of adequate mental health resources, which are essential in safeguarding the mental health of these individuals. We offer through our partner retreats integration and other holistic modalities in private settings utilizing tools from our PRISM Program.

Sabot offers LEO/MIL Training days free of charge in conjunction with RavenWing Limited, a professional performance training group, to enhance training performance for individuals in these two occupational specialties. Various high level instructors are involved in these specialized events. We have been involved in this program for the past four years. It also allows us to connect with LEO's and Military as an outreach tool for education on benefits, mental health tools, modalities and integration in a private, unofficial setting.




We couldn't have done it without your generous *support.*





Thank you

to all our donors and volunteers and the companies who have supported us this year.


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RavenWing Limited, Marishiten Training, Taran Tactical Innovations, Baron Tactical, Staccato 2011, LAPD SWAT - D Platoon, Sheriff Fryhoff Ventura County Sheriff, Jeff Takeda Simi Valley PD, Beverly Hills PD, Chief Cosme Huntington Park PD, Covered Six, Sly Tac Training, Langdon Tactical, Protech Knives, USCCA, Estevan Oriol, West Grown, Easy Day Hemp, JBL Sounds, Oakley, Infinite Hero Foundation, Lucas Oil, Modern Samurai Project, Turner Sports, Evike Gold, Romeo Echo USA, Practical Performance, Edge of Darkside, Red Eye Targets, Holosun, SureFire, Club Pilates, Stretch Lab, Semper Utilis, Samantha Juan, Dr. Trevor Barry, Erchon Corporation, Tim Herron, Shooting, Practical Performance, Evans Gun World, Angel City Armory, Bausele, Trinidad 3, Cigar In The Bottle, Horse Soldier, Skallywag Tactical, Mayonaka Solutions, Councilman Arturo Flores, Rib Ranch, Rize Event, Rafi Lounge, Kevin Christensen, Valor on The Green, Dr. Mike Boise, Sig Sauer, Born CBD, Susana Carrera, Love and Alchemy, Rafi Lounge-Malibu, Save The Brave Foundation, Trauma To Treasure, Raytheon, Disney, Make Ready Nutrition, Always Evolving, From The Earth, Gumball 3000 Foundation, TrueIntent Foundation, Farmarzai Family Trust, Music Hill Ranch, Nate Boyer, Dylan Klumph, From The Earth, Denise Bottiglieri PhD., JP PENA USMC, Jose Martinez USA RET., Josue Baron USMC Ret., Save The Brave, Gabe Henderson USMC, Pete Flom USMC, Colby Grey (Grey Firearms Training), Ryan Burns, Velox Training Group, Tommy Aceto USN, Freedom Hempz, Rafi Anteby, Cinema Production Resources, Warriors Road USA, Alysha Del Valle, Mariam Hanna Esq., Tasia Murrieta, Jerrod Murrieta, Ethan Fleitas, Richard Mo, Stephanie Lieu 



To care for those "who shall have borne the battle" and for their families and survivors. - Abraham Lincoln