



A 501(c)(3) Charitable Trust

# IMPACT REPORT 2021/2022



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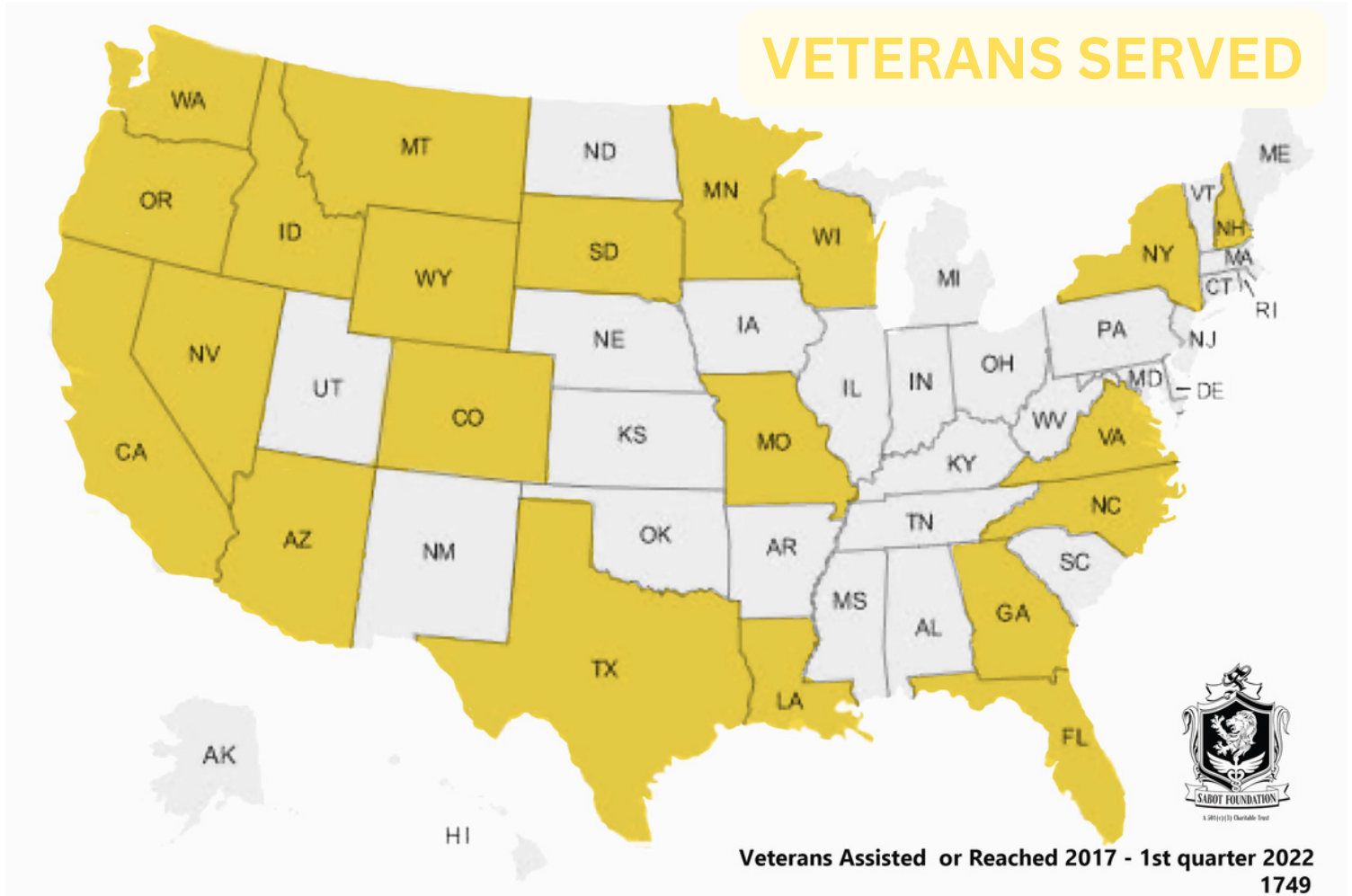
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# Introduction

Sabot Foundation is a 501(c)(3) Charitable Trust created with one goal in mind: to support veterans and their transition to civilian life. The Foundation is dedicated to supporting veterans by inspiring life-long connections, participation in wholesome activities, suicide awareness, suicide prevention, fostering and utilizing holistic platforms to combat the effects of PTSD, CTE and TBI, educating the public about the impact of these conditions, and promoting camaraderie.



A review of the ten-year National Strategy Report for Preventing Suicide assisted Sabot with insight into enhancing and expanding Sabot's programs- while educating therapists, psychotherapists, holistic healers, families, civilians, and volunteers in the framework Sabot has created. If we are going to end Veteran suicide, then we must continuously work to prevent it before Veterans reach a crisis point." There is a national goal to reduce suicide among veterans. With collaborative help from independent foundations and organizations, we can increase that percentage. Our experience has matured over the years and has helped us identify partners, specialists, and professionals to assist with providing positive and effective health and wellness programs. Our programs include strategies where they serve as an important collaborator (e.g., strategies addressing community and societal level risks), but where leadership and commitment from other sectors such as businesses, labor, or alternative health choices are critical to implementing a particular policy or program. Our experience in promoting connectedness among veterans and within communities through modeling peer norms and enhancing community engagement protects against suicide. We have increased our participation in events to provide outreach opportunities to civilians and veterans alike to become more involved and educated in the programs we offer. Sabot connects with a variety of community members, organizations, and resources, resulting in enhanced overall physical health, reduced stress, and decreased depressive symptoms, thereby reducing the risk of suicide for veterans. Sabot has provided support and referral services by connecting "veterans in crisis" to trained volunteers or professional staff via telephone hotline, online chat, text messaging, or in-person. Sabot's crisis intervention approaches are intended to impact key risk factors for suicide, including feelings of depression, hopelessness, and subsequent mental health care utilization. This intervention places critical space and time between an individual who may be considering suicide or harmful behavior. These methods have been highly effective.



# Message From The Founders

As we enter our 7th anniversary and our 6th year of operations in 2023, Sabot Foundation continues with its mission and goal to focus on veteran transition, suicide awareness, and suicide prevention. In the last year the Foundation has created two additional sustainable programs; **Operation Homecoming** which assists at-risk veterans through a unified team effort with Maglex Realty/Property Management and The VA through their partnership with HUD/VASH to provide permanent housing for qualified AT-RISK and homeless veterans in need or crisis. We have also created a comprehensive **holistic and wellness retreat program** coupled with an integration program (**PRISM**) designed to provide veterans with optimal healing, transformation, and a gateway to healing for traumatic past experiences. The retreat is designed upon holistic researched, cutting-edge, neuroscience-based approaches to create positive change. Through this, veterans receive long-lasting healing and wellness in a way that is gentle and sustainable for the long term. These retreats are designed for veterans, Goldstar members, veteran spouses, and combat veterans and involve mentors and staff from the medical and veteran community. We have continued to maintain and offer our other sustainable programs for those in need. Sabot has participated in close to 70 events since 2017 which have been a valuable tool for us to educate veterans and others alike about our programs, available programs, mental health, suicide prevention, and suicide awareness. For our continued and future programs, we wish to provide a special thank you to all of our supporters and donors for helping us achieve our goal of reducing suicide among veterans.

Message From The Founders



*Hammond Meredith*



*Jon Krashna*

# VETERAN SUICIDE

The number (count) of suicides among U.S. adults increased from 29,580 in 2001 to 45,861 in 2019. Veterans accounted for 5,989 suicides in 2001, which represented 20.2% of suicides among U.S. adults in 2001; and 6,261 suicides in 2019, which, by comparison, represented 13.7% of suicides among U.S. adults in 2019. Veterans ages 55-74 were the largest population subgroup; they accounted for 38.6% of Veteran suicide deaths in 2019.



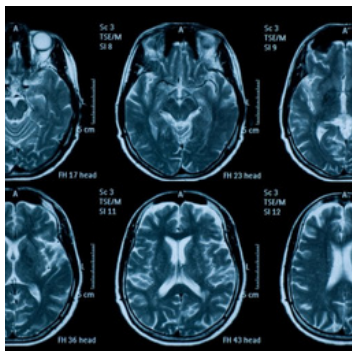
**30,177**

ACTIVE DUTY PERSONNEL WHO HAVE SERVED IN THE MILITARY SINCE 9/11 HAVE SUCCUMBED TO SUICIDE



**117,000**

VETERANS COMMITTED SUICIDE BETWEEN 2001 -2021



**244,217**

CASES OF TRAUMATIC BRAIN INJURY FROM 2001 - 2012. 75% OF THE CASES WERE IDENTIFIED AS MILD

# VETERAN SUICIDE

Through our beliefs, practices, accountability meetings, and events we sponsored and organized we have experienced a genuine trust among veterans. A review of the ten-year National Strategy Report for Preventing Suicide helped Sabot with the insight to create a much-needed model for Sabot's program – while educating therapists, psychotherapists, holistic healers, families, friends, and volunteers in the framework Sabot has created. We observed these programs closely and found ways to integrate an equivalent program while including the missing component, “wraparound integration” programs. Being there to support and lend a listening ear to several veterans while encouraging them to talk openly about suicide, express their feelings, reassure them and understand their issues without passing judgment is essential.

As the report states “VA has made great strides in Veteran suicide prevention, especially in crisis intervention. But if we are going to end Veteran suicide, then we must continuously work to prevent it before Veterans reach a crisis point.” There is a national goal to reduce suicide among veterans by 20%. With collaborative help from independent foundations and organizations, we can increase that percentage. Our experience has matured over the years and has helped us identify the right partners, specialists, and professionals to assist us with providing a positive and effective health and wellness retreat program.

"However, the rate of suicide among veterans may be more than double what federal officials report annually because of undercounting related to drug overdose deaths and service record errors, according to a new analysis released Saturday. Officials from America's Warrior Partnership, in a joint study with the University of Alabama and Duke University, reviewed census death data from 2014 to 2018 for eight states and found thousands of cases of suspected or confirmed suicides not included in federal calculations. If those figures were to be repeated across the other states, it would push the veteran's suicide rate from about 17 individuals a day (the official estimate released by the Department of Veterans Affairs last year) to 44 veterans a day." -Military Times, Sept 17, 2022

Veteran Suicide



# PROGRAMS

**Cognitive Behavioral Therapy** - There are three main components of cognitive behavioral therapy: cognitive therapy, behavioral therapy, and mindfulness-based therapies. Cognitive therapy focuses on present thinking, behavior, and communication rather than on past experiences and is oriented toward problem-solving. Behavioral therapy looks to identify and help change potentially self-destructive or unhealthy behaviors. It's based on the idea that all behaviors are learned and that behaviors can be changed. Mindfulness-based therapy uses techniques such as mindfulness meditation, guided meditation, and sound therapy to teach people to consciously pay attention to their thoughts and feelings without placing any judgments upon them.

**Low-Level Laser Therapy** - LLLT is a non-invasive light source treatment that generates a single wavelength of light. It emits no heat, sound, or vibration. It is also called photobiology or biostimulation. LLLT is believed to affect the function of connective tissue cells (fibroblasts), accelerate connective tissue repair, and act as an anti-inflammatory agent. Lasers with different wavelengths, varying from 632 to 904 nm, are used in the treatment of musculoskeletal disorders. Sabot focuses on physiotherapy for pain relief, accelerated tissue regeneration, and reduction of inflammation.

**Sound Therapy/Solfeggio Sounds at 432hz** - Music tuned to 432 Hz is softer and brighter, and is said to provide greater clarity and is easier on the ears. Meditation music tuned to 432 Hz is relaxing for the body and mind and also more harmonic and pleasant than 440 Hz which is the frequency that most of the modern-day music we listen to is tuned at. Listening to the 432 Hz Solfeggio Frequencies resonates inside our body, releasing emotional blockages, that expand our consciousness. Everything has an optimum range of vibration (frequency), and that rate is called resonance. When we are living in resonance, we are in balance. Sabot uses this healing music for relaxation, stress relief, unwinding, and dissolving accumulated negativity from the day - from people, places, and events - and our own thoughts and emotions. Every organ and every cell in the body absorbs and emits sound with a particular optimum resonance frequency. 432hz tuned music creates resonance in our physical, mental, emotional, and spiritual bodies. Sabot has orchestrated a collection of 58 minutes of professionally recorded sounds and guided meditation in 432hz in a series of healing frequency tracks for wide distribution on several streaming platforms which will be distributed to veterans at no cost. It is the first time that the sounds were recorded and mixed using Dolby Atmos, a revolutionary spatial audio technology for the most immersive sound experience.



# PROGRAMS CONT.

**Breathwork** – Breathwork refers to any type of breathing exercise or technique. It is performed to improve mental, physical, and spiritual well-being. During breathwork, you intentionally change your breathing pattern. Breathwork is used to help to improve a wide range of issues including anger issues, anxiety, chronic pain, depression, emotional effects of illness, grief, and PTSD. Research by Stanford scholar Emma Seppala at the Center for Compassion and Altruism Research and Education found that breathing exercises dramatically decreased PTSD in veterans, and the effects of a weeklong workshop practicing the yoga, breathing and meditation techniques remained a year later, suggesting lasting impact from this type of treatment.- Stanford Report, May 22, 2013

**Mindful Meditation and Guided Meditation** – The two goals of meditation are to focus the participant's attention and support a heightened state of awareness. The employment of this practice lowers stress, decreases anxiety, increases attention span, physical health, and an appreciation of everyday life which helps them deal with difficult situations in personal and work life. We employ Guided meditations for a wide array of veterans from meditation skeptics to first-timers, all the way up to seasoned experts. In a guided meditation, a narrator or teacher leads them into an awareness of their body, feelings, and thoughts while explaining the dynamics of the mind and how it's likely to behave during meditation.

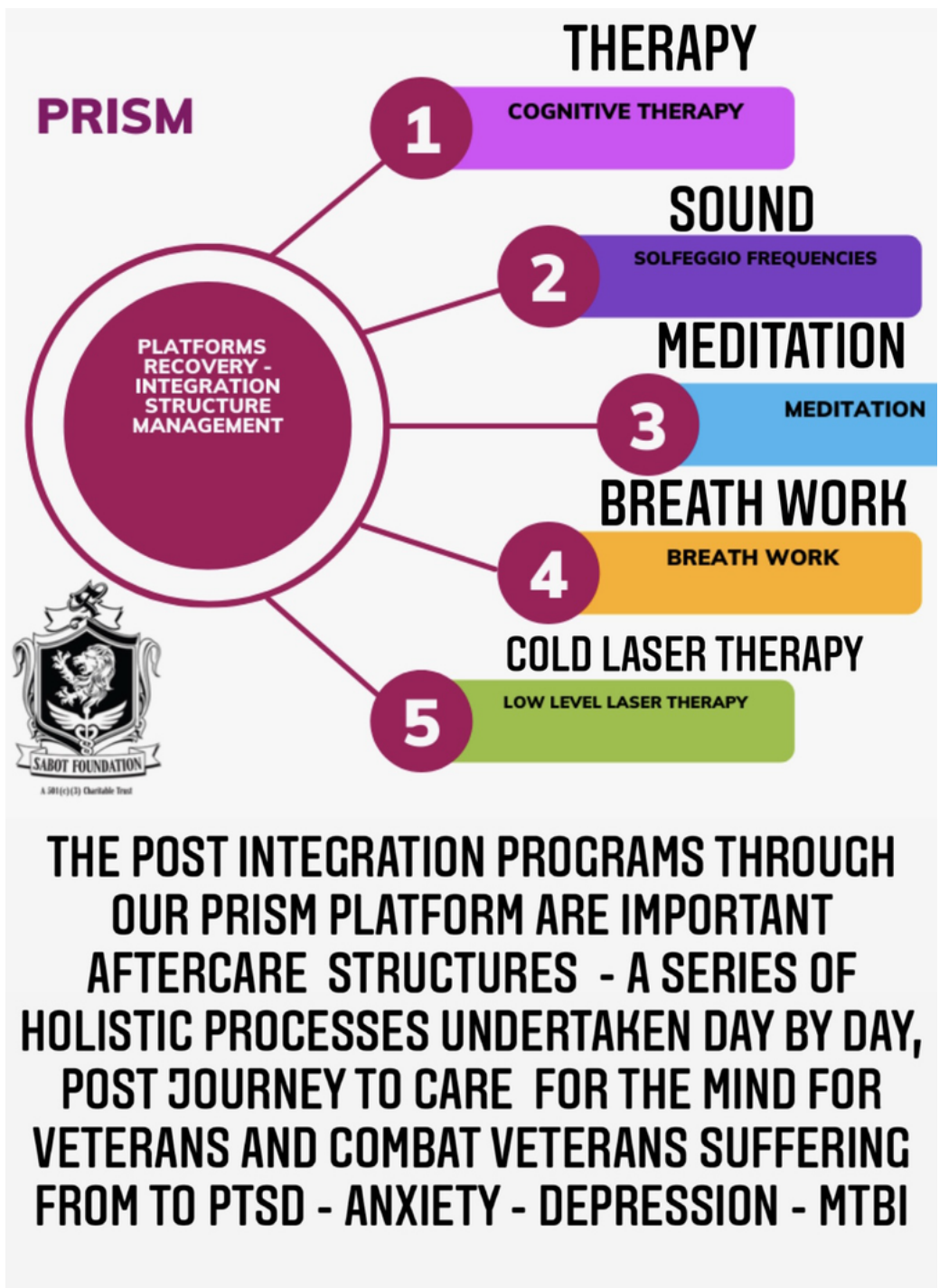
**CBD** – Sabot has offered CBD at no cost to veterans in need since 2018 and the program continues to this day. We only provide it to veterans who are not otherwise prohibited from consuming CBD derived from Hemp in their current employment. Sabot has assisted over 75 combat veterans from Vietnam to GWOT. We've shipped the products to the veterans free of charge since the inception of the program to reduce the financial burden. Recently, CBD has seen a surge in research regarding its potential use in several neuropsychiatric conditions. CBD is a non-psychotomimetic cannabinoid that's found in hemp plants. The 2018 Farm Bill legalized the production, sale, and consumption of hemp and hemp-derived compounds like CBD provided the plant is tested by a third party and is proven to contain under 0.3% THC. We only obtain products from two companies: Born CBD and Easy Day Hemp (a veteran-owned Company). Both companies are fully lab tested which includes residual solvent analysis, pesticide level analysis, microbial analysis, foreign material, terpene identification, heavy metal detection, moisture level, and water activity, and assurance of the less than 0.3% requirement. Sabot does not include CBD in their Health and Wellness Retreats.

# PROGRAMS CONT.

**EVENTS** - The foundation has participated in and hosted close to 80 events. These events are beneficial in several areas, including:

- Outreach to Veterans and Volunteers
- A Sense of Community
- Education on Programs and Benefits
- Suicide Awareness
- Suicide Prevention
- Introduction to Health and Wellness Programs
- Availability of Employment and Training Programs
- Integration with Other Veterans who have served together







Reason for  
Hope

"We applaud the courage of senior leaders like **Marine Lieutenant General Martin R. Steele (Ret.)**. His July 19, 2022 letter on behalf of **Reason for Hope** and the **Veteran Mental Health Leadership Coalition** articulately amplifies the voice of organizations founded by Veterans such as **Veterans Exploring Treatment Solutions (VETS)**, **Heroic Hearts Project**, **SEAL Future Foundation**, **the Hope Project**, **Sabot Foundation**, **Veterans of War**, **the Mission Within** and many others."

The Chopra Foundation  
Dedicated Conscious Caring



Our Operation Homecoming program was started one year ago. Since its inception, we have assisted 17 veterans with securing permanent housing with the assistance of a unique partnership with Beverly Hills firm **Maglex** which operates and owns 13 buildings throughout greater Los Angeles. The program focuses only on PERMANENT HOUSING. The relationship involves full remodels for veterans which cost tens of thousands of dollars invested by Maglex, to provide a comfortable, safe, and clean living space for veterans who are at-risk, homeless, or in shelters.

**Sabot** works closely with **VA Social workers and Housing and Urban Development - HUD VASH Program**. This unique linkage has been a successful venture for the Foundation. Through donations, we are able to fund essential furnishings, pots, pans, bedding, towels, food staples, and other necessary items which provide the veterans in need with a fresh start.

More veterans reside in California than in any other state in the country. Los Angeles has the highest population of homeless veterans in the country and many of these veterans have high health needs. We believe that our health/wellness retreats are a vital need for the veteran community, specifically in the Southern California area, and an integral part of providing stability in housing homeless veterans in a permanent, stable environment. Veteran homelessness in Los Angeles (LA), California, is a pervasive public health problem, with the county having the highest concentration of veterans experiencing homelessness (VEH) in the United States. Despite significant investments and many programs and services available to VEH, eliminating homelessness has proven to be a major public policy challenge.- RAND REPORT

# Areas Affected and Improved by Stable Housing



## Mental Health

**Distress** - Improved When Housed  
**General Mental Health** - Unstudied  
**Depressive Symptoms** - Improved When Housed  
**Psychosis Symptoms** - Improved When Housed  
**PTSD Symptoms** - Unstudied

## Trauma

**Victimization: Assault** - Unstudied  
**Victimization: Robbery** - Unstudied

## Quality of Life

**Overall Health** - Unstudied  
**Overall Quality of Life** - Improved When Housed  
**Social Support** - Improved When Housed  
**Social Activity Limitations** - Improved When Housed

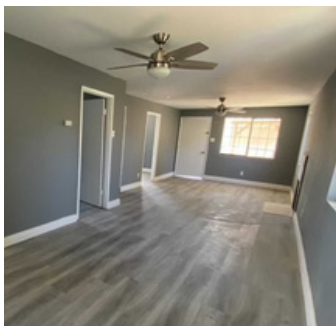
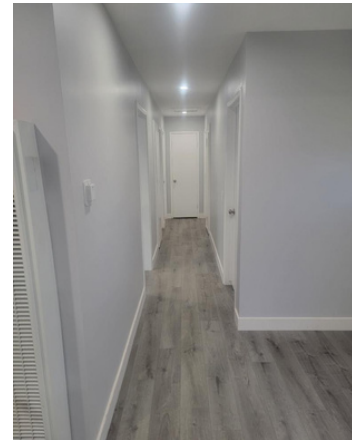
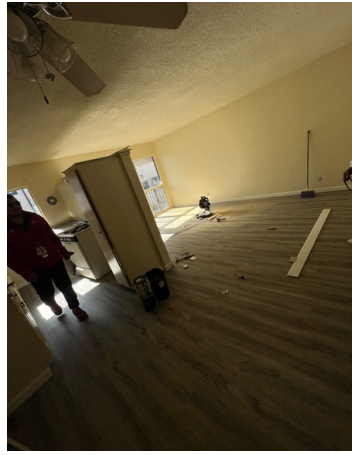
## Physical Health

**Fatigue** - Unstudied  
**Sleep Issues** - Unstudied  
**Pain** - Unstudied  
**Physical Activity Limitations** - Unstudied

In the months that veterans were housed, access to mental health care treatment; care from a doctor or nurse for physical health treatment; adherence to assistance for both mental and physical health problems; and use of services for housing, VA benefits, legal, and financial assistance increased. Inpatient hospital stays and emergency department visits decreased during the month's veterans were housed.



# REMODELS



OPERATION HOMECOMING

# Progress Indicators

Progress Indicators represent a select group of our strategies based on the best available programs to help veterans and families sharpen their focus on prevention activities with the greatest potential to prevent suicide. These strategies include: strengthening economic supports; strengthening access and delivery of suicide care; creating protective environments; promoting connectedness; teaching coping and problem-solving skills; identifying and supporting people at risk; and lessening harm and preventing future risk. The strategies represented through our include those with a focus on preventing the risk of suicide in the first place as well as approaches to lessen the immediate and long-term harms of suicidal behavior for individuals, families, communities, and society. The strategies in the technical package support the goals and objectives of the National Strategy for Suicide Prevention<sup>1</sup> and the National Action Alliance for Suicide Prevention's priority to strengthen community-based prevention.<sup>2</sup> Commitment, cooperation, and leadership from numerous sectors, including public health, education, justice, health care, social services, business, labor, and government can bring about the successful implementation of this package.

## PROGRESS INDICATORS

Key Indicator	Activity / Project	Data / Outcome
Providing veterans with optimal healing, transformation, and freedom from painful past experiences	<b>HOLISTIC RETREATS ALTERNATIVE WELLNESS</b>	Increased Social Interaction, Better sleep, decrease in mood swings, understanding their pain
Financial Stability - Occupational Specialty, improving veterans unique strength - program strives to enhance skills	<b>CAREER PLACEMENT</b>	Graduation rate and placement in specific local unions . One year program.
Outreach grows the initial steps into a deeper commitment to the help process for veterans.	<b>EVENTS FOR OUTREACH</b>	Increased connection with veterans, sharing knowledge on alterantive treatments and benefits

Raising awareness about mental health and suicide prevention is necessary.



# Progress Indicators Cont.

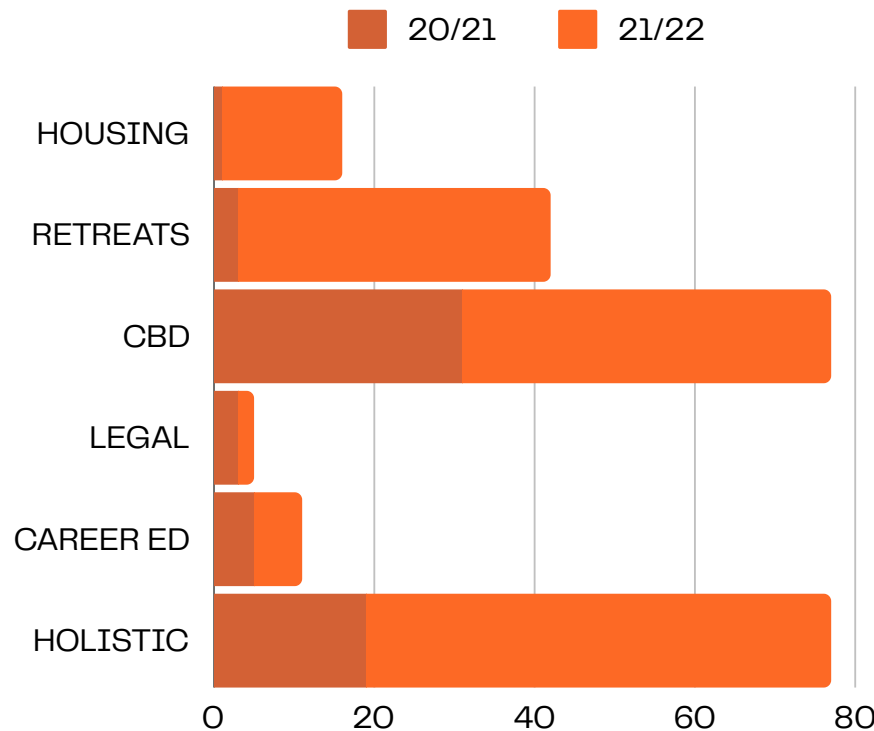
**Suicide can be prevented. Like most public health problems, suicide is preventable. 1** While we have made progress with our programs, practices, and outreach we continue to connect with other foundations and their programs to create a "chain link" to additional assistance through a synergistic approach such as peer-to-peer programs and outdoor events involving other veteran foundations which we call "The Community". **Just as suicide is not caused by a single factor, research suggests that reductions in suicide will not be prevented by any single strategy or approach. 1** Rather, veteran suicide prevention is best achieved by a focus across the individual, relationship, family, community, and societal levels and across all sectors, private and public. Suicide, like other human behaviors, has no single determining cause. Instead, **suicide occurs in response to multiple biological, psychological, interpersonal, environmental, and societal influences that interact with one another, often over time. 1**

1 - U.S. Office of the Surgeon General, National Action Alliance for Suicide Prevention. 2012 National strategy for suicide prevention: goals and objectives for action. Washington, D.C.: HHS; 2012.

Key Indicator	Activity / Project	Data / Outcome
Permanent Housing for At-Risk Veterans	<b>OPERATION HOMECOMING</b>	Remodeled housing for veterans. Strong relationship with VA. Veterans are happy with the quality of placement, Voluntary participation in other healthy programs.
Veterans have an alternative holistic avenue to pain management. Heavy reduction in alcohol and use of pain pills.	<b>CBD PROGRAM</b>	Veteran feedback: reduction in pill use, education in alcohol use, reduction in pain, better sleep patterns.
We aim to cultivate integrated, resilient, and prosperous veteran communities by improving veteran quality of life thus ending veteran suicide.	<b>PRISM (INTEGRATION Program)</b>	Interaction with veterans through post-retreats and veterans who choose to engage in ala-carte programs where we gauge results.

One important feature of our programs is the complementary and synergistic impact of the strategies and approaches. The strategies and approaches included in our programs represent different levels of the social ecology, with efforts intended to impact community and societal levels, as well individual and relationship levels for veterans. The strategies and approaches are intended to work in combination and reinforce each other to prevent suicide. The strategies are arranged in order such that those strategies hypothesized to have the greatest potential for a broad impact on veteran suicide or elements which could lead to suicide.

## 2021 / 2022 YTD INCREASED ASSISTANCE



**2303**

TOTAL VETERANS REACHED & ASSISTED SINCE 2017

**79**

EVENTS VETERAN OUTREACH SINCE 2017

### Potential Outcomes

- Increases in healthy coping attitudes & behaviors
- Increases in referrals for veterans in distress
- Increases in help-seeking behaviors
- Increases in positive perceptions of support

**100%**

Operation Homecoming 2021/2022 Homeless and At-Risk Veterans assisted remain housed.



**815** TOTAL VETERANS REACHED & ASSISTED IN 21/22

# Next Steps

Where do we go from here? Sustainability reports are not just about looking back, but also looking forward. This report is a continuous work in progress – a way for us to track our impact and improvements over time. This section outlines our strategy for continuing to build upon the important work we are doing.



## HEALTH AND WELLNESS ADVISORY BOARD

For 2023 we are creating a collective of health and wellness advisors which will form a board to help advise the foundation in various wellness strategies.



## RETREATS

Our focus is to increase the number of retreats from 3 to 4–6 per year to service more veterans in need, as well as become more involved in advocacy for alternative holistic programs including plant medicines.



## FUNDRAISERS

The foundation's goal is to connect with more grants, endowments and benefactors to assist Sabot in expanding new and existing programs to enable us to offer assistance to more veterans.

# Conclusion

In an effort to continue pushing the field and society further towards prevention, our processes include strategies and approaches that ideally would be used in a comprehensive, multi-level and multi-sectoral way. It includes strategies and approaches to prevent the risk of veteran suicide in the first place, as well as strategies focused on lessening the immediate and long-term harms of suicidal behavior. We include strategies that range from a focus on the whole veteran community regardless of the risk to strategies designed to support veterans at the highest risk.



## EVENTS

- Connected with more events
- Increased our outreach goals
- Connection w Community Leaders
- Built a Foundation Van to create visual presence at events



## COMMUNITY

- Increased connection with other foundations
- Veteran Reunions
- Increased Relationship with the Veterans Administration
- Participation in a variety of veteran events



## TOOLS

- Created a 432hz Sound Holistic Album available on all platforms
- Added Meditation and Breathwork program
- Securing effective retreat spaces
- Offer sound baths, yoga and meditation

Cognitive Behavioral Therapy focusing on Suicide Prevention (CBT-SP) is an example of one therapeutic approach to prevent suicide. It uses a risk-reduction and prevention approach that includes an analysis of proximal risk factors and stressors to prevent suicide; safety plan development; skill building; and psychoeducation. CBT-SP also has family skill modules focused on family support and communication patterns as well as improving problem-solving skills.

# Acknowledgements

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VETERANS OF WAR - VETERANS EXPLORING TREATMENT SOLUTIONS (VETS)  
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