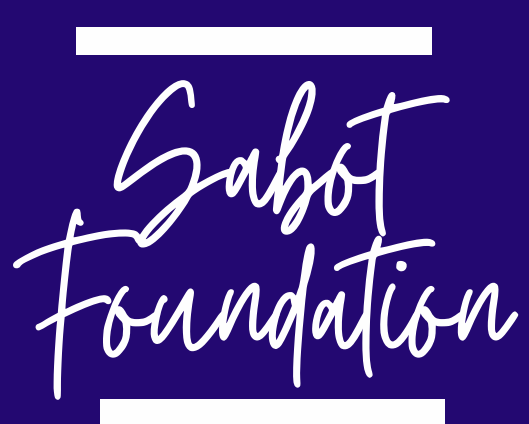




A 501(c)(3) Charitable Trust



est. 2016

Impact Report

FY 2023 - 2024

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Introduction

The suicide rate for Veterans continues to be 1.5 times higher than that of the general population. In the 20 years between 2001 and 2020, the suicide rate among Veterans between the ages of 18 and 34 increased by 95.3%. Women veterans are twice as likely to attempt suicide than male veterans and are twice as likely to succumb to suicide than their civilian counterparts.

As we enter our ninth year of serving veterans and law enforcement, we have placed a heavy focus on the women who have served and are serving in these specialized communities. Sabot remains an ALL VOLUNTEER ORGANIZATION - WE RECEIVE NO PERSONAL COMPENSATION OR BENEFITS.

Considering high rates of trauma exposure among women veterans, we believe that a gender-sensitive approach with a trauma-informed lens is essential to preventing suicide with this population.

Our outreach, our programs and our intervention remains largely focused on preventing suicide ideation using Integral and proven next steps to provide positive help.

A brief overview of our goals include:

- Effective Outreach
- Continuing with our Holistic and Wellness Programs through PRISM which have effectively assisted in creating balance.
- The results of our programs address three areas Physical Health, Mental Health and Emotional Well Being. These areas are vital to creating balance and erasing fog to create a positive outlook.
- We continue to measure the success of our actions through the positive feedback we receive from, the individual, family, spouses and friends. The change in mood, behavior, communication and their actions gives us clear indications of the positive effects without the use of pills or other substances.
- Cost of living still remains a heavy factor for many as well as those that may be DV victims or suffering from MST and our program Operation Homecoming has been quite effective in addressing this problem in providing permanent housing.

On Behalf of the Board of Trustees and Founders



Jon Kraslma



E.H. Meredith

Our Mission & Purpose

OUR MISSION

Sabot's mission involves 5 main pillars:
Suicide Prevention - Suicide Awareness
- Crisis Intervention - Homelessness -
Advocacy

Reducing suicide requires programs that enhance stability to create opportunities, implement systemic change & provide for a positive future. We attend to the factors that increase risk, but also attend to the programs we know that are effective.

Through this mission we empower those we help, provide effective prevention services, respond to immediate support services and employ effective interaction with a strong community of like minded non-profits.



OUR PURPOSE

Sabot Foundation's purpose is to be part of national front focused on eliminating suicide, continue to be a positive resource for those in crisis, offer effective resources and expand our tailored resources to women in the communities we serve.



*Supporting our mission to end
this nationwide issue*



Our FY 2024/2025 Goals

In Fiscal 2023/2024 we focused to expand our existing reach in three key areas:

Meeting the needs of female veterans.

Working with our partners to make more remodeled housing available to at-risk veterans and those in need of permanent affordable housing.

Expanding our integration programs to provide for more veterans in need.

1

Increased outreach & awareness campaigns tailored specifically to female veterans to inform them about available services and resources.

In 2023/2024 we participated and planned more events than any other year since our founding. The foundation participated in 23 events with a specific goal to reach more women veterans. Several barriers exist that hinder the ability to reach women veterans who are in need of support. These barriers include a lack of awareness among service providers about the unique needs of women veterans, a stigma associated with seeking help for mental health issues & geographical isolation from support services.

2

Worked with our partners to make more housing available for at-risk veterans, with a focus on female veterans.

In 2021 Operation Homecoming was our new endeavor to provide unique permanent housing in specific areas of Los Angeles and Orange County, CA. This Program still exists today with the goal to provide permanent, safe, remodeled housing for veterans. This program has been specifically accommodating to women veterans with children or extended families. Our development partners have been instrumental in assisting us to meet the needs of veterans, specifically women who have specific needs and have experienced trauma, domestic violence or homelessness. This program has never received outside grant assistance & has thrived due to collaborative relationships.

3

Expansion of our Integration programs

The purpose of expanding our Integration programs is the promotion of social cohesion. These programs contribute to the elimination of suicide ideation and have a positive impact on overall well-being & mental health. Our programs provide social support, opportunities for social connection & access to essential services. These programs help individuals feel supported & connected to their communities. These programs are specifically tailored for individuals who may feel isolated or marginalized & play a vital role in creating a more harmonious and empathetic society for the many who are struggling.

Our Strategy

Our strategy is to assist with the overall elimination of veteran suicide which is estimated at 40-44 lives per day. The impact of veteran suicide is far-reaching and devastating, affecting individuals, families, communities and society at large. Our reach extends beyond just veterans; this also includes Gold Star families, spouses, White Star families & first responders. We work towards reducing the staggering toll of veteran suicide, eliminating the stigma and barriers to accessing mental health care (including long wait times, lack of resources and inadequate support systems). Children of veterans who die by suicide are at a higher risk of mental health issues themselves, perpetuating a cycle of suffering.

Our main focuses:

- Outreach
- Impact on Families
- Mental Health Challenges
- Impact on Community and Society
- Involvement with like minded non-profits
- Cultivating a culture of learning among similar organizations
- Eliminating Stigma and Barriers to Care
- Educating those on Holistic and Wellness options and programs, the positive impact those programs have had on other peoples lives.

PROJECTS	DETAILS	OUTCOME
PRISM (Platforms for Recovery Integration Systems Management)	This program employs a combination of holistic options to help veterans battling PTS, MTBI, MST, Anxiety & Depression. These include sound therapy, breathwork, peer to peer, CBT, CBD, meditation, LLLT, Yoga	<ul style="list-style-type: none">• Encouragement to continue healing journey• feedback includes increased physical health, mental clarity, emotional balance, and increased family connection
The Reality Center	The mission of the Reality Center is to provide technology that facilitates positive change for humanity. to have access to tools which improve their mental, physical and spiritual wellness.	<ul style="list-style-type: none">• The most common feedback was major shifts from depression towards moods of happiness. Several participants inquired about bringing family members to experience the treatment.
Neurogen Brain Balancing	Founded by Master Gunnery Sergeant Gregory L. Gillispie who retired after a distinguished 30-year career in the Marine Corps. Their program helps the brain self-regulate and promote more balanced brainwaves.	<ul style="list-style-type: none">• Veterans with extreme depression began experiencing a change in their mood after the 4th session and saw significant results after a full 12 sessions (paid entirely by the Foundation).

Advanced Programs

To Create a Future Free of Veteran Suicide

Sabot's Advanced Programs involve strategies to address female and male veterans who have suffered psychological and physical injuries where the use of pharmacology has resulted in addictions and/or non-performing solutions. These programs have proven to be highly effective in a number of areas where veterans are suffering from emotional, physical and mental trauma and have garnered support by many government representatives due to strong advocacy. Stem cells offered to participating veterans have provided significant benefits, including tissue regeneration, pain relief, mental health support, and overall health enhancement. Plant medicines create an acute awareness, recognition & healing surrounding addiction, recovery & abuse, along with creating stability control. These programs are provided to the veterans free of cost.

The Programs Goals:

- Education
- Options to pharmacology, alcohol
- Reflection and Recovery
- Continuation in Integration Programs
- Increasing axonal branching and neuro connectivity
- Cultivating stronger relationships with families through healing.
- Life Balance
- Advocacy to others in need who have experienced the program.
- Creating a stronger healthier community

PROJECTS	DETAILS	OUTCOME
STEM CELL THERAPY	Purpose of the program is to aid women and male veterans in the regeneration of damaged tissues and organs including musculoskeletal injuries, traumatic brain injuries, and other service related injuries	<ul style="list-style-type: none">• Improved physical function• reduced pain levels• higher quality of life• improved overall well being• alleviate chronic pain and inflammation
Transformational plant medicine programs	In 2019 Sabot started a journey after speaking with female veterans who had been transformed through retreat experiences with those specializing in military trauma. This program involves medical professionals in this field and have experience in its administration.	<ul style="list-style-type: none">• The processes opened insights for change to overcome addiction and trauma related battles that individuals were suffering from. Combined with integration we discovered positive changes in the participants.
Operation Homecoming	Operation Homecoming is a residential partnership with developers to provide stable and permanent housing to veterans who are at-risk or homeless. Homelessness is a key component to suicide ideation.	<ul style="list-style-type: none">• The foundation has placed 31 veterans in remodeled homes primarily in the Los Angeles County Area which maintains the most homeless veterans in the United States. All remained housed to this day. One has relocated to another state.

Operation Homecoming

Operation Homecoming is a program that addresses the Housing Needs of at-risk Veterans, including homelessness and housing instability, by providing safe and stable housing. The program focuses on the importance of partnerships with housing developers specifically tailored to meet the needs of at-risk veterans and explore potential solutions to address this critical issue.

At-risk veterans are a diverse group that includes those grappling with physical and mental health issues, substance abuse, poverty, and a lack of social support systems. These challenges are exacerbated by a lack of affordable housing options and limited access to crucial support services. As a result, many veterans find themselves without a place to call home, facing the harsh realities of homelessness and housing insecurity.

Homelessness has a devastating impact on veterans, affecting their physical and mental well-being, their ability to secure employment and access healthcare services, and their overall quality of life. Without stable housing, veterans are more susceptible to experiencing further hardships, perpetuating a cycle of poverty and instability. This program was created to prioritize the development of housing solutions that cater to the unique needs of at-risk veterans to break this cycle and support successful reintegration into society. We help veterans by supplying the connections between builders and property managers with programs such as SSFV, JVS, VASH and other government supported programs.

This program is specifically designed for at-risk veterans as a multifaceted endeavor that also includes collaboration between government agencies, nonprofits, and community organizations. These housing solutions prioritize affordability, accessibility, and inclusivity, offering a range of supportive services tailored to the individual needs of each veteran (especially women). Supportive housing models, such as permanent and transitional housing, have shown promise in providing at-risk veterans with the stability and resources they need to thrive.



Outreach

OUTREACH GOALS

1. Raising Awareness:

Outreach raises awareness about mental health issues and reduces the stigma associated with seeking help. By educating the public about the signs and symptoms of mental illness and the importance of seeking treatment, outreach can help break down barriers to care and encourage individuals to seek support when needed.

2. Providing Support:

One of the key benefits of our outreach efforts is providing support to individuals who may be struggling with mental health issues or thoughts of suicide.

3. Connecting Individuals with Resources:

In addition to providing support, outreach plays a crucial role in connecting individuals with our mental health resources and services. Through outreach efforts, individuals learn about available treatment options, community support services, and other resources that can help them manage their mental health challenges and prevent suicide.

4. Preventing Suicides:

Suicide is a tragic outcome of untreated mental illness, and outreach programs are instrumental in preventing suicides by reaching out to individuals at risk and connecting them with appropriate support and resources. By identifying warning signs, providing intervention, and offering ongoing support, outreach programs can help save lives and prevent tragic losses.

Sabot Foundation
has participated &
sponsored

117

Outreach Events
since 2017

AVERAGE REACH PER EVENT

90

ALTERNATIVE PUBLIC INTEGRATION TOOLS FROM SABOT FOUNDATION ARE KEY TO EXPANDING ASSISTANCE TO THOSE WE MAY NOT REACH. THE FOUNDATION CREATED A SOUND ALCHEMY ALBUM USING 432HZ SOUNDS PROFESSIONALLY RECORDED IN THE FAMED RECORD PLANT AND MIXED IN NETFLIX'S ATMOS ROOM. THIS IS THE FIRST TIME A PROJECT OF THIS NATURE WAS RECORDED AT A HIGH LEVEL TO CREATE THE CLOSEST SOUND FREQUENCIES TO ENHANCE A LIVE CALMING AND HEALING ENVIRONMENT THROUGH SOUND VIBRATIONS AND FREQUENCIES. AVAILABLE ON OVER 32 DIGITAL PLATFORMS.



250,000 +
STREAMS

FEATURING: CHRISTINE LOPEZ

40-44

Veterans Take their own life everyday

*America's Warrior Partnership

24.1%

Women Veteran Suicide Rate has risen since 2021

*dav.org

30,177

The number of veteran suicides post 9/11 conflicts as of 2021

*Watson Insitute for Public Affairs

1-in-3

Women Veterans report experiencing sexual harrassment or MST

*VA Women Veterans Health Care

131,000

Total Suicides from 2001 - 2021

*Preeti Vankar - Statista

Suicide Impact

Veteran suicide prevention requires a multifaceted approach that addresses the unique challenges faced by veterans. By implementing comprehensive strategies focused on prevention, intervention, and support, it is proven to reduce the prevalence of suicidal thoughts and behaviors among veterans. Through our collaborative efforts with like-minded non-profits, community organizations, health professionals and individuals, we work towards creating a supportive environment where veterans feel valued, understood, and empowered to seek help when needed.

Entering our ninth year, continuing with a proactive system to identify veterans who may be at risk of suicide is crucial. The emotional toll of veteran suicide carries a significant social cost. The loss of potential contributions from these individuals, who have undergone extensive training and gained valuable skills during their service, deprives society of their expertise and talent. Furthermore, the stigma surrounding mental health issues and suicide in the military community can prevent veterans from seeking help, perpetuating a cycle of suffering that affects not only individuals but also the fabric of society at large.

Moreover, the economic impact of veteran suicide includes healthcare expenses related to mental health support, survivor benefits for families, and potential loss of productivity in the workforce. These financial burdens place strain on government agencies, healthcare systems, and social services, ultimately affecting the overall economy.

Addressing the cost of veteran suicide requires Sabot to take a multifaceted approach that involves proactive mental health support, destigmatization of mental health issues, and increased access to resources for veterans in need. By prioritizing mental health awareness and suicide prevention initiatives within the military and veteran communities, we work towards reducing the incidence of veteran suicide and mitigating its impact on individuals and society as a whole.

80%

Of Post-9/11 veterans say that the public does not COMPREHEND the problems that those who have served face in transitioning to civilian life.

*George W. Bush Institute

2nd

Leading cause of death in veterans under 45 is Suicide

*2023 National Veteran Suicide Prevention Annual Report

52%

Native Americans saw the sharpest increase in death by suicide between 2020 and 2021

*Veterans Admin 2023

166%

The suicide rate of veteran women is that much higher compared to non-veteran women suicides

*VA Suicide Prevention Annual Report 2023

Our programs address a number of mental health conditions which lead to suicide ideation

Anxiety	Bipolar Disorder
Depression	Effects of TBI
Military Sexual Trauma	PTS
Schizophrenia	Substance Use
Homelessness	Survivors Guilt

Thank You

On behalf of Sabot Foundation, we want to take this opportunity to extend our heartfelt gratitude for your generous support and contributions.

Your unwavering commitment to our cause has made a significant impact on the work that we do, allowing us to continue our mission and make a difference in the lives of those we serve. Your dedication to helping others is truly admirable, and we are deeply appreciative of your kindness and generosity.

We value and cherish our relationship with each and every one of our donors, as you play a crucial role in our success and growth. Your ongoing support motivates us to strive for excellence and gives us the resources needed to carry out our programs and initiatives.

As we move forward, we remain committed to upholding the trust and confidence you have placed in us. Your donations empower us to create positive change and build a better future for the individuals and communities we serve.

Once again, we thank you from the bottom of our hearts for your continued support and belief in our cause. Your kindness has not gone unnoticed, and we are truly grateful for the difference you are making in the world.

Thank you for your generosity, compassion, and commitment to making the world a better place. We appreciate your support.



*We thank you for your
continued support of
our programs*

Sabot Foundation
PO Box 4703
Englewood, CO 80155
sabotfoundation.org
@sabotfoundation
jk@sabotgroup.com
hh@sabotgroup.com

