



MASSED TREATMENT APPROACHES: HOME BASE INTENSIVE CLINICAL PROGRAMMING

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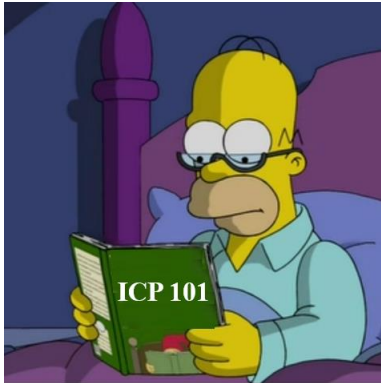
A RED SOX FOUNDATION AND
MASSACHUSETTS GENERAL HOSPITAL PROGRAM



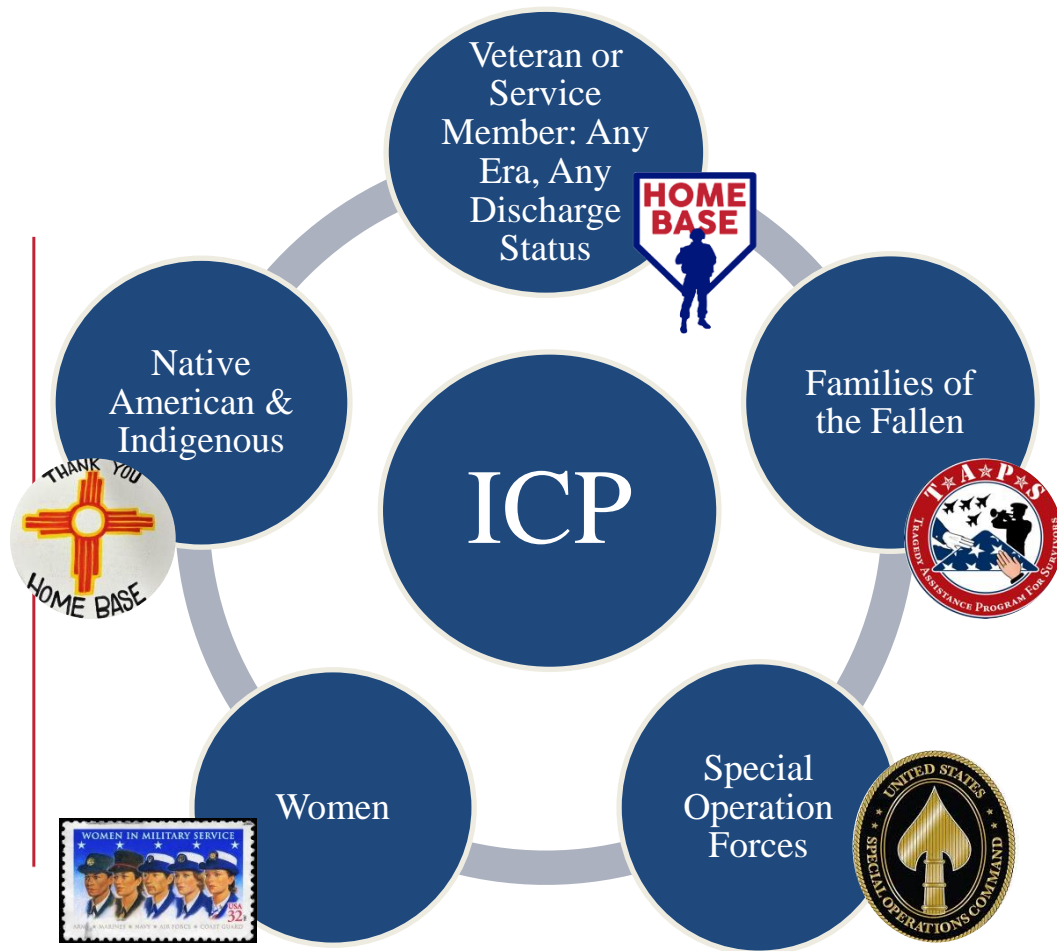
DISCLOSURE

Neither I nor my spouse/partner has a relevant financial relationship with a commercial interest to disclose.

ICP: How We Got Here



- Launched 2015 (cohorts of 6 per month)
- Member of Warrior Care Network
- Current state: 2 cohorts of 24 every 2 weeks
- No cost; all eras/discharge statuses
- Symptoms or diagnoses of PTSD, anxiety, depression, TBI, substance use, adjustment
- Two-weeks, intensive daily schedule
- Modified evidence-based treatment protocols for two-week format



Veteran or Service Member: Any Era, Any Discharge Status



Families of the Fallen



Special Operation Forces



Women



Native American & Indigenous

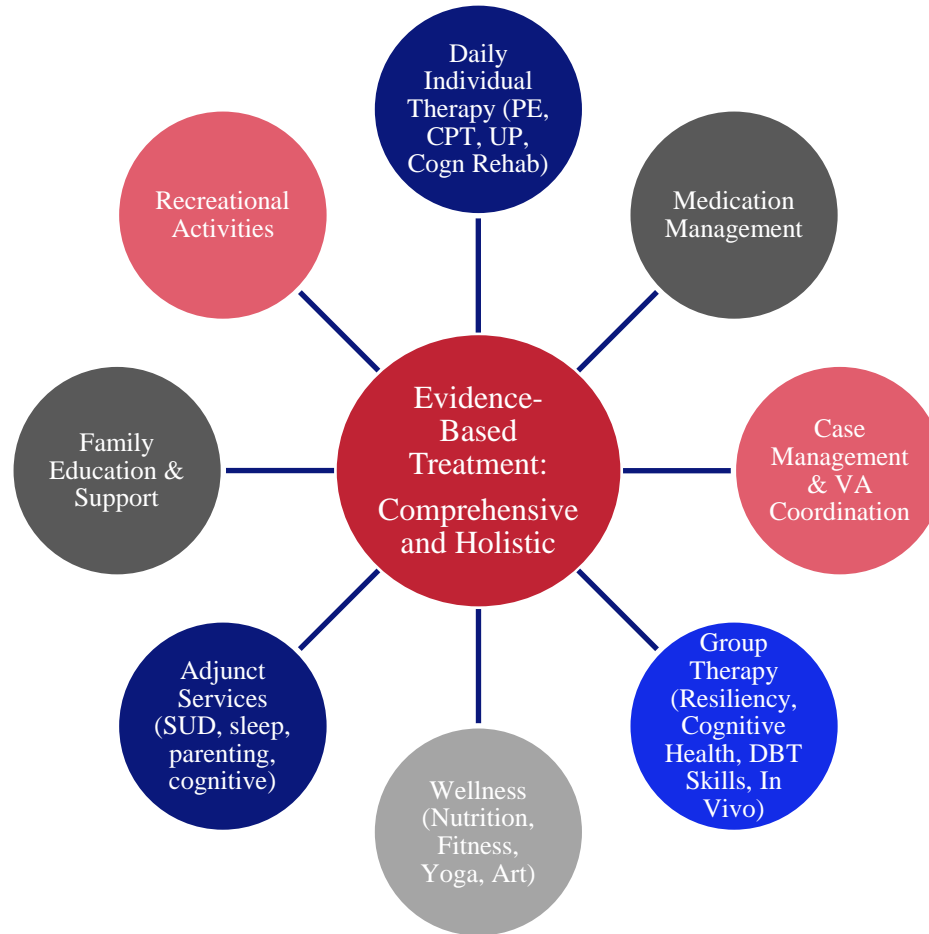


Inclusion criteria

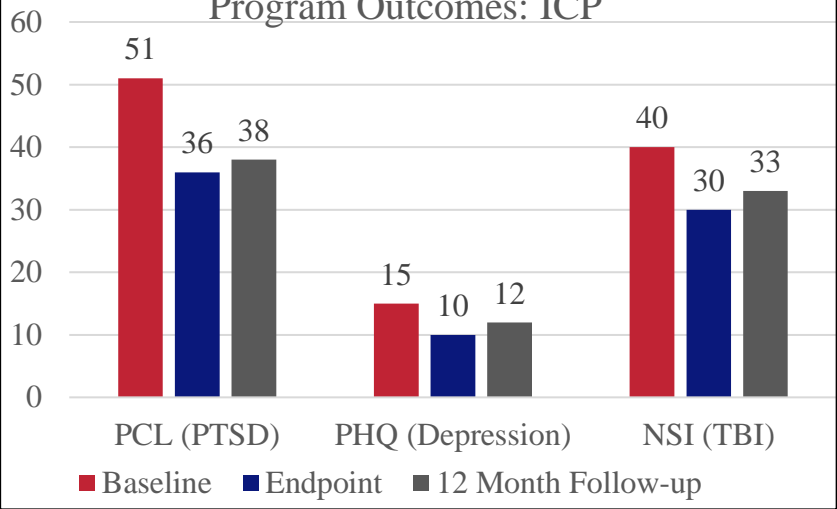
- ✓ Veteran or service member (or family of the fallen)
- ✓ Primary diagnosis and/or symptoms of PTSD, Anxiety, Depression, and/or TBI
- ✓ Willingness to participate in group sessions
- ✓ Relative psychosocial stability, including stable housing

Exclusion criteria

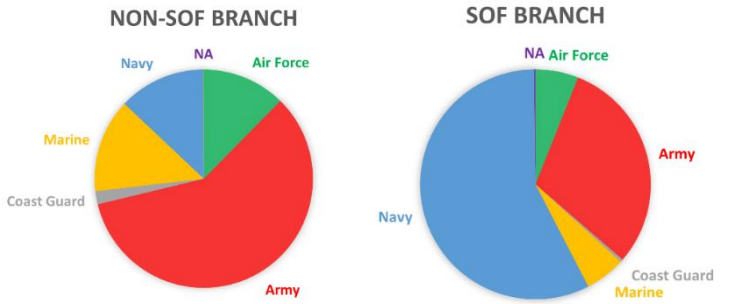
- ✓ Current psychotic or manic symptoms
- ✓ Suicide attempt within last 90 days/MH hospitalization last 30 days
- ✓ Current substance use requiring detoxification or period of sobriety for stability
- ✓ Serious medical and/or psychiatric conditions requiring a higher level of care
- ✓ Severe problems with interpersonal functioning that would interfere with group treatment



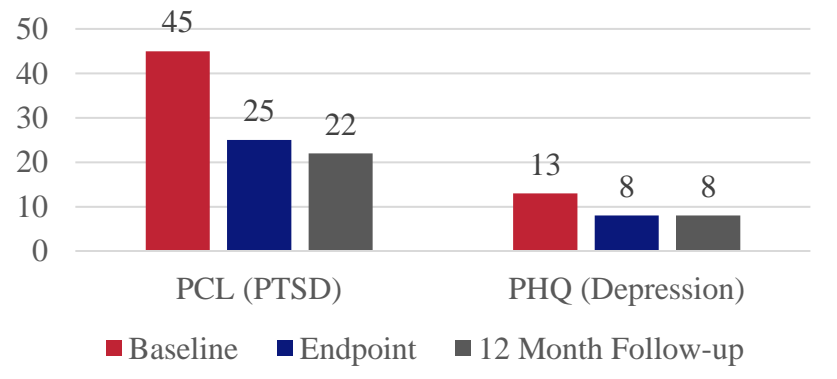
Program Outcomes: ICP



“What I received at Home Base was elite, lifesaving, understanding and holistic care that gave me invaluable tools and skills to help me want to get up in the morning and fight for my life each day.”
 - Sergeant First Class (Retired) Julian Kitching, Green Beret, ICP graduate



Program Outcomes: Families of the Fallen



Measure (Avg)	Non-SOF Baseline	SOF Baseline	Non-SOF Endpoint	SOF Endpoint	Non-SOF Delta	SOF Delta
PCL-5	52.36	42.21	37.88	33.36	-14.48	-8.85
PHQ-9	15.45	11.63	10.89	9.75	-4.56	-1.88
NSI	41.48	37.6	30.61	29.47	-10.87	-8.13

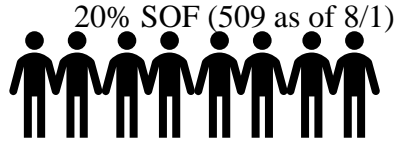
Completion Rate: 95%

Satisfied with the clinical care received at Home Base: 97%

Will recommend Home Base to another Veteran in need: 96.5%

SOF pts in general cohorts respond equally well as SOF pts in specialty cohorts

265 Cohorts
>2,500 Participants
18% Women
20% Still Active



WHERE TO NEXT...



Innovations & Technology

Virtual Reality (Jan '24)

Acupuncture (Oct '24)

Pain Programming (Oct '24)

Wearables

Additional Populations

Puerto Rico & Spanish Speaking (Nov '24)

Mobile Cohorts: Tribal Communities – San Carlos Apache (Dec '24)

Special Operations Forces – Women (March '25)

Children of the Fallen (2025)