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Veterans Affairs**

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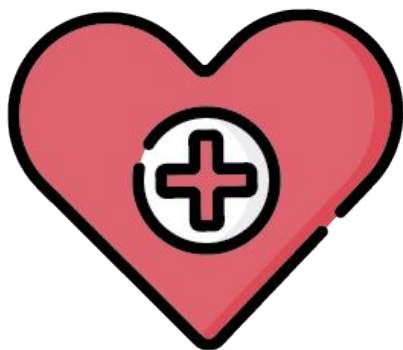
# 2024

## Statewide Symposium in Support of Service Members, Veterans & Their Families

April 17-18 | Phoenix, Arizona

arizona coalition  
for military families





# Health & Wellness

## Session 2

### Maintaining Health Post Military Service



# Facilitators



**Dean Wenrich**

CONNECTION COACH

Arizona Coalition for Military Families



**Jose Gonzalez**

RISK REDUCTION PROGRAM SPECIALIST

Arizona Coalition for Military Families





# Agenda

- 1 **Transformative Physical Fitness**
- 2 **Merging Vets and Players**
- 3 **Cost Effective Health & Wellness for Veterans**



# Transformative Physical Fitness

Richard Mulder

Executive Director

Quality Resilience Fitness





**Richard Mulder  
MS, CSCS**

**Certified  
Transformational  
Recovery Coach**





<https://thenesttorecovery.com/veterans/statistics/>  
<https://trends.google.com/trends/explore?geo=US&q=%20many%20veterans%20suffer%20from%20ptsd>  
<https://www.research.va.gov/topics/obesity.cfm>  
<https://pubmed.ncbi.nlm.nih.gov/18595417/>  
<https://www.ijpr.org/health-and-medicine/2015-09-26/veterans-administration-tackles-vets-80-percent-obesity-rate>  
<https://stopsoldiersuicide.org/vet-stats>  
<https://www.statista.com/statistics/586712/iraq-afghanistan-veterans-with-current-medication-prescription/>

# "Problems" & "Solutions"

## • Addiction

- Approximately 11% of veterans who visit a medical facility run by the Department of Veterans Affairs (VA) for the first time **REPORT** having a substance use disorder (SUD).
- More than 80% (nearly 900,000) of veterans with SUDs abuse alcohol and nearly 27% (about 300,000) of veterans with SUDs abuse illegal drugs.
  - Alcohol is the primary substance for 65% of veterans entering treatment centers—**nearly twice the rate of civilians.**

## • Trauma

- Service and Non-Service related PTSD
  - 180% spike in Google searches for veteran PTSD over the last year
- Military sexual trauma (Female Veterans are at an estimated 10 times higher risk of military sexual assault and resulting mental health issues than male Veterans)

## • Obesity

- Obesity rate of veteran community is 80%, surpassing that of the general population
  - Increased risk of heart disease, Type II Diabetes, stroke, and some cancers
- More than 25% of veterans are diabetic; three times the national average

## • Isolation

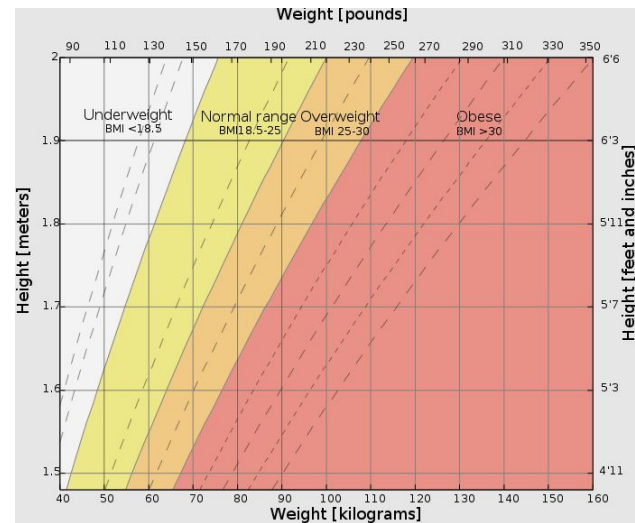
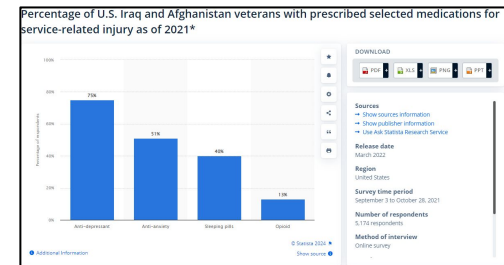
- Difficulty adjusting to civilian life
- Difficulty navigating the VA
- Financial difficulties
- Loss of identity

## • Suicide Risk

- Second leading cause of death in post-9/11 veterans (22.3% of all deaths)
- Suicide rate in post-9/11 veterans is 48% **higher** in those who did not deploy to Iraq or Afghanistan
- Suicide rate 1.5 times the civilian average

## • Solutions

- Medication
- Cognitive Behavioral Therapy (CBT)
- Counseling, Coaching, Traditional Therapy
- Exercise
  - "Physical Activity is 1.5 times more effective at reducing depression, psychological stress, and anxiety than medication or CBT" - *Dr. Ben Singh*



Our Physical Health Crisis is our Mental Health Crisis





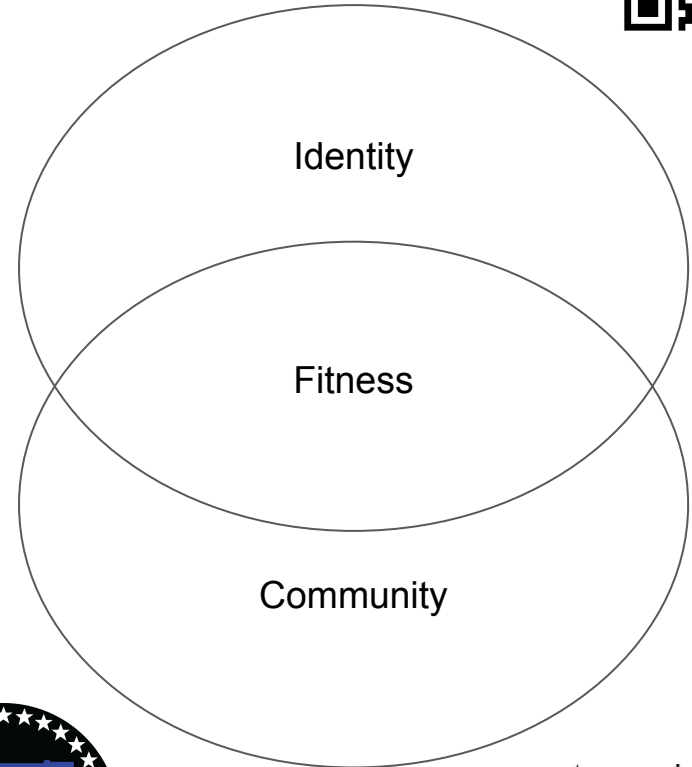
# Physical Fitness as the Vehicle for Transformational Mental Health

- There is no magic pill, there is no easy diet option, there is no “one size fits all”
  - The only way out is through
- Injuries, limitations, access to facilities, etc. **EVERYONE** should prioritize their fitness.
  - Multitude of organizations working tirelessly to provide options and opportunities for veterans
- So with all of these resources at veterans’ fingertips, why aren’t the numbers improving?

# ADHERENCE



- Diversity of the veteran population
- Overwhelmed - quitting before they even begin
  - Think direction, not distance
- There IS a fitness program for everyone
  - (Chances are, it doesn't look cool on Instagram!)
- The best strength & conditioning program is the one the veteran will follow; consistency is the key to improving and maintaining health
  - Proximity to Veteran
  - Community Provided
  - Perceived Effects of Program
  - Injury Risk Limitation
  - Accountability Reinforced with Education
- Pressure and today's *very* unregulated nervous system
  - "Today, our body is in a constant state of fight or flight. When we're in fight or flight, we have less access to empathy and regulation. Divisiveness and resentment is the end result." - *Dr. Nicole LePera*





# Merging Vets and Players

Brett Neibel

Phoenix Program Manager

Merging Vets and Players



**Merging Vets &  
Players**



# OUR MISSION

MVP **empowers** combat veterans and former professional athletes by connecting them after the uniform comes off; providing them with a new team to assist with transition, promote personal development, and show them they are **never alone**.

# Our Founders

**Merging Vets and Players (MVP) was created in 2015 by NFL Insider Jay Glazer and former Green Beret and NFL Player Nate Boyer to address the unique challenges faced by both combat veterans and retired athletes.**

**“When the uniform comes off, what’s missed the most is that locker room, that tribe. MVP was created by me and Nate Boyer to give you your tribe back, to remind our warriors and athletes that what lies behind the rib cage is what makes us all special.” – Jay Glazer**

**“Both war fighters and athletes need something to fight for once the uniform comes off, and your service to your country or time on the field is over. Without real purpose for the man on your right and left, it can be easy to feel lost.” –Nate Boyer**



**JAY GLAZER**



**NATE BOYER**



# A New Mission



Many of our warriors struggle to transition their abilities towards a new mission.

MVP was designed to address this challenge and ensure that all our nation's warriors can be as productive off the field as they were on it.

MVP creates an environment where we can share each other's strength and experience and support each other in building fulfilling lives of service and strength.

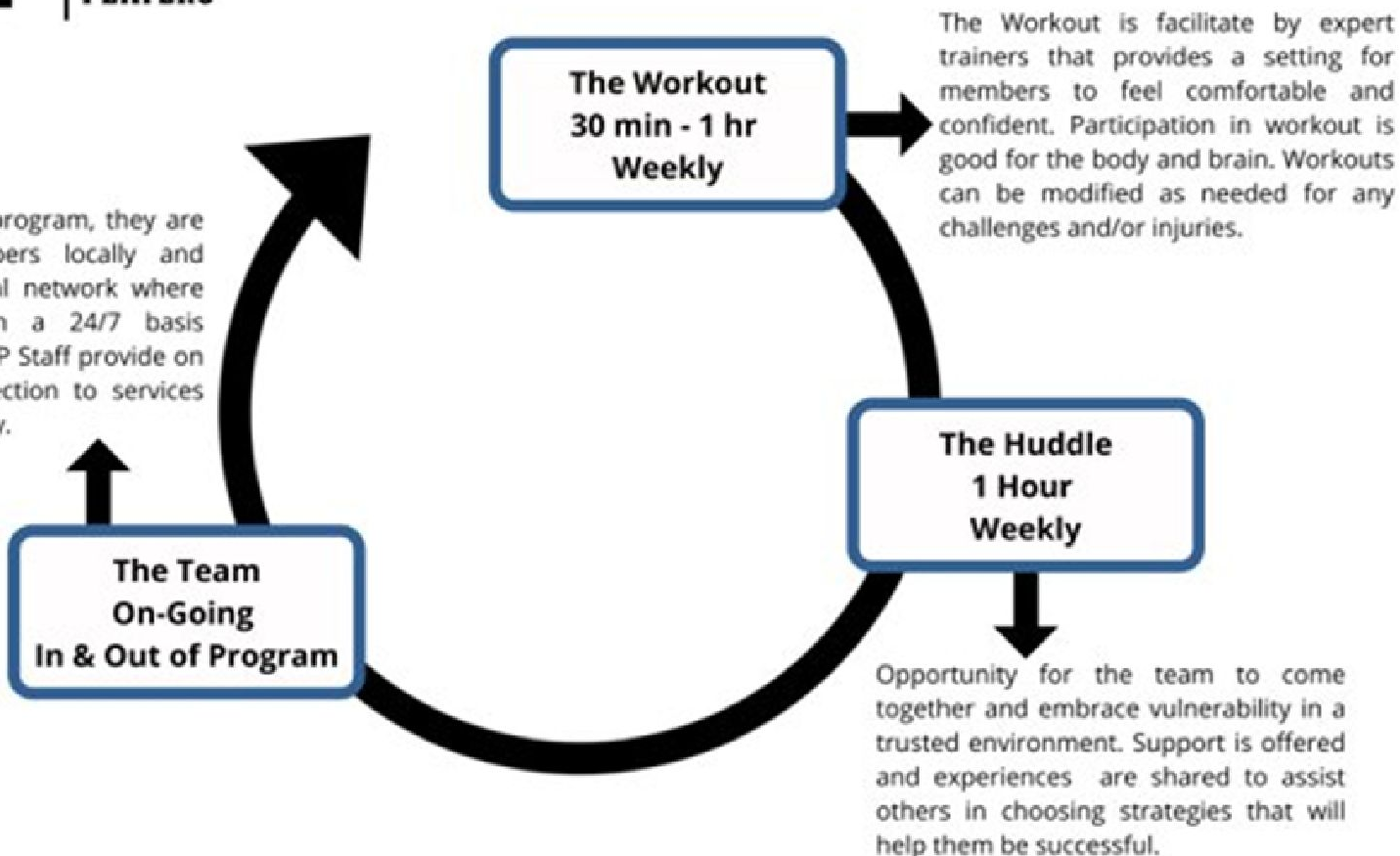
Your support will enable us to continue building our program and unlocking the potential of these great individuals.



# Our Focus:

- Embrace**
- **Holistic Wellness**
- **Foster Resilience**
- **Create Positive Impact**
- Inspire Others**

When members join the program, they are connected to all members locally and nationwide via an internal network where communication flows on a 24/7 basis amongst membership. MVP Staff provide on going support and connection to services and resources as necessary.



# WHOLE HEALTH



**MENTAL HEALTH - REDUCED  
SUICIDE IDEATION**



**IMPROVED  
EMOTIONAL HEALTH**



**IMPROVED  
PHYSICAL HEALTH**



**SOCIAL HEALTH -  
REDUCING SOCIAL ISOLATION**

We address the **WHOLE HEALTH** of the individual. Our whole health approach includes improving mental, physical, emotional, and social well-being.

We know the impact this approach has on lives, communities and economic mobility, is beneficial and paramount for our members and their families to **THRIVE**.

**Our Licensed Clinician serves our members  
and their families who need more support**

- 48% of participants utilized 6 or more sessions with
- the clinical director
- 87% said the sessions helped them
- 48% said it lessened their anxiety and/or
- depression

# MVP Weekly Sessions: Workout / Huddle

For MVP Members



# MVP In-Between the Huddle Activities

For MVP Members and their families/friends



# MVP Community Events

Open to Everyone!



# HEALTH AND WELLNESS

This year we launched our new framework for what we do best, called MVP-PRO! A professionally crafted mental health framework that offers a new learning skill each month.

MVP Thrive is now on our website. It features our MVP-PRO framework, articles, a video series, and podcasts:

- Founder Jay Glazer's "Unbreakable"
  - Director of Whole Health Suzi Landolphi's "Be Crazy Well"
  - Bruce & Emma Kittle's (with guest George Kittle),
  - "Hidden Pearls"
- Women's Thrive Series is a series of inspiring conversations with women leaders in sports and veteran communities.



WE WANT  
YOU TO  
**THRIVE!**

# MVP-PRO

MVP-PRO

Psychoeducation Course  
The Gains of Loss

*The Gains of Loss*

Open to MVP Members and Families



With special guest  
Daniel "Doc" Jacobs,  
Former Navy Corpsman

Not all gains are about  
weight!

Losing is sometimes  
winning!

Join us to learn more  
about how our biggest  
losses can turn into our  
biggest gains

Suzi Landolphi,  
LMFT, MVP Clinical  
Director

MVP MERGING  
VETERAN  
PLAYERS

LIVE

Women's  
**THRIVE  
SERIES**

Please join us for this  
inspiring conversation!

VIRTUAL



GRETCHEN EVANS

vetsandplayers.org



# LIVES IMPACTED FOR GOOD



**Chris Buscher**

Chris Buscher is an Army veteran and member of the MVP Chicago chapter. After joining MVP and attending the weekly peer-led sessions, he was encouraged to find a new mission, meaning and purpose.

With a renewed sense of self and positive outlook supported by the MVP Chicago team, he worked daily on improving his whole health and ended up losing over 100 pounds to change his lifestyle for healthier living. Staying committed, encouraged, and supported to crush his goals, Chris competed in Chicago's Ironman Triathlon Race coincidentally on the 4th year anniversary of the chapter.



**Shakia Garrett**

"MVP has made the difference for me, from feeling and thinking that I am alone to knowing that I have a special family that will always be there. From me feeling scared to me feeling safe. From me feeling weak, to pulling on the strength of my brothers and sisters as I have gained strength to carry on.

The sweat equity at MVP, helps minimize the focus on the seen and unseen injuries. It prepares me to connect, so I give and receive what is needed to help sustain me as well as my brothers and sisters.

MVP provides the space for me to be open to learn of more resources to help along the journey of transition and maintaining a healthy civilian life. Always keeping the honor of being a soldier, airman, seaman, or marine."

# OUR IMPACT BY THE NUMBERS



HONORING AND EMPOWERING OUR WARRIORS & ATHLETES



**21%**

**Membership  
Growth**



**98%**

**Membership  
Engagement**



**450**

**Connected  
Resources**



**2.5M+**

**Social Media  
Users**



**65K+**

**Social Media  
Engagements**

● **\$0**

**Amount members  
pay for our services**

● **20,000+ Hours**  
of programming

● **\$1.5M+**  
Funds raised

● **75%**  
of donations invested  
into programs and  
services that change  
and save lives

# Get Involved!

- Become a Member!
- Join the MVP Community
- Follow us on socials:

IG/FB/YouTube/LinkedIn: Merging Vets

- and Players
- Sign up for our newsletter Participate in

Community Events



## **Support through Donations!**

**Donations keep us operating, and there are many ways to contribute, from fundraisers, employer matches, and events; all donations are tax-deductible.**



# Thank you

**WEBSITE:**

<https://vetsandplayers.org>

**CONTACT:**

[bneibel@vetsandplayers.org](mailto:bneibel@vetsandplayers.org)



# Cost Effective Health & Wellness for Veterans

Marcus Denetdale

Regional Associate Director

Home Base/MGB



A modern, well-lit gym with a blue rubber floor and green artificial turf. Several people are exercising on treadmills and stationary bikes. In the background, there is a weight rack with various weights and a person lying on a bench. The ceiling has exposed pipes and modern pendant lights. A red 'EXIT' sign is visible in the background.

# HOME BASE

VETERAN AND FAMILY CARE

Health & Wellness



VETERAN

# ABOUT HOME BASE

Home Base is dedicated to healing the invisible wounds for Veterans of all eras, Service Members, Military Families and Families of the Fallen through world-class clinical care, wellness, education and research.



# HOME BASE PROGRAM OVERVIEW



## CLINICAL CARE

Delivering comprehensive, individualized, evidence-based care for traumatic brain injury, post-traumatic stress, military sexual trauma, and many related conditions



## TRAINING AND CAPACITY BUILDING

Training community-based clinicians, first responders, educators, and social service leaders to recognize and assist those with invisible wounds



VETERAN  
AND FAMILY CARE

National Center of Excellence



## WELLNESS

Empowering Veteran and military families to maintain long-term physical and emotional health, and build resilience to daily stressors



## TRANSLATIONAL AND CLINICAL RESEARCH

Driving discovery of new and improved treatments, and advancing the standard of care for Veterans across the nation



# THE HOME BASE DIFFERENCE

01

We serve active-duty service members and Veterans from all eras regardless of discharge status

02

We serve the entire family, including Families of the Fallen, who often lack access to care

03

We provide all treatment, support, and activities at no-cost

04

We have a diverse staff of combat Veterans who oversee every aspect of the program

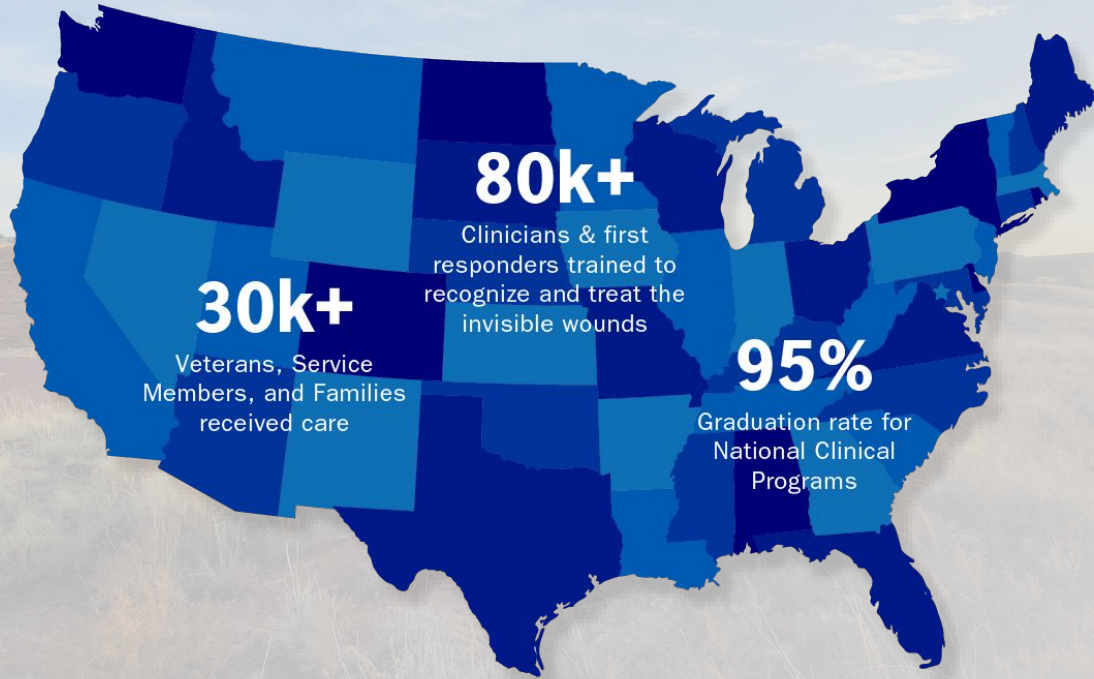
05

We leverage the clinical expertise of world-renowned Massachusetts General Hospital faculty to train providers in best-in-class mental health treatment and provide ongoing



# WHO WE SERVE

Since 2009, Home Base has served over 30,000 of the most injured Veterans, Service Members, and their Families from all 50 states, 5 territories and 9 countries.



# HOME BASE **THE STATISTICS**

2021 Data for Veterans Health in ARIZONA



# THE NATIONAL VETERAN LANDSCAPE

**19M**

Veterans in the United States

**1 in 3**

Experience Invisible Wounds

**125K+**

Veteran Suicides since 9/11

**33%**

Of Veterans in the United States Utilized VA Healthcare in FY21



 RED SOX  
FOUNDATION

 Massachusetts  
General  
Hospital

**FY 21 VA Utilization in ARIZONA is 35%**

# THE ARIZONA VETERAN LANDSCAPE

## HOME BASE



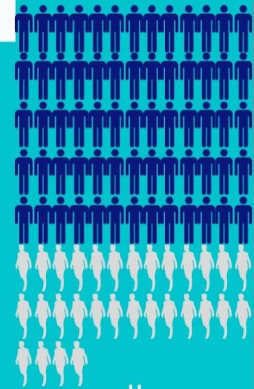
2021

1/2 MILLION AZ VETERANS

13TH LARGEST  
VETERAN POPULATION  
IN THE NATION

ARIZONA  
35%

Nearly 500,000 Veterans call Arizona home; of those only 35% were seen as a patient at a VA healthcare facility in FY21



HOME BASE  
**COMMITMENT TO EXPAND THE  
MISSION**

**Outpatient Behavioral Health  
Intensive Clinical Program at National Center of Excellence  
Wellness Programs  
Adventure Series  
Resilient Warrior  
Education & Training  
Nutrition**



Located at ASU College of  
Health Solutions  
Health North Building



## WARRIOR HEALTH AND FITNESS PROGRAM

Provides Veterans with:

- Supervised physical training in a comfortable setting, alongside other Veterans and Service Members
- Education about healthy eating, living, sleep hygiene and the benefits of physical health.
- Techniques to help alleviate stress and manage anxiety.

**Warrior Health & Fitness alumni see significant improvements in key medical indicators of fitness.**



Register online for Warrior Health & Fitness with this link



As of 3/15/2024 123 Arizona Veterans  
have submitted interest forms

## TWO-WEEK INTENSIVE CLINICAL PROGRAM (ICP) FOR PTSD & TBI

### NATIONAL PROGRAM

- Two year's worth of clinical care and support in two weeks
- Holistic approach to care that includes mindfulness and wellness practice through yoga, fitness, nutrition and art therapy
- Care, lodging, transportation and food is provided at no cost to participants
- Family member/support person education and participation is included as part of the programming



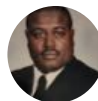
“I had lost hope and was on the path to losing my family, my life, everything. Home Base gave me back my life.”

-SGT Travis Peterson, Intensive Clinical Program Graduate, Georgia



“Home Base isn’t another cookie-cutter program, it gave me another chance at life. Today, I’m proud to say I served. Home Base helps bring us back into society, there is help, and we are not alone. Home Base doesn’t leave us behind.”

- CWO3 Bill Bastable, Home Base Intensive Clinical Program & ComBH&T Program Graduate, Virginia



“Home Base made me whole again. I was able to be a better husband and a better father. They didn’t just treat the symptoms; they found the problem.”

-Navy Chief Darnel Johnson, Intensive Clinical Program Graduate, Florida



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Massachusetts  
General  
Hospital

VETERAN  
AND FAMILY CARE



# TWO-WEEK INTENSIVE CLINICAL PROGRAM (ICP) FOR FAMILIES OF THE FALLEN

## NATIONAL PROGRAM

- Collaboration with the Tragedy Assistance Program for Survivors (TAPS)
- Survivors of Traumatic Loss receive a combination of evidence-based treatment for post traumatic stress disorder and complicated grief
- Provides 2 years of care and treatment
- Only program of its kind available to Families of the Fallen



“I left the program feeling lighter. Instead of isolating and blaming myself for Alan and Stephen’s deaths, I can celebrate their lives and the love and the happiness we shared.”

-Kathy Colley, Families of the Fallen Program Graduate, California



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Massachusetts  
General  
Hospital

VETERAN  
AND FAMILY CARE

## TWO-WEEK INTENSIVE CLINICAL PROGRAM (ICP) FOR NATIVE AMERICAN VETERANS AND THEIR FAMILIES

- Innovative Native ICP built upon our flagship ICP.
- Consulted with Native American Veterans, Tribal leaders, and Healthcare administrators.
- Inaugural cohort was held December 2023, served 28 veterans and family members.
- 100% of the Veteran participants “agreed” or “strongly agreed” that they felt satisfied with the clinical care.
- Next cohort will be held **June 16-28, 2024**, at our National Center of Excellence in Charlestown, MA.

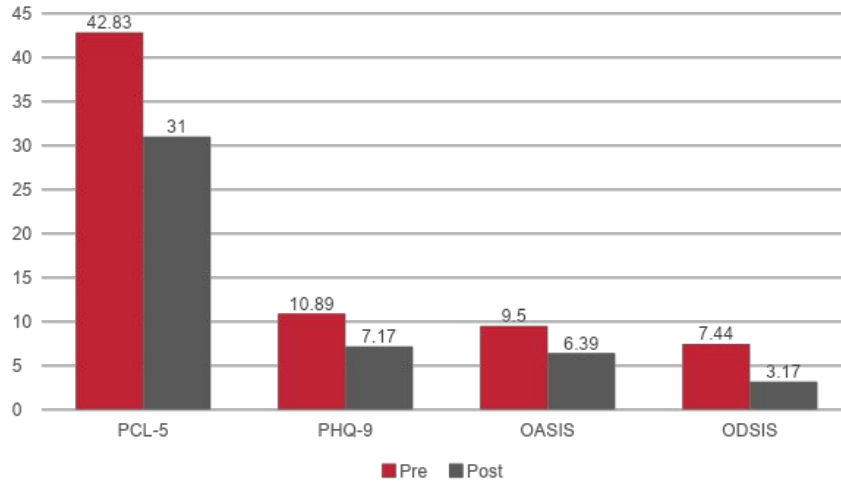


“It was very revealing of some things that I never spoke about. And, having brought it out on the surface and talked about it really took something off of my shoulders that I never did before.”

Joseph Suina, ICP Graduate, New Mexico

# Data/Outcomes – Veterans

PCL, PHQ-9, OASIS, and ODSIS



Native Veteran Diagnosis:

- 13/18 veterans (72%) diagnosed with PTSD
  - o 14/18 (78%) scored over threshold on PCL-5 (PTSD measure)
- 2/18 veterans (11%) diagnosed with Anxiety
  - o 16/18 (89%) endorsed Anxiety symptoms (OASIS)
- 8/18 veterans (44%) diagnosed with Depression
  - o 10/18 veterans (56%) endorsed moderate, moderately severe, or severe depression symptoms (PHQ9)
  - o 12/18 veterans (67%) endorsed any depressive symptoms (ODSIS)

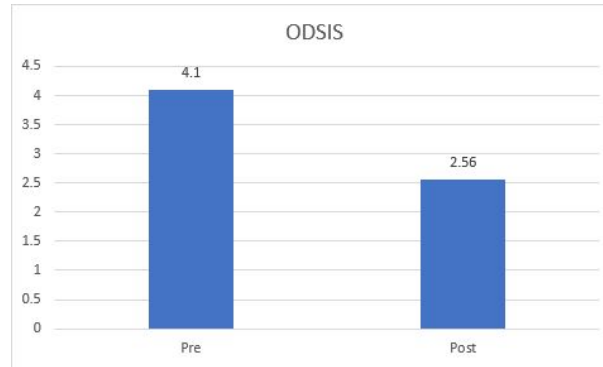
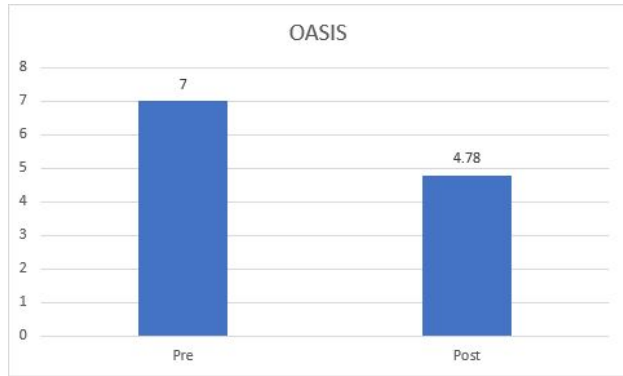
100% of participants “agreed” or “strongly agreed” that they **felt satisfied with the clinical care received** at Home Base

100% of participants “agreed” or “strongly agreed” that **they had confidence and trust in the clinician(s) they met with**

100% of participants “agreed” or “strongly agreed” **that the care they received at Home Base has helped them function better in their life**

100% of participants (who answered this question – 3 participants opted out) “agreed” or “strongly agreed” **that their support person’s involvement contributed to the progress they made in the Native Intensive Clinical Program**

# Data/Outcomes – Support People



## Native Family Diagnoses:

- 3/10 support persons (30%) diagnosed with Anxiety
  - o 8/10 support persons (80%) endorsed Anxiety symptoms (OASIS)
- 2/10 support persons (20%) endorsed depression symptoms (ODSIS)

100% of family members who answered this question state **that the service they received** was “good” or “excellent”

## NATIONAL & ONLINE PROGRAMS

### RESILIENT WARRIOR, RESILIENT FAMILY AND RESILIENT YOUTH

- 6-week course designed to introduce a variety of mind-body techniques and skill-building exercises scientifically shown to improve overall mood and well-being
- Developed in collaboration with Massachusetts General Hospital's Benson-Henry Institute for Mind Body Medicine (BHI)

### THE PROGRAM IS DESIGNED TO REDUCE THE IMPACT OF STRESS THROUGH A VARIETY OF MIND-BODY TECHNIQUES

as well as skill-building exercises scientifically shown to improve medical symptoms, mood and well-being.



# STORIES OF HOPE

## LTC BRIAN KITCHING

*"I want you to know that Home Base can change your life. Put aside these notions, put aside the stigma and take care of yourself. There is so much work to be done here and so many people, so many Operators, so many Active Duty Veterans can benefit from this. And I just encourage folks to do so."*



## BILL BASTABLE, CW3 RET

*"Home Base made me whole again. I was able to be a better husband and a better father. They didn't just treat the symptoms; they found the problem." Home Base Intensive Clinical Program & ComBHAT Program Graduate, Virginia*



## TRAVIS PETERSON, SGT RET

*"I had lost hope and was on the path to losing my family, my life, everything. Home Base gave me back my life."  
Intensive Clinical Program Graduate, Georgia*



## YUMA HAIDARA, USN PO2

*"Home Base saved my life because they were the first step in my healing." USN Veteran*



[WATCH: TRAVIS PETERSON TESTIMONIAL](#)

3:52-5:03



# HOME BASE ARIZONA

## PHASE 1 APRIL 2024



Fitness & Resilience



**PARTNERED WITH:**



## PHASE 2 LAUNCH 2024



Mental Health Clinic for  
Vets & Families



**PARTNERING WITH:**



## PHASE 3 MOBILIZATION 2024



Rural  
Intensive Clinical  
Treatment for Native  
American Veterans



**In Development**

# For more information contact

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Southwest & Tribal Relations*  
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Their Mission Is Complete.  
*Ours Has Just Begun.*



A RED SOX FOUNDATION AND  
MASSACHUSETTS GENERAL HOSPITAL PROGRAM



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MASSACHUSETTS  
GENERAL HOSPITAL





# Questions?





# Session Evaluation

We want to hear from you!

