



EXPANDING COMMUNITY
SUPPORTING COURAGE

**HOME
BASE**



VETERAN
AND FAMILY CARE



**RED SOX
FOUNDATION**



Mass General Brigham

2023 IMPACT REPORT



I asked for a reset on my life, and Home Base, and every single staff member made it happen. There are really no ways to express the gift of life given to me.



HELPING HEROES HEAL

Home Base is a not-for-profit National Center of Excellence dedicated to healing the invisible wounds of war for Veterans, Service Members, and their Families. Thanks to a grateful nation, these brave Heroes and their Families have access to 21st century technology and nationally renowned clinicians who provide world class clinical care, wellness, training, and research, all at no out-of-pocket cost, regardless of service era or discharge status.

INSPIRING INNOVATION

Featured Project: Home Base launches new research study for post-traumatic stress symptoms

During the third quarter of 2023, Home Base began a new study funded by the National Institute of Mental Health called Mismatch vs. standard intervention during memory reconsolidation blockade with propranolol: effect on psychophysiological reactivity during traumatic imagery. The goal of the study is to develop a novel intervention for post-traumatic stress (PTS) symptoms inspired by the science of memory reconsolidation. The project is led by Home Base Senior Director of Research Kaloyan Tanev, MD, and Scott Orr, PhD, of Massachusetts General Hospital.

Previous research has found that when the FDA-approved β -adrenergic blocker known as propranolol is administered with the reactivation of a traumatic

memory, the memory is weakened, as revealed by lower physiological responses to traumatic reminders. Participants who underwent traumatic memory reactivation and received propranolol showed a greater reduction of PTS, as revealed by lower physiological responses such as decreased heart rate, than those who received placebo.

The goal of the proposed study is to test whether intentionally incorporating an unexpected MisMatch (MM) into traumatic memory reactivation can improve physiological outcomes. Throughout the trial, the standard group participants will read the narrative the same way each time, while the MM group participants will be instructed to read the narrative in different, unexpected ways,

such as by changing the chair they sit on while reading. The focus of the project is to assess whether the MM group shows lower physiological responses to traumatic reminders than the standard group. To our knowledge, the use of psychophysiological techniques to elucidate the role of MM in human memory reconsolidation and its blockade has not yet been attempted.



It was the first time in a very long time that I felt normal. It was great to see and know that I was not the only person sharing the same difficulties.





COMMUNITY EVENTS & FUNDRAISERS

Memorial Day Flag Garden

From May 24-29, 2023, Home Base partnered with the Massachusetts Military Heroes Fund to create its iconic garden of flags on Boston Common. Each of the 37,000+ flags planted at the Soldiers and Sailors Monument represents every brave Massachusetts Service Member who gave their lives defending our Nation since the Revolutionary War. The completed garden is a breathtaking tribute to the true meaning of Memorial Day and a powerful message of community support to the Families of these Fallen Heroes that their sacrifices will never be forgotten.



9/11 Service Project

Home Base, Massachusetts Military Heroes Fund, and Project 351 hosted the 15th Annual 9/11 Service Project to Support Our Troops & Families. Nearly 300 volunteers joined together to package 1,000+ care packages for our military community, including 280 boxes for local active-duty Service Members, 500 backpacks for Veterans served by the New England Center and Home for Veterans, and 250 mental health and wellness kits for Veterans and Families receiving care at Home Base.



The Blue Angels Foundation Classic

The Blue Angels Foundation (BAF) held its 78th Annual BAF Golf and Tennis Classic in Amelia Island, FL in September 2023.

Home Base Executive Director Retired Brigadier General Jack Hammond was a keynote speaker while former participants of our program, brothers Julian and Brian Kitching, shared their stories of hope with attendees.

Additionally, Home Base received an incredibly generous \$250,000 donation from BAF, adding to their several years of multimillion dollar contributions to our program through Wounded Warrior Project.

