RECLAIM.
RESTORE.
RESTART.

HEALTH & WELLNESS PROGRAM
KICKSTARTING RECOVERY

Of the more than 45,000 Veteran Service Organizations (VSOs) currently registered with the IRS, only 4% work within the Health category—and less than 1% gift or grant more than $1,000,000 to those who have served.*

Boot Campaign does both.

Boot Campaign’s revolutionary Health and Wellness pipeline gives veterans access and funding toward individualized and comprehensive roadmaps to recovery.

No single organization has the ability to solve the diverse and complex challenges that face our military community. Boot Campaign joins forces with like-minded entities to steward veterans and their families through a life-changing experience to help those struggling with traumatic brain injury, post-traumatic stress disorder, chronic pain, self-medication and insomnia.

Partnering with evidence-based treatment and training providers across the United States, Boot Campaign aims to:

- RECLAIM HEALTH AND WELLNESS
- RESTORE FAMILIES
- RESTART CAREERS
- REDUCE SUICIDE
- REINFORCE COMMUNITIES

A HOLISTIC PLAN OF ATTACK

The brain and body are connected and thus must be evaluated and treated together; our customized-care methodology fosters a culture of healing and lifelong habits that support physical exercise, nutrition, sleep hygiene and mental wellness.

Funds are granted to our wellness partners’ data collection, when appropriate, and research-based protocols to improve care for future generations.

An in-depth look is taken of a veteran's body and brain through bloodwork, nutrition analysis, cardiovascular screening, neuropsychological evaluation and the latest scientific technology such as functional magnetic resonance imaging (fMRI).

Individualized programs take place over a six-to 12-week period and seek to instill positive personal changes that support meaningful recovery and successful transition from military to civilian life.

Multidisciplinary and evidence-based healthcare providers diagnose and treat the root cause of debilitating wounds of war, not just their symptoms, to produce quantifiable results.
JOINING FORCES

Since the inception of Boot Campaign’s Health and Wellness program in mid-2016, more than $1.5 million has been granted in assistance, which has led to the care and treatment of 75 veterans, with an additional 29 candidates and counting currently in the pipeline.

With the help of collaborative partners, Boot Campaign is able to provide access to medical facilities and scientific research programs on the front lines of traumatic brain injury, post-traumatic stress disorder, chronic pain, addiction and insomnia.

CURRENT THERAPIES INCLUDE:

- Cognitive processing therapy (CPT)
- Transcranial direct-current stimulation (tDCS)
- Magnetic e-resonance therapy (MeRT)
- Memory training with a speech-language pathologist and brain injury specialist
- A 4-week physical training program run and overseen by a Certified Strength and Conditioning Specialist (CSCS)
- A guided dietary program with a certified specialist in sports dietetics

We are constantly cultivating our network of top-tier partners so that we can reach more veterans in more places. New partnerships are on the horizon to include additional support for couples and families.
THANK YOU FOR BREATHING LIFE BACK INTO OUR FAMILY. AT THE TIME BOOT CAMPAIGN STEPPED IN TO HELP, IT WAS ON THE VERGE OF BEING TOO LATE. IT IS IMPOSSIBLE TO EXPLAIN TO ANYONE WHAT IT IS LIKE WHEN THE TERRORS OF WAR TERRORIZE YOUR FAMILY. I WANT TO THANK BOOT CAMPAIGN FOR DEVOTING THEMSELVES TO AN UNSEEN PROBLEM WITHIN OUR VETERANS. THIS PROBLEM IS REAL; THIS PROBLEM IS HEARTBREAKING. BOOT CAMPAIGN IS CHANGING THAT.

BILLY ROGERS
SPouse of Health & Wellness Program Participant