



A RED SOX FOUNDATION AND  
MASSACHUSETTS GENERAL HOSPITAL PROGRAM



## **About Home Base**

Home Base, a Red Sox Foundation and Massachusetts General Hospital Program, is dedicated to healing the invisible wounds for Post-9/11 Veterans, Service Members and their Families through world-class clinical care, wellness, education and research. As a National Center of Excellence, Home Base operates the first and largest private-sector clinic in the nation devoted to healing invisible wounds such as post-traumatic stress disorder, traumatic brain injury, anxiety, depression, co-occurring substance use disorder, military sexual trauma, family relationship challenges and other issues associated with military service.

Treatment programs available include sessions at the [outpatient clinic](#) for folks in the New England area, an [Intensive Clinical Program](#) where Veterans can come from New England and from across the country for a two-week, concentrated, outpatient stay with treatment, lodging, meals and transportation fully paid for. Home Base provides couples assessment and therapy, support groups for family members, [parenting advice and tool kits](#), and pre-established babysitting when the child's parents are at the clinic for treatment.

Wellness programs for Veterans and Families include the Southwest Florida and the New England [Warrior Health and Fitness Program](#) designed to improve the physical health and well-being of Veteran participants through supervised exercise, education about healthy eating, living, sleep hygiene and stress management. [The Resilient Warrior and Resilient Family](#) series focuses on the mind-body connection and helping participant's better handle stress. The [Adventure Series](#) provides an opportunity for military families to get together and enjoy fun, free activities while learning more about the services Home Base provides.

On the [Education](#) front, initiatives focus on training community clinicians and first responders to better recognize, assist and treat those suffering from the invisible wounds. And, on the [Research](#) side, Home Base remains at the forefront of discovering new treatments-- ensuring a brighter future for the 21st century warrior and military family.

All treatment, wellness programs and research opportunities are provided to Post-9/11 Veterans, Service Members and their families at no cost to them. Education offerings are provided to healthcare professionals, first responders and community members free of charge. Discharge status is not a determination factor for participation.

For more information please visit [www.homebase.org](http://www.homebase.org)