



# FORT FREEDOM ANNUAL REPORT

---

2022

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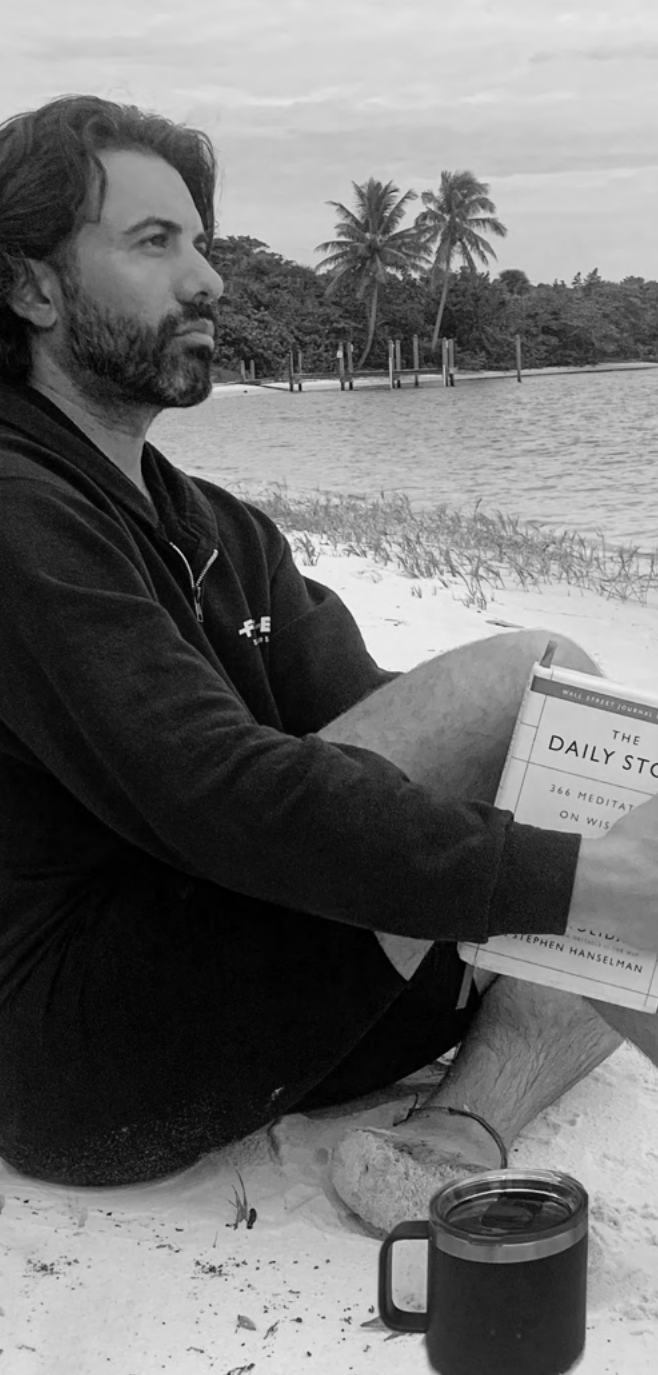
## STATEMENT OF NEED

The statistics surrounding veteran suicide and mental health are staggering. According to the Brown University's Cost of War Project, 30,000 post 9/11 veterans and service members that served in Operation Enduring Freedom (OEF) and Operation Iraqi Freedom (IOF) have died by suicide. **This number is 4 time more than those that died in combat.** The daily suicide rate was believed to be 17 veterans a day, according to the U.S. Department of Veterans Affairs (VA). But the latest studies are discovering that these numbers are inaccurate due to exclusion of overdose deaths in the suicide total. In a joint study named Operation Deep Dive (OpDD), eight states reviewed census death data from 2014 to 2018 and found thousands of cases of suspected or confirmed suicides not included in federal calculations. If those figures were to be repeated across the other states, it would push the veterans suicide rate from 17 individuals a day to a staggering **44 veteran deaths a day.** At Fort Freedom, we believe we have found a solution to this unacceptable epidemic. Our mission aims to minimize the suicide rate among veterans.



“Fort Freedom helped me  
ressurrect my life, get past my  
trauma, and find my true self.”

- Fort Freedom Graduate



## EXECUTIVE SUMMARY

The rate of suicide among veterans may be more than double what federal officials report annually because of under-counting related to drug overdose deaths and service record errors.

In a joint study\* with University of Alabama and Duke University, reviewed census death data from 2014 to 2018 for eight states and found thousands of cases of suspected or confirmed suicides not included in federal calculations.

**If those figures were to be repeated across the other states, it would push the veterans suicide rate from about 17 individuals a day (the official estimate released by the Department of Veterans Affairs last year) to 44 veterans a day.**

This study highlights the need to expand data sets to include additional states and Veterans Affairs, and jointly identify suicide prevention efforts for our fellow former service brothers and sisters.

## ABOUT FORT FREEDOM

We offer a 12-week life-restoring program supported by holistic and wellness-based services. Our experts range from fitness instructors to trauma therapists. Our program, where science meets spirit, is customized to meet the needs of the veteran. We also offer virtual services to veterans and their loved ones.

\* credit: Operation Deep Dive™ (OpDD)

# OUR MISSION

Our mission is to minimize the veteran suicide rate, free veterans from the imprisonment of Post-Traumatic Stress Disorder (PTSD) and guide them to a newfound sense of purpose.

## ABOUT THE STUDY

The OpDD study has examined five years of former service members (FSM) and civilian death data from eight states: Alabama, Florida, Maine, Massachusetts, Michigan, Minnesota, Montana, and Oregon.

Department of Defense (DoD) data focused on male and female FSMs between the ages of 18-64. This population provides the greatest detail of the military service experience and is validated by DoD.

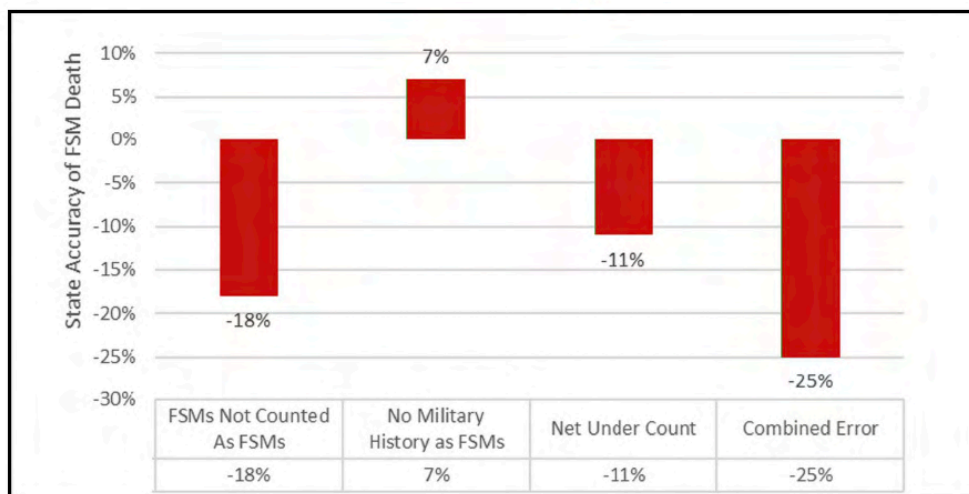
The study used the definition of Self-Injury Mortality (SIM) cited by the Centers for Disease Control and Prevention and National Institutes of Health as accidents or undetermined deaths aligned with self-harm/ suicidal behavior, which have been attributed predominantly to overdose deaths.

## MAJOR FINDINGS

### States undercount FSMs deaths at a combined error rate of 25%

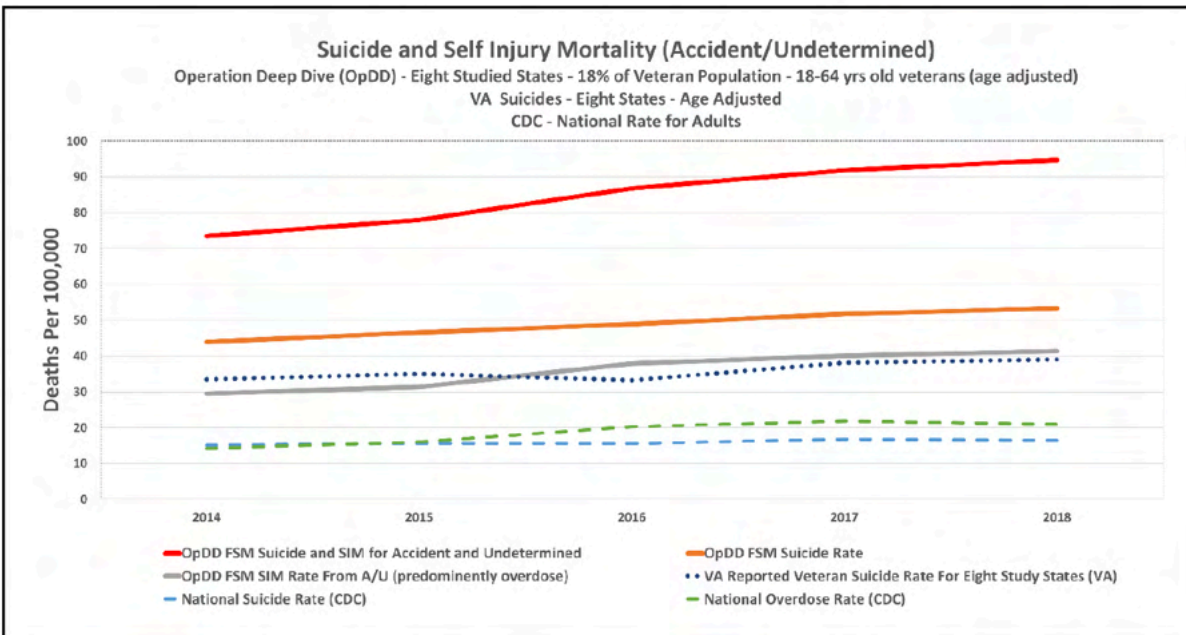
- States undercounted FSMs status 18% of the time and counted non-FSMs as FSMs 7% of the time.

State and Federal Undercounting of FSMs in 2014-2018





## MAJOR FINDINGS (cont'd)



The report identified a 37% greater suicide rate than reported by VA for years 2014-2018. They also identified that the number of suicides represented in the eight states (18% of US veterans), are 1.37 times greater than reported by the VA from 2014-2018. If these eight states and age adjustment represented a national rate:

- Approximately **24 FSMs** die per day by suicide (determined by coroner or medical examiner) compared to the VA's 2014-2018 average of 17.7 veteran suicides per day.
- Approximately **20 FSMs** die per day by SIM— previously listed as accidents/undetermined – over 80% are coded as overdose deaths. If these eight states collectively represented the national rate, the combined death rate would be at least **44 FSMs** per day which is 2.4 times higher than the VA suicide rate.



## DATA IN FLORIDA

A moving average of 500+ veteran suicides have occurred among Florida residents per year over the least previous 2 years post pandemic.

Florida has now become the second highest populated veteran state in the nation as of 2021 passing California with the highest concentrations counties listed below:

- Hillsbrough (approx 94k vets)
- Duval (approx 88k)
- Pinellas (approx 84k)
- Palm Beach (approx 84k)
- Broward (approx 84k)

Even as Florida has moved up to #2, the overall veteran population is decreasing as we are seeing more age related deaths of WW2 veterans and surrounding years. As of 2020, AARP reports 76% of FL veterans are 50+yo and 52% 65+ yo. The most suicides we are seeing are veterans of Operation Enduring Freedom/Operation Iraqi Freedom with minimal veteran deaths related to Vietnam.

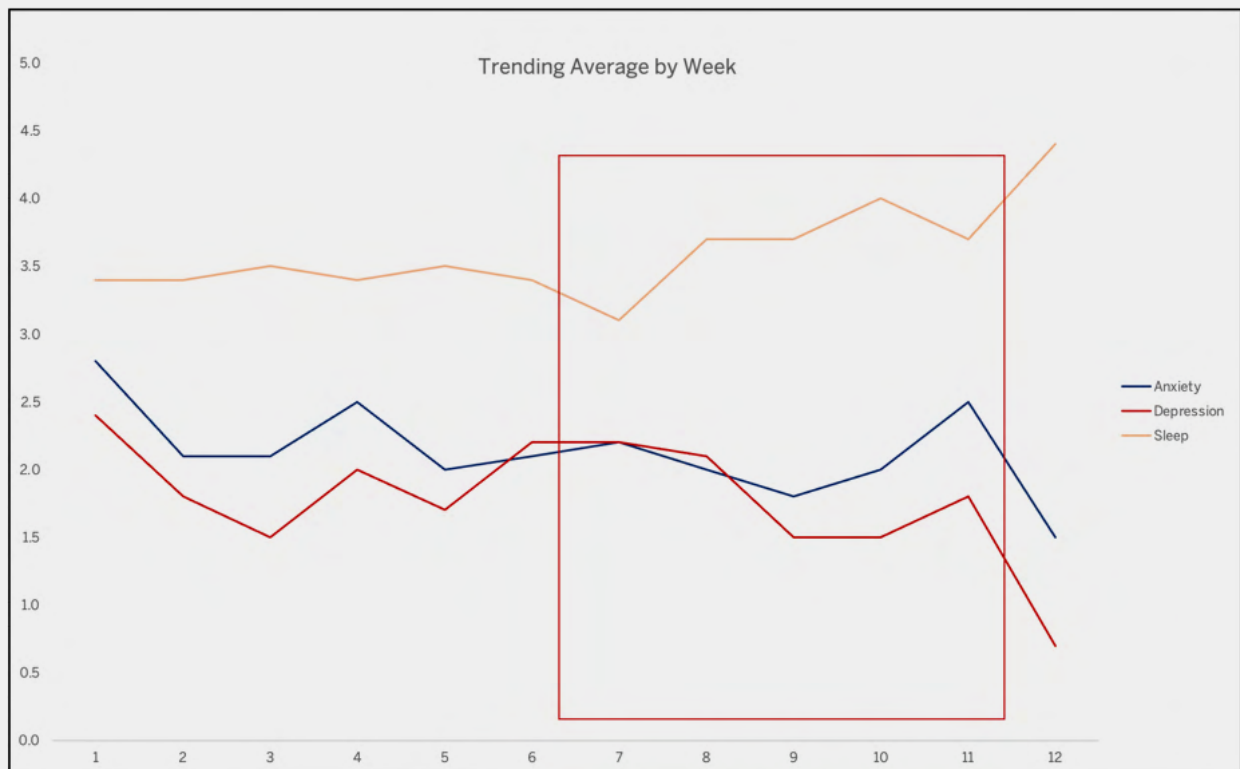
## FORT FREEDOM WORKS

Intervention through psychotherapy combined with Eye Movement Desensitization and Reprocessing (EMDR), when appropriate, as well as the other important elements such as spiritual mentorship, physical training, yoga practice, and posture therapy are the modus operandi. All of the above components become the tools needed to “dial down” their respective symptoms. Fort Freedom graduates report that their anxiety and depression decreased, and their quality of sleep increased. These are critical milestones that need to be achieved in suicide prevention efforts. Fort Freedom 's primary benefit is clearly stated in our moniker... Freedom. That Freedom is accomplished using the raw power derived from each crucial component of our program.

## FORT FREEDOM WORKS

The graphs represent the self-assessments that veterans in our 12-week program complete during their time with us.

- The numbers reported are averages from the 2022 veterans. They were asked to rank their anxiety, depression and sleep.



**Anxiety**- Asked to rank their level of anxiety each week, 0 being no anxiety, 5 being high anxiety, you can see that the anxiety level decreased from week 1 to week 12.

**Depression**- Asked to rank their level of depression each week, 0 being no feelings of depression, 5 being high feelings of depression, you can see that the feelings of depression decreased from week 1 to week 12.

**Sleep**- Asked to rank their quality of sleep each week, 0 representing not sleeping, 5 representing a great night of sleep, you can see that the quality of sleep increased from week 1 to week 12.





## PROGRAM & SERVICES DETAILS, 2022

**How many vets did we help in program and virtual?**

**Virtual** - 17 (5 of which were family members)

**Program** - 9 in-house Veterans

### **List of all programs and services we offer:**

- Alumni Engagement \*
- Community Volunteer/Outreach \*
- EMDR/Trauma Therapy
- Equine Therapy \*
- Experiential
- Financial Coaching
- Horticulture Education And Gardening \*
- In-House Chef \*
- Job Training and Placement Physical Training
- Massage Therapy
- Masters Level Spiritual and Life Coaching
- Mindfulness
- Mindfulness Based Stress Reduction Therapy \*
- Pathfinder (Adventure Therapy) \*
- Posture and Movement Therapy
- Resume Building
- VA Benefits Liaison
- Veteran To Veteran Mentorship
- Yoga

### **Updated Data/Benefits to moving to the new House:**

- Garden
- Outside Space For Meditation
- 1.5 Acres as Opposed To Zero
- 2 Extra Bedrooms
- Office Space For Staff
- Flagpole
- Increased Privacy
- 3 Extra Staff (1 Ft, 2 Pt)
- Larger In-House Gym
- Increased Recreational Activity Opportunities
- Outdoor Covered Living Area

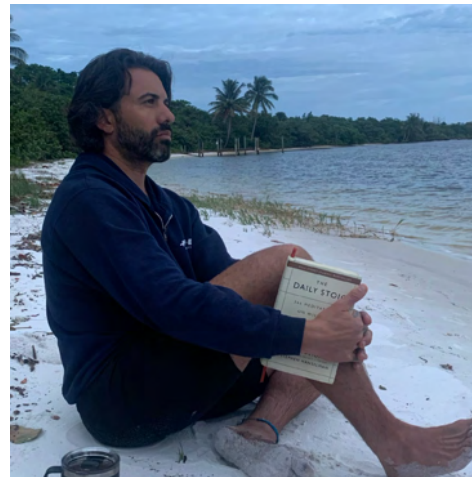
\* All vendors and any new programs we incorporated in 2022

## HIGHLIGHTS OF 2022





## HIGHLIGHTS OF 2022





## STATEMENT OF ACTIVITY

November 2021 - October 2022

	NOV 2021 - OCT 2022	NOV 2020 - OCT 2021 (PP)
Revenue		
Donations	976,925.53	323,302.40
<b>Total Revenue</b>	<b>\$976,925.53</b>	<b>\$323,302.40</b>
GROSS PROFIT	<b>\$976,925.53</b>	<b>\$323,302.40</b>
Expenditures		
Donations Expenses	26,144.91	2,919.90
Marketing, Promotion, & Fundraising Expense	137,973.99	40,136.84
Office/General Administrative Expenditures	17,445.54	8,758.97
Operating and Maintenance Expenses	86,138.27	50,768.92
Salaries and Wages	462,452.73	196,534.00
Veteran Expenses	163,519.17	22,286.41
<b>Total Expenditures</b>	<b>\$893,674.61</b>	<b>\$321,405.04</b>
NET OPERATING REVENUE	<b>\$83,250.92</b>	<b>\$1,897.36</b>
Other Expenditures	\$605.42	\$15,542.15
NET OTHER REVENUE	<b>\$ -605.42</b>	<b>\$ -15,542.15</b>
NET REVENUE	<b>\$82,645.50</b>	<b>\$ -13,644.79</b>

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## THANK YOU TO OUR SPONSORS



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**CONCIERGE  
INSURANCE  
SOLUTIONS**





If you would like to make an end of the year donation  
please consider donating to Fort Freedom, or setting up  
a reoccurring donation of **\$17 a month**.

[DONATE NOW](#)

For wire transfers or more information about making a donation  
contact Chelsea Platas at:

[cplatas@myfortfreedom.org](mailto:cplatas@myfortfreedom.org) or call (561) 427-3032.

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