

Our Focus



Post traumatic stress (PTS) and mild traumatic brain injury (mTBI) are two of the most prevalent injuries suffered by members of the U.S. Armed Forces. The Defense and Veterans Brain Injury Center reported total cases of mTBI between 2000 and 2024 to over 518,000 but many veterans are not diagnosed for months or years after separating from service. TBI & PTS affect the whole family. ***Veterans and their families are suffering.***

TBI is caused by a jarring of the head possibly from a fall, explosion, repeated gunfire exposure or a blow to the head. The jarring causes damage to brain tissue, blood vessels and cells that link areas of the brain and the brain to the body. Symptoms are insidious and, if left untreated, worsen over time. Symptoms include confusion, vertigo, sleep disturbance, memory loss, headaches, blurred vision, tinnitus, anger, mood swings, slowed thinking, depression, anxiety and suicidal ideation.

A complicating risk factor for mTBI is a person's lifetime accumulation of TBI events. Receiving multiple concussions has been associated with greater risk of developing progressive neurodegenerative

conditions, like chronic traumatic encephalopathy (CTE) and early-onset dementia.

Many veterans will not receive early diagnosis or will not seek treatment and in individuals with chronic, persistent symptoms of TBI, traditional medical interventions are less than successful.

Helping Veterans Gain Access to Life-Changing Therapies

In August 2012, an Executive Order directed the DOD and HHS to conduct a comprehensive mental health study with an emphasis on PTS, mTBI and related injuries to develop better prevention, diagnosis and treatment options. Research is ongoing and insurance does not yet cover evidence-based therapies, such as MeRT (magnetic e-resonance therapy) neurofeedback and hyperbaric oxygen therapy, which are providing healing at the cellular level, symptom improvement and restoring quality of life *now*.

Need for Services in Hampton Roads



Hampton Roads is home to the largest Navy base in the world, Naval Station Norfolk, and 16 other surrounding bases (including East-Coast based SEAL Teams) with approximately 83,000 active-duty military members. There are approximately 230,800 veterans in the Hampton Roads area so given the fact that many military members do not show progressive, worsening symptoms until sometimes months or years after the



original injury, the need is great here for these therapies. Most of the veterans we serve are 80–100% disabled, and many turn to us when traditional treatments haven't brought relief. Some seek these cutting-edge therapies to complement their medical care, while others come after exhausting every other option.

At CACF, we focus on educating the community, raising funds, and covering the cost of therapies that heal the brain at the cellular level—improving symptoms, restoring quality of life, and reducing suicidal ideation.

A Navy Spouse's Testimonial

"Neurotherapy has provided increased awareness, cognitive function and mental stability needed for my husband to continue to heal from his blast injuries in 2012.

It has reinstalled hope in his soul.

Neurotherapy takes commitment but the process works. Good things are happening instead of numbing him with drugs. It has helped my husband learn to appropriately address his feelings again and navigate deficiencies that will never go away."



(Hyperbaric oxygen therapy supports the body's natural healing by stimulating angiogenesis (new blood vessel growth), enhancing neuroplasticity, and mobilizing stem cells for repair and recovery.)

How to Apply

Veterans with service-connected TBI, PTS, depression and chronic pain can apply for a grant for hyperbaric oxygen therapy, neurotherapy, lodging or transportation associated with treatment. Please download our Emerging Therapy Grant Request at <https://cacarefoundation.org/documents> and email to jillcrist@cacarefoundation.org along with the following documentation:

- a copy of your DD214.
- written evidence of diagnosis or injury (ie, VA disability rating awards letter; medical records; doctor's report; or doctor's letter of opinion describing diagnosis, symptoms and/or condition).

Our Mission

Coastal Authority Care Foundation, Inc. is a nonprofit corporation organized and operated exclusively for charitable purposes, specifically to provide grants to veterans with service-connected injuries, especially the "invisible wounds" of mild traumatic brain injury, post traumatic stress disorder and chronic pain. Our **Emerging Therapy Grant Program** pays for evidence-based therapies, such as hyperbaric oxygen therapy, neurofeedback and MeRT, that are not yet covered by insurance, but healing injured brain tissue, improving symptoms and restoring quality of life.

Join us for our largest fundraiser of the year, **Veterans Band Aid Music Festival**, held annually the weekend after Memorial Day at Holiday Trav-L Park in Virginia Beach, VA.



Contact Us:

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Dedicated to helping veterans with service-connected TBI & PTS

cacarefoundation.org
501(c)3#: 81-0890793

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#tbirecovery

#ptsdrecovery