

## VETERAN BRAIN HEALTH AND RECOVERY PROGRAM



Coastal Authority Care Foundation (CACF) is a Virginia Beach-based nonprofit organization dedicated to educating, funding, and coordinating care for veterans living with service-connected traumatic brain injury (TBI), post-traumatic stress (PTS), and chronic pain. Founded in December 2015, CACF focuses on providing access to evidence-based therapies that target the underlying brain injuries associated with these conditions—therapies that are often not yet covered by traditional insurance but have demonstrated significant potential to improve quality of life and reduce suicidal ideation.

Through our Veteran Brain Health & Recovery Program, we support services including hyperbaric oxygen therapy (HBOT), neurofeedback, MeRT (Magnetic e-Resonance Therapy), photobiomodulation, vibroacoustic therapy (VAT), and cognitive testing. These therapies work by stimulating the body's natural healing mechanisms, improving brain function and connectivity, reducing inflammation, alleviating chronic symptoms, and restoring overall neurological health. Our goal is to heal the invisible wounds of war, improve cognitive and emotional functioning, reduce thoughts of suicide, restore purpose and hope, and help veterans reconnect with their families, careers, and communities.

### The Need

Traumatic brain injury and post-traumatic stress are among the most common injuries sustained by members of the U.S. Armed Forces. The prolonged conflicts in Iraq and Afghanistan exposed many service members to repeated blast exposures, concussive events, and psychological trauma over multiple deployments. According to the Defense and [Veterans Brain Injury Center](#), more than 533,000 service members were diagnosed with a TBI between 2000 and 2025, with approximately 82% classified as mild TBI, or concussion.

Unfortunately, many TBIs go undiagnosed because conventional imaging often fails to detect subtle brain injuries, and symptoms frequently overlap with those associated with post-traumatic stress. As a result, countless veterans continue to struggle with chronic symptoms years after their service without receiving appropriate treatment.

Research increasingly suggests that untreated TBI may be a significant contributing factor to the veteran suicide crisis. Studies indicate that individuals who have experienced one TBI are approximately twice as likely to experience suicidal thoughts compared to those without a history of brain injury. Repeated concussions and cumulative blast exposure further increase this risk. A psychological autopsy study conducted by U.S. Special Operations Command (USSOCOM) found that special operations personnel experience suicide rates approximately 30% higher than the rest of the military population.

### Impact of TBI and PTS

Traumatic brain injury can result from blast exposure, repeated weapons fire, falls, vehicle accidents, or direct impacts to the head. These injuries can damage brain tissue, blood vessels, and neural pathways that connect different regions of the brain and regulate communication between the brain and body.

### Common symptoms include:

- Memory and concentration difficulties
- Sleep disturbances
- Headaches and migraines
- Vertigo and balance issues
- Tinnitus
- Anxiety and depression
- Irritability and anger outbursts
- Emotional dysregulation
- Chronic pain
- Fatigue

- Cognitive decline

When left untreated, these symptoms worsen over time and contribute to relationship breakdowns, divorce, social isolation, unemployment, substance misuse, early cognitive decline, and suicidal thoughts. Traditional treatment approaches frequently focus on symptom management rather than addressing the underlying brain injury, leaving many veterans with persistent challenges and limited options for recovery.

## **Program Services**

### **Hyperbaric Oxygen Therapy (HBOT)**

HBOT involves breathing 100% oxygen in a pressurized chamber. Increased atmospheric pressure allows oxygen to dissolve more effectively into blood plasma and reach injured tissues that may otherwise have limited oxygen supply. Research has demonstrated that HBOT can improve cerebral blood flow, reduce inflammation, promote neuroplasticity, and support the brain's natural healing processes.

Veterans receiving HBOT often report improvements in cognition, memory, sleep, mood, headaches, and overall quality of life. Functional brain imaging studies have demonstrated improved blood flow and brain activity following treatment.

CACF coordinates HBOT services through Tier 1 Therapy Centers in Norfolk, Virginia, a provider with more than 12 years of experience treating veterans with TBI, PTS, chronic stress, and Operator Syndrome.

**Estimated Cost:** \$7,500 per veteran for evaluation and treatment.

### **Neurofeedback**

Neurofeedback is a non-invasive therapy that uses EEG technology to measure brainwave activity and identify areas of dysregulation. By providing real-time feedback, neurofeedback helps retrain the brain to establish healthier patterns of activity and improve overall neurological function.

Veterans frequently experience improvements in attention, emotional regulation, sleep quality, anxiety, depression, and cognitive performance following treatment.

CACF coordinates neurofeedback services through Tier 1 Therapy Centers and NEUCOA in Virginia Beach, Virginia.

**Estimated Cost:** \$6,000–\$7,500 per veteran for evaluation and treatment.

**Additional Services** - Depending on individual needs, veterans may also receive:

- MeRT (Magnetic e-Resonance Therapy)
- Photobiomodulation + Vibroacoustic Therapy (VAT)
- Cognitive Testing and Outcome Assessments
- Care Coordination
- Mental Health Services and Referrals
- Travel and Lodging Assistance (when available)

**Eligibility** - Veterans with:

- Service-connected traumatic brain injury (TBI) or post-concussion syndrome
- Post-traumatic stress (PTS/PTSD)
- Chronic pain related to military service
- Symptoms associated with cumulative blast exposure or Operator Syndrome

**Geographic Area Served:** CACF serves veterans nationwide. While many participants reside in Virginia, veterans from across the United States may travel to participating treatment centers for care.

**Funding Sources:** The Veteran Brain Health & Recovery Program is supported through grants, charitable donations, corporate sponsorships, and fundraising events, including the annual Veterans Band Aid Music Festival, which serves as CACF's primary fundraising vehicle.

**Program Inception**

Coastal Authority Care Foundation Founded: December 2015

Veteran Brain Health & Recovery Program Established: April 2019

**Mission Impact**

By connecting veterans with innovative, evidence-based therapies that address the root causes of TBI and PTSD, CACF helps restore brain health, improve quality of life, strengthen families, and reduce the risk of suicide. The organization is committed to ensuring that veterans who have sacrificed for our nation have access to life-changing treatments that offer hope, healing, and a path forward.