



"Dedicated to helping veterans with service-connected injuries."

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 and post-traumatic stress disorder. These grants will help pay for cutting-edge therapies that are not covered by insurance, which may provide symptom relief and help restore quality of life. Additionally, we may also provide grants to veterans, their spouse or other accompanying family member to help pay for travel and lodging expenses associated with therapy.

OUR FOCUS



Post traumatic stress disorder 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 2021 to be nearly 454,000 but many veterans are not diagnosed for months or years after separating from service.

mTBI 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 include confusion, vertigo, sleep disturbance, memory loss, headaches, blurred vision, tinnitus, mood swings, anger, slowed thinking, depression and anxiety.

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 Parkinson's disease, as well as increased association between the two with increasing severity of TBI. (source: <https://www.research.va.gov/topics/tbi.cfm>). Many veterans will not receive early diagnosis or will not seek treatment and in individuals with chronic, persistent symptoms of TBI, traditional medical interventions may be less than successful. The VA released a study in 2013 that covered suicides from 1999 to 2010 which showed that roughly 22 veterans were committing suicide per day or 1 every 65 minutes.

In August 2012, President Obama signed an executive order to improve access to mental health services for veterans, service members and military families. It directed the DOD and HHS to conduct a comprehensive mental health study with an emphasis on PTSD, mTBI and related injuries to develop better prevention, diagnosis and treatment options. Research is ongoing and insurance does not cover newer therapies, such as neurofeedback and hyperbaric oxygen therapy, which are providing healing and symptom improvement now.



We are located in Virginia Beach, Virginia. It is part of what is known as Hampton Roads and is the home of the largest Navy base, 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 230,784 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 very great here for these therapies. Veterans are seeking out these cutting-edge therapies to either augment their traditional medical treatment or when they find no symptom improvement from traditional treatments. CACF wants to help offset costs and help veterans gain access to emerging therapies that are providing symptom improvement and helping to restore quality of life.

<https://cacarefoundation.org> • EIN#: 81-0890793 • jillcrist@cacarefoundation.org



Jill and Brian with son Kellan

In 2015, Laurel Cove residents Jill Crist and her husband Brian, a retired Navy SEAL, formed Coastal Authority Care Foundation; a non-profit organization providing grants to veterans with service-connected injuries, particularly brain injuries. The grants help veterans obtain cutting-edge medical treatment that insurance often doesn't cover, as well as cover costs associated for spouses/family members for travel and lodging associated with treatment.

During his 24 years as a SEAL, Brian was exposed to years of repeated gunfire, explosions, falls, and rigorous training. By the time he retired, he had already undergone five surgeries related to his service. At that time, mild traumatic brain injuries (mTBI) were not recognized as a health issue, so service members were not screened for them. Brian thought that his anxiousness and sleeplessness were associated with the stressors of his transition to civilian life. It wasn't until his symptoms began to include ringing in his ears, depression, anger, and short-term

VETERANS HELPING VETERANS

By Katie Alpigini

memory and concentration issues that he thought something more serious was at play with his health. He averaged four hours of sleep a night. He was prescribed pain and sleeping medications but didn't like the side effects. Psychotherapy didn't address the physical symptoms. Jill became increasingly worried.

During a dinner conversation, Brian learned that he shared identical symptoms with a friend recently diagnosed with mTBI. This friend had undergone treatment at a facility in Texas that offered non-traditional medical treatment for veterans suffering with mTBI, using no pharmaceuticals. The treatment cost \$12,000 and was not covered by insurance. The Crists were willing to find the means to send him and in March of 2015, with much skepticism and grant-funding from a private foundation, Brian flew to Texas for an intensive two-week treatment that focused on the vestibular system and used electrophysiological and eye-movement techniques to stimulate areas of the brain that were not functioning properly. His bloodwork and diet were also assessed. After the fourth day, he slept seven hours and his symptoms improved daily.

"This treatment brought me back to life," says Brian. "It gave me hope that I had some control over my health." He began to exercise again, eventually training for and competing in the 2018 Molokai to Oahu World Championship Paddleboard Race as part of a three-man, all-veteran stand-up paddleboard (SUP) team.

"The combination of hyperbaric oxygen treatment (HBOT) and neurotherapy made such a difference in our lives, that we knew we wanted to help other veterans with similar service-related injuries gain access to it," says Jill. "Most people either

cannot afford it, or cannot take the extended time off from work to travel to a facility for treatment, so we have found local practitioners who are offering these cutting-edge treatments like my husband received in Texas."

The VA currently has studies underway looking at the effectiveness of HBOT and neurotherapy for mTBI and PTSD. In the meantime, the Coastal Authority Care Foundation is helping veterans now; raising funds to help both local veterans receive treatment, as well as transport veterans here from areas that might not offer these alternative treatments. "The symptoms of mTBI worsen over time," says Brian. It becomes harder to function, and life can begin to feel hopeless. Nearly 22 veterans take their own lives each day, and it's a complete tragedy when there are treatments that can help."

"If we can help one veteran from being one of the 22, it's worth it," says Jill. "Our goal is to make a difference in the lives of veterans and their families by helping them gain access to emerging therapies."

For more information about Coastal Authority Care Foundation:
Website: www.cacarefoundation.org
Email: jillcrist@cacarefoundation.org
Phone: (757) 831-1612

"It's been so great working with you. I realized when thinking about responses, it really is a skill to interview and get usable information from someone. You are a really good, natural interviewer. Well done and thank you!"

— Maria Galifianakis-Croke

CACF Therapy/Lodging/Transportation Grant Program Description

Inception Date: April 2019

Mild Traumatic Brain Injury and Post Traumatic Stress Disorder are the two most common injuries among active duty military and veterans. While some people will recover from mTBI, others will have persisting symptoms. mTBI, PTSD and major depression often overlap.

- Traumatic brain injury 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. The damage can be mild or severe and the individual may or may not have lost consciousness.
- Symptoms include: Confusion, trouble concentrating, vertigo, sleep disturbance, memory loss, headaches, blurred vision, tinnitus, mood swings, anger, depression and anxiety.
- 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 a neurodegenerative disease like chronic traumatic encephalopathy (CTE). Scientists have found an association between CTE and repetitive mTBI in professional athletes and combat veterans after autopsy. There is some evidence from epidemiological studies shows a link between multiple mTBIs and progressive neurodegenerative conditions, like Parkinson's disease, as well as increased association between the two with increasing severity of TBI. (source: <https://www.research.va.gov/topics/tbi.cfm>)

Traditional medical treatments for these injuries include antidepressants, pain medication, sleeping medication, speech and language therapy, occupational therapy and counselling. While these treatments may provide a limited amount of relief for some, it does not work for everyone and veterans are seeking alternative therapy.

Therapies we currently support include hyperbaric oxygen therapy and qEEG/neurostimulation/neurofeedback at facilities located in Virginia Beach and Norfolk. We can also help pay for transportation if the veteran needs to travel more than 50 miles to the facility to receive treatment or help cover lodging while receiving treatment.



Hyperbaric oxygen therapy is used to treat brain injuries in other countries but it is not one of the FDA approved treatments in the United States. HBOT is the use of 100% oxygen at higher than atmospheric pressure. Studies show HBOT can dramatically and permanently improve symptoms of chronic TBI months or even years after the original head injury.

Neurotherapy: Very simply put, qEEG brain mapping or quantitative electroencephalogram, is a diagnostic test using digital technology. It measures electrical patterns at the surface of the scalp which primarily reflect cortical electrical activity or “brainwaves.” This data provides very specific information, “a roadmap”, about parts of the brain that are not functioning properly. Neurostimulation can then be used to send electromagnetic waves into targeted areas of the brain to basically retrain it to achieve improved functioning.

Research by the VA and DoD is ongoing and these therapies are not currently being covered by insurance. Clinically, these therapies are providing relief for many veterans right now. Veterans need access to therapy utilizing new technology, especially for TBI, PTSD, anxiety and depression, that will provide healing, improve symptoms and help restore quality of life.



COST: HBOT - A veteran receiving HBOT for mTBI for the first time typically requires 40 sessions at a cost of \$125 per session and 10 to 15 “touch up” sessions may be required approximately one year later. **NEUROTHERAPY** - A qEEG brain map is \$400. Each neurostimulation/neurofeedback treatment is approximately \$166 and may require 30 to 40 sessions. Our grants usually range anywhere from \$1,250 - \$5000.

**Coastal Authority Care Foundation
Officers and Directors**



Jill Crist

President

Former Sales Representative for Eli Lilly and Wells Fargo.

"I want to help those who have served and their family find healing emotionally and physically and enjoy life".



Brian Crist

Vice President

US Navy SEAL, ret.

Lead Instructor with CACI International; Coastal Authority, Owner.

"I fully comprehend the complex nature of the injuries that come with sustained combat and am committed to helping my brothers and sisters who have served."



Bill House

Director

NAVFAC, Construction Manager Spc.

"I can see the good that CACF is doing for wounded veterans. I like being a part of making that happen."



Jim Hiatt

Board of Directors and Treasurer

Former Managing Director for CMBS and ABS Trading, Smith Barney, Morgan Stanley and Goldman Sachs.

"I think veterans are under-served and I am proud to help them any way I can".



Martin Dorn

Board of Directors

Chesapeake Bay Diving, Owner.

USN Diver, veteran.

COASTAL AUTHORITY CARE FOUNDATION 2021 ANNUAL REPORT

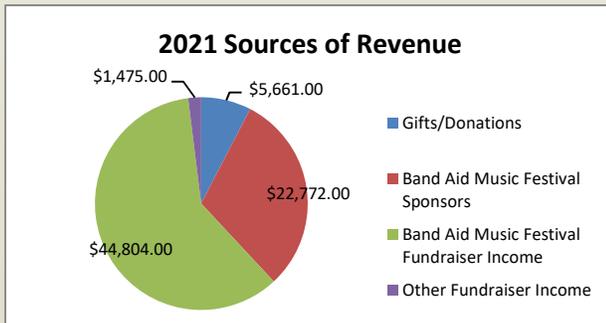


OUR MISSION:

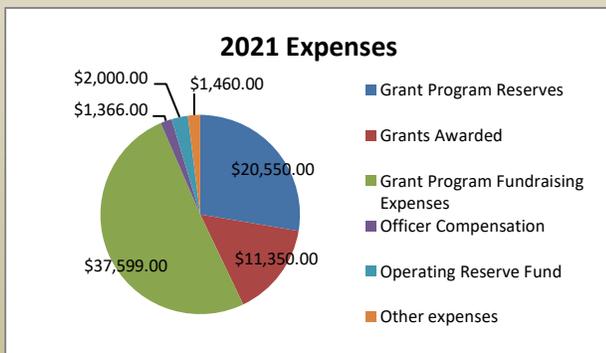
Coastal Authority Care Foundation, Inc. is a nonprofit corporation organized and operated exclusively for charitable purposes, specifically to provide grants to veterans with service-connected injuries, especially the “invisible wounds” of mild traumatic brain injury, post-traumatic stress disorder and chronic pain. Our Emerging Therapies Grant program helps pay for cutting-edge medical therapies, such as hyperbaric oxygen therapy and neurotherapy, that is not covered by insurance, which may provide symptom relief to help restore quality of life and ultimately, help prevent veteran suicide. Additionally, we may also provide grants to veterans, their spouse or other accompanying family member to help pay for travel and lodging expenses associated with treatment. EIN#: 81-0890793

2021 FINANCIAL HIGHLIGHTS

- **REVENUE:** Band Aid Music Festival is our primary grant program funding source. Gross revenue from sponsorships, ticket sales and other fundraiser income equaled \$67,576.



- **EXPENSES:** 94% of our expenses are for our grant program. Nearly all fundraising expenses are from Band Aid Music Festival.
- Our officers have been volunteers since we started in December 2015. The board of directors approved a 2% stipend for officers in 2021.



SUCCESS STORIES:

“My name is Dale. I am a 23-year veteran of the United States Navy. Since I started [hyperbaric oxygen] treatment, I have seen significant improvement in my ng habits, sleeping habits, drooling from my TBI has decreased considerably and scar tissue itching has improved.”

Bill, USAF Colonel (retired) 24 years – Bill suffers from chronic pain as a result of injuries from a helicopter crash and this was what he had to say following his 30 sessions of neurotherapy: “I remain at the lowest pain levels I've had since the crash and off pain killers because the pain is manageable for the first time in over a decade. Coastal Authority Care Foundation and the team at NEUCOA made this possible - thank you so much!



Fundraising: We raised \$31,900 for our grant program from Band Aid Music Festival, our biggest fundraising event of the year. 2022 will be our third year for this event. It features 11 bands (local and national), food trucks, drinks, artist vendors, camping and a live auction.

Attendees doubled from approximately 400 in 2019 to 800 in 2021 and we expect 1500 in 2022. The \$31,900 in proceeds translates to about six therapy grants of \$5,000 for either hyperbaric oxygen therapy or neurotherapy. Not only does this event help us fund our grant program but it allows us to highlight the incredible talent we have in the area as well as support local businesses.

Band Aid Music Festival 2022 is June 3-4 at the Holiday Trav-L Park in Virginia Beach.

For more information, visit: www.cacarefoundation.org/events.

INTERNAL REVENUE SERVICE
P. O. BOX 2508
CINCINNATI, OH 45201

DEPARTMENT OF THE TREASURY

Date: AUG 11 2016

COASTAL AUTHORITY CARE FOUNDATION
INC
C/O JULIANA CRIST
1340 N GREAT NECK RD STE 1272-362
VIRGINIA BEACH, VA 23454

Employer Identification Number:
81-0890793
DLN:
17053189360026
Contact Person: RACHEL M LEIFHEIT ID# 31617
Contact Telephone Number:
(877) 829-5500
Accounting Period Ending:
December 31
Public Charity Status:
170(b)(1)(A)(vi)
Form 990/990-EZ/990-N Required:
Yes
Effective Date of Exemption:
December 28, 2015
Contribution Deductibility:
Yes
Addendum Applies:
No

Dear Applicant:

We're pleased to tell you we determined you're exempt from federal income tax under Internal Revenue Code (IRC) Section 501(c)(3). Donors can deduct contributions they make to you under IRC Section 170. You're also qualified to receive tax deductible bequests, devises, transfers or gifts under Section 2055, 2106, or 2522. This letter could help resolve questions on your exempt status. Please keep it for your records.

Organizations exempt under IRC Section 501(c)(3) are further classified as either public charities or private foundations. We determined you're a public charity under the IRC Section listed at the top of this letter.

If we indicated at the top of this letter that you're required to file Form 990/990-EZ/990-N, our records show you're required to file an annual information return (Form 990 or Form 990-EZ) or electronic notice (Form 990-N, the e-Postcard). If you don't file a required return or notice for three consecutive years, your exempt status will be automatically revoked.

If we indicated at the top of this letter that an addendum applies, the enclosed addendum is an integral part of this letter.

For important information about your responsibilities as a tax-exempt organization, go to www.irs.gov/charities. Enter "4221-PC" in the search bar to view Publication 4221-PC, Compliance Guide for 501(c)(3) Public Charities, which describes your recordkeeping, reporting, and disclosure requirements.

Letter 947

Form **990-N**

Electronic Notice (e-Postcard)

OMB No. 1545-2085

Department of the Treasury
Internal Revenue Service

for Tax-Exempt Organization not Required to File Form 990 or 990-EZ

2021

Open to Public Inspection

A For the **2021** Calendar year, or tax year beginning **2021-01-01** and ending **2021-12-31**

B Check if available

Terminated for Business

Gross receipts are normally \$50,000 or less

C Name of Organization: **COASTAL AUTHORITY CARE**

FOUNDATION INC

2233 Laurel Cove Dr. Virginia

Beach, VA, US, 23454

D Employee Identification

Number **81-0890793**

E Website:

www.cacarefoundation.org

F Name of Principal Officer: **Jill Crist**

2233 Laurel Cove Dr. Virginia

Beach, VA, US, 23454

Privacy Act and Paperwork Reduction Act Notice: We ask for the information on this form to carry out the Internal Revenue laws of the United States. You are required to give us the information. We need it to ensure that you are complying with these laws.

The organization is not required to provide information requested on a form that is subject to the Paperwork Reduction Act unless the form displays a valid OMB control number. Books or records relating to a form or its instructions must be retained as long as their contents may become material in the administration of any Internal Revenue law. The rules governing the confidentiality of the Form 990-N is covered in code section 6104.

The time needed to complete and file this form and related schedules will vary depending on the individual circumstances. The estimated average times is 15 minutes.

Note: This image is provided for your records only. Do Not mail this page to the IRS. The IRS will not accept this filing via paper. You must file your Form 990-N (e-Postcard) electronically.