

Be the **CHANGE** in Mental Health

How Your Philanthropy Can Change Lives...

Join us in improving our community's Mental Health

Sponsorship packages for
First Responders and Veterans suffering from PTSD, depression,
and anxiety.

You can support them with true modern medicine for
innovative, effective, durable care.



How can you help?

Sponsor a set of individuals or a group to get treatment that their insurance will not cover...

- **First Responders**
 - Firefighters
 - Police
 - Emergency Medical Services
- **Veterans**
 - Iran/Iraq
 - Vietnam
 - Specific branch or responsibility



Help those who are suffering because they have served their communities when the rest of the systems are failing them...

Why support First Responders?

What do the statistics say?

Provided by First Responders Resiliency, Inc www.resiliency1st.org

01 First Responders have a greater chance of **dying from cancer, heart attacks, and strokes than the very people they serve. (1)**

03 First Responder life expectancies can be up to **20 years less than civilians (2)**

02 First Responder divorce rate is **70% which is 20% higher than the US national average.**

04 First Responders have a greater chance of dying by suicide **than in the line of duty. (3)**



Cited sources:

1. Soteriades ES, Kim J, Christophi CA, Kales SN. (2019) Cancer Incidence and Mortality in Firefighters: A state-of-the-art Review and Meta-Analysis.
GU JK, Charles LE, Burchfiel CA, Andrew ME, Violanti JM (2011). Cancer incidence among police officers in the U.S. northeast region: 1976-2006.
Vena JE, Violanti JM, Marshall J, Fiedler RC (1986). Mortality of a municipal worker cohort: III. Police officers.
1. Tracy, T (March 1993). Fit for duty. Demand it. Police. P. 18
2. Heyman, M., Dill, J. & Douglas, R. (2018). The Ruderman white paper on mental health and suicide of first responders.

Why support Veterans?

What do the statistics say?

In 2008, the VA **estimated** that about 1 in 3 Veterans visiting primary care clinics has some symptoms of depression; 1 in 5 has serious symptoms that suggest the need for further evaluation for major depression; and **1 in 8 to 10 has major depression, requiring treatment with psychotherapy or antidepressants.**

The divorce rate for combat veterans is high, **with a staggering 80% of combat veterans experiencing divorce.** This is due to the fact that veterans are not able to return to civilian life like they were before, and injuries and mental problems are also common culprits. (From "The Soldiers Project")

About **11% to 20%** of veterans have suffered from PTSD in a given year. **Of the 1.9 million veterans, about 209,000 to 380,000 will be developing PTSD,** says the Department of Veterans Affairs.

- In 2020, there were 6,146 Veteran suicides. This was on average 16.8 per day.
- In 2020, adjusting for population age and sex differences, the suicide rate for Veterans **was 57.3% greater than for non-Veteran U.S. adults. Among U.S. adults who died from suicide in 2020 (US Department of Veterans Affairs).**

Goals and Scope

Funding, sponsorship and donations:

- Immediately reduces costs and increases accessibility to those in need
- Helps to create a scalable model by funding pilot studies of group therapy models
- Helps to heal families, workplaces and communities
- Helps to ensure workplace retention
- Helps to create value and access
 - By 2025 helps to serve 1000 patients
 - By 2025 helps to reduce costs of modalities to patients by 50%



Who are we?

Be the Change in Mental Health (BTC) is a 501(c)3 California Non-Profit Corporation staffed by licensed professionals delivering innovative mental health solutions in a legal and safe environment.

- Operational mental health clinic with multiple treatment rooms serving patients with resources
- Physician founded, led, and supervised with oversight by a strong Board of Directors
- Specialty-trained psychotherapists, nurses, and technicians committed to delivering care to those in need



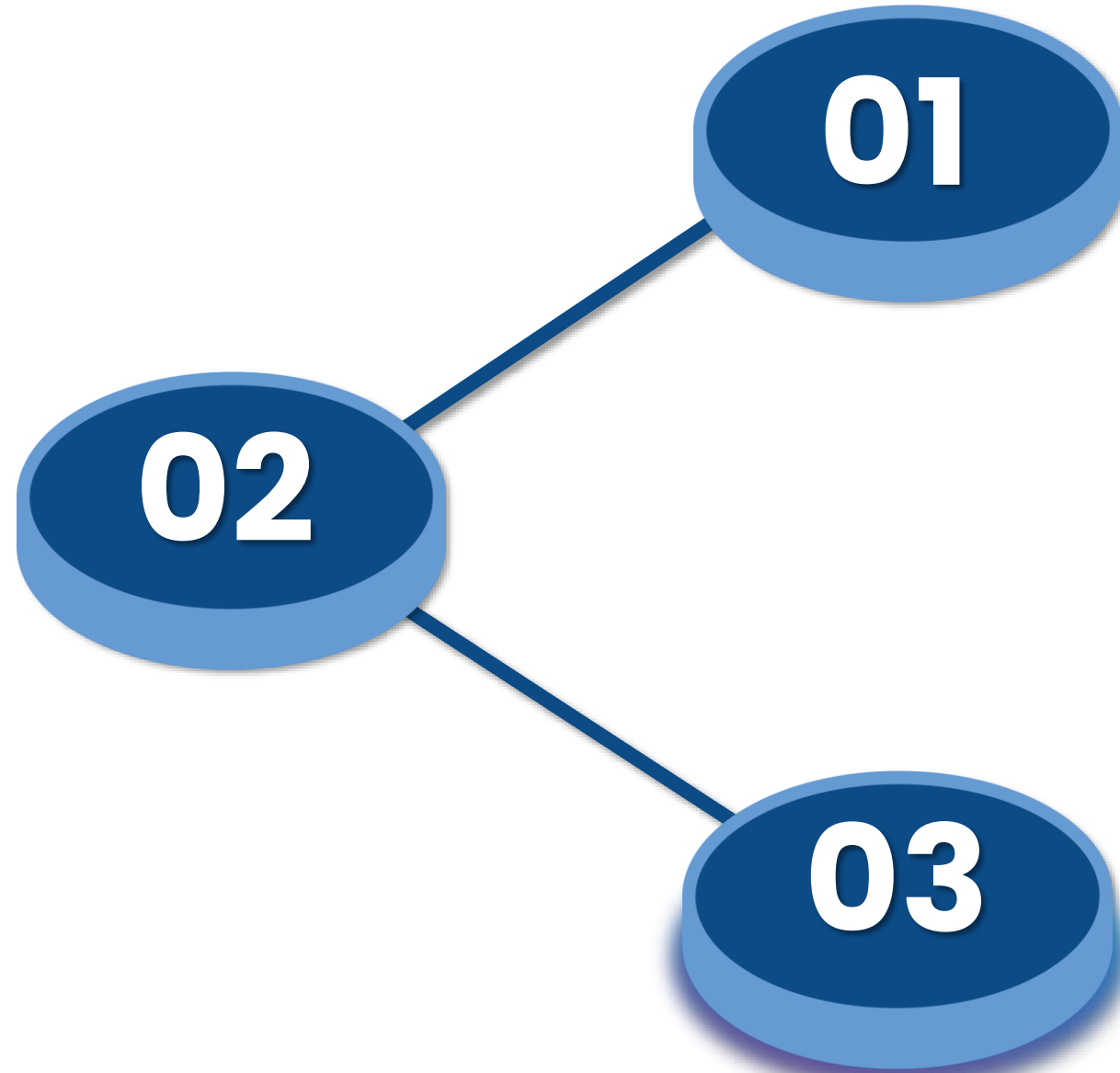
Marisha Chilcott, MD
CEO/CMO



Pictured left to right: Ethan Schram, MD, Tracy Webb, M.Ed., Linda McMahon, Michelle Crippen, Marisha Chilcott, MD, Nancy Dillon-Shore, CPA, Susan Fette, MFT, Timothy Webb, JD

Why does BTC Exist?

To aid the over-traumatized and under supported whose lives of service impact their personal wellness



To leverage modern medicine and serve our local communities

To create an affordable, accessible, and scalable model of mental health

What does BTC do?

Ketamine-Assisted Psychotherapy (KAP):

Legal, psycholytic, modern, medication that is an adjunct to professional psychotherapy and proven effective for depression, anxiety, PTSD, and alcohol use disorder...



KAP has shown significant efficacy in the remission of treatment-resistant depression. It is the **only** medication effective for acute suicidality

Durability at 12 months demonstrates improved efficacy with time

Transcranial Magnetic Stimulation (TMS): FDA

Approved medication-free alternative to effective treatment of depression, anxiety, and OCD...



Testimonials



This process changed my life. I was at a point that nothing was working for my depression or anxiety. I felt a change after the first treatment. The entire staff was amazing and made me feel so cared for during my visits.

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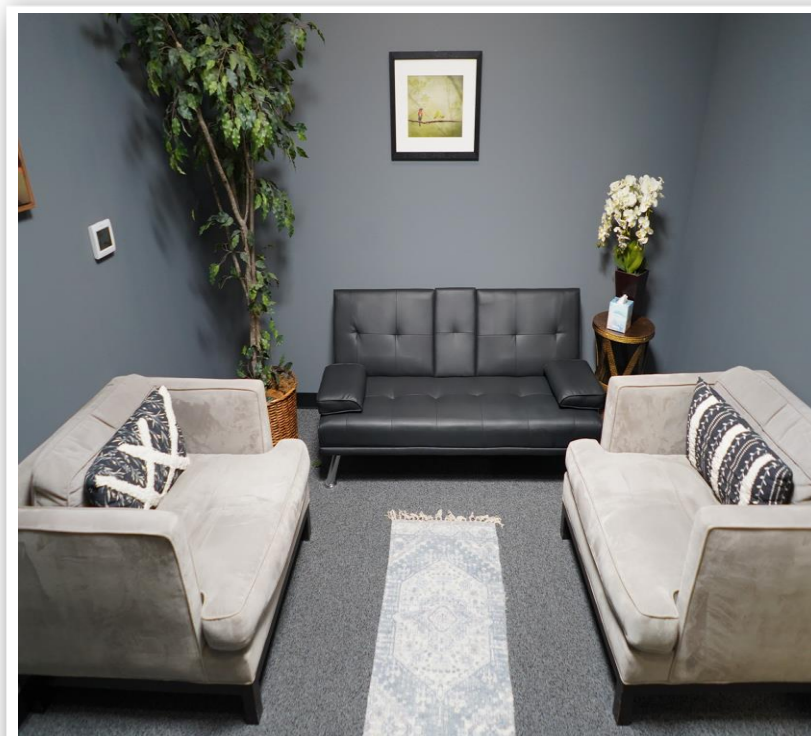
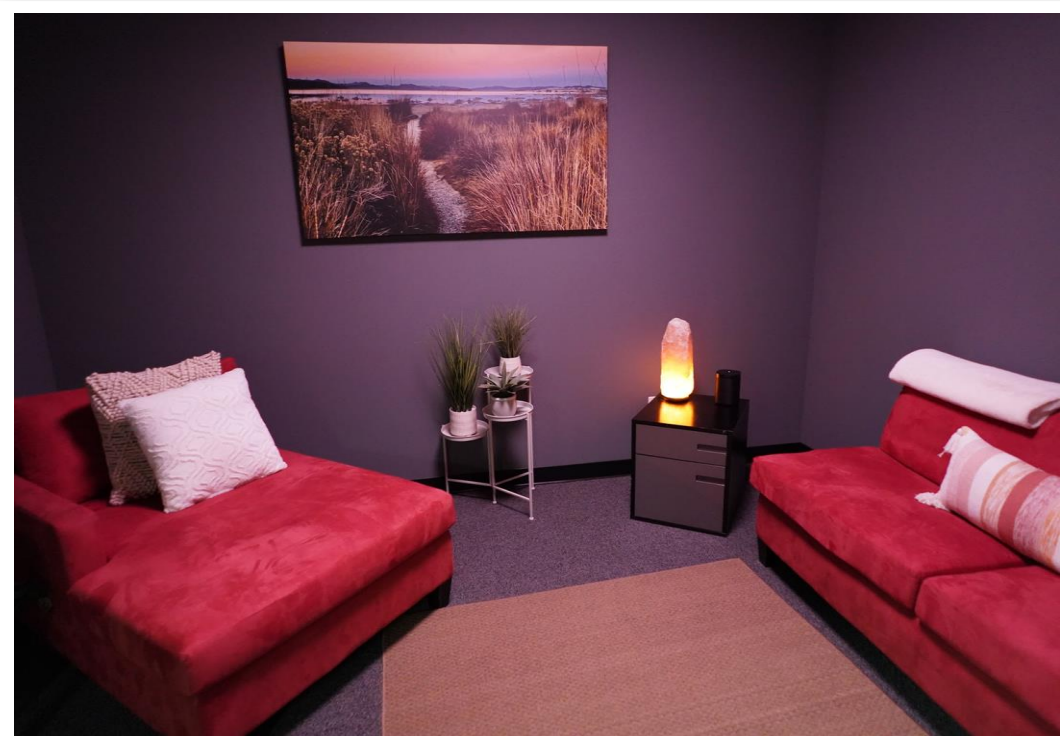


I am so grateful Be the Change was here to help me with my depression, the experience is life changing. Thank you Dr Chillcott and the entire staff!!!

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Sponsorship Opportunities

Be the Change in Mental Health has several sponsorship packages for you to help heal the First Responders and Veterans who have served our communities. **All** funding will directly support treatment; all funds will be associated with individuals and groups. We are already a fully functioning mental health clinic with established nonprofit status (IRS designated 501(c)3 on the California State Charity Registration List). We are staffed with licensed medical personnel and treatment modalities in a safe, comforting and beautiful premise. There are 6 designated sponsorship packages, with custom packages also available.



Sponsorship Packages

Level	Annual Contribution	Success Celebration Ceremony	Treatment for Individuals/ Groups	Special Nominations	Recognition
Savior	\$500,000	Head table of 10-15 seats	100/10	10 individuals / 5 group members	Website full page, Named treatment room , Social Media, Permanent office plaque, acknowledged at all public events
Protector	\$100,000	Table for 10	20/10	1 individual / 2 group members	Website half page, Social Media, Permanent office plaque
Guardian	\$50,000	5 Seats	10/5	2 group members	Website quarter page, Social Media, office plaque
Hero	\$30,000	3 Seats	6/3	1 group member	Website footer, Social Media
Friend	\$15,000	1 + 1	3/1	0	Website link, Social Media, Rotating office plaque
Contributor	\$5,000	\$200 / Seat	1/0	0	Website link, Rotating office plaque