

CASE STUDY

From Awareness to Recovery

How a Coordinated Brain Health Model Is Changing the Lives of Florida's Veterans

A Partnership With the Florida Department of Veterans' Affairs | July 2025 – June 2026

2.4M+ Veterans & Families Reached	189,847 Individuals Educated on Brain Trauma	339 Veterans Coordinated Into Care	81% of Coordinated Veterans Received Direct Treatment
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The Challenge

Across Florida, thousands of veterans live with the hidden effects of repetitive blast exposure (RBE) and service-related brain trauma — anger, anxiety, depression, sleep disruption, substance misuse, cognitive decline, and suicidal ideation. Too often, these veterans are treated for symptoms alone, while the underlying brain injury driving them goes undiagnosed.

The Florida Department of Veterans' Affairs partnered with The Mac Parkman Foundation to close that gap — building a statewide model that finds veterans earlier, connects them to the right care, and measures what actually helps them recover.

The Solution: A Coordinated Brain Health Model

Rather than offering a single treatment for every veteran, the Foundation built a six-stage continuum of care that moves veterans from first contact all the way to renewed quality of life.

- Education & Awareness — reaching veterans, families, providers, and Veteran Service Organizations with information on RBE, brain trauma, and available care.
- Early Identification — helping veterans recognize symptoms that may have gone undiagnosed for years.
- Clinical Navigation & Care Coordination — intake, suicide risk screening, case management, and follow-up for every veteran who enters the program.
- Personalized Treatment Pathways — matching each veteran to Foundation-delivered care, state-funded partners, or VA services based on individual clinical need.
- Outcome Measurement & Continuous Improvement — tracking clinical results, veteran-reported outcomes, and emerging biomarkers.
- Recovery & Improved Quality of Life — better sleep, stronger relationships, renewed stability, and reduced suicide risk.

Behind this model sits a network of trusted partners — the U.S. Department of Veterans Affairs, the Florida Department of Veterans' Affairs, Veteran Service Organizations, healthcare providers, and community treatment partners — all working from the same coordinated playbook.

The Impact, By the Numbers

In its first year, the program didn't just meet its contractual goals — it exceeded every one of them, several by more than 15 times.

Contract Deliverable	Annual Goal	Final Outcome	Result
Outreach to Veterans & Families	55,000	2,399,321	43.6× Goal
Education on RBE & Brain Trauma	11,000	189,847	17.3× Goal
Veterans Coordinated Into Care	100	339	3.4× Goal
Provider & VSO Trainings	25	140	5.6× Goal
Wrap-Around Referrals	Included in Care Coordination	191	Exceeded
Veterans Receiving Direct Treatment	Included in Care Coordination	81	81% of Coordinated Veterans

Clinical Improvement Within 4–6 Weeks

Veterans receiving Foundation-delivered treatment reported measurable gains fast — and providers documented clinically significant reductions in PTSD and trauma symptom scores.

- Sleep disruption ↓ 60%
- Concentration ↑ 50%
- Emotional withdrawal ↓ 50%
- Anger / mood swings ↓ 35%
- Nightmares ↓ 30%
- Sleep quality ↑ 27% • Overall well-being ↑ 20% • Mental energy ↑ 18% • Emotional well-being ↑ 15%

Veteran Voices: Recovery in Their Own Words

Clinical data tells part of the story. Veterans tell the rest.

I slept 6 hours without waking last night and felt so rested. I haven't slept more than 4 hours in years. Thank you — this is really helping me.

— Marine Corps Veteran, Tampa, FL

Yesterday was my sixth infusion, and the difference has been amazing. It has helped my sleep, behavior, and so much more.

— U.S. Army Veteran, FL

I finally have my mom back.

— Daughter of a veteran, following her mother's treatment, Tampa, FL

Things that normally would have set me off just didn't anymore. I've already recommended it to several veterans.

— U.S. Army Veteran

I cannot believe how great I feel. Have not felt like this in over a decade. I ran for the first time in years. Thank you so much for helping me recover.

— Marine Corps Veteran, Tampa, FL

The Return on Florida's Investment

Florida invested \$735,000 in this initiative. That investment funded far more than treatment — it built lasting statewide infrastructure:

- Clinical Treatment Services — 41%
- Staffing & Case Management — 30%
- Outreach & Education — 18%
- Clinical Access & Support — 11%

Every dollar helped build a system that increases awareness of brain trauma, connects veterans to individualized treatment rather than one-size-fits-all care, expands collaboration with the VA and community providers, and generates the outcome data needed to guide future veteran mental health and suicide prevention strategy.

Why It Matters

Suicide prevention starts with recognizing what's really happening in a veteran's brain — not just treating the symptoms on the surface. By finding veterans earlier, matching them to the right care, and walking with them through recovery, this initiative is helping veterans reclaim their sleep, their relationships, their careers, and their sense of hope.

The first year proved the model works. With the infrastructure now in place, Florida has the opportunity to build on this foundation — reaching more veterans, deepening partnerships, and advancing the evidence base for brain-focused veteran care.

A coordinated system. A personalized approach. A stronger future for Florida's veterans.