



## **No Vet Alone, Amen Clinics and 7 Healing Stars to Launch Brain Suicide Prevention Research Project**

**Goal: Creating a unique and highly innovative protocol with targeted and personalized mental health treatments for depression and suicide prevention by drawing from validated functional brain imaging biomarkers known to enhance clinical effectiveness.**

No Vet Alone (NVA) is teaming with the Amen Clinics to look at how brain activity and cerebral blood flow correlates enhance depression treatments outcomes in the veteran population since depression is a well-established precipitant of suicide.

NVA will identify volunteers to take part in this initial study looking at the effects that the NVA programming has on blood flow and balancing of brain activity in relation to reduced depression scores and suicidality. This will be measured against a control group treated with the current standard of care which is comprised of antidepressant medication and Cognitive Behavioral Therapy (CBT).

Daniel G. Amen, M.D., a Double-Board Certified psychiatrist, brain scan specialist and founder of Amen Clinics has pioneered the use of this technology for psychiatry is very excited to begin this work with No Vet Alone.

“Trauma can leave a lasting impact in your brain and we can see it with SPECT imaging. And you can treat it with medication or therapy like the No Vet Alone program! But without pictures, you're throwing darts in the dark at people,” Dr Amen said. “Most people are just diagnosed on symptoms, and you don't know what's really going on in their brain, which makes treatment difficult.

“We are very excited to be partnering with Dr. Amen and the Amen Clinics on this ground breaking project.” Suicide rates are at a 50 year high and clearly with the recent increases, the current treatment path is not working. We need to think differently and Dr. Amen is the leader with brain imaging,” stated No Vet Alone Founder John Wordin. “Knowing your brain gives you an objective way to see what works and what doesn't.”

Alterations in regional cerebral blood flow (rCBF) and brain activity in the limbic system and prefrontal cortex have been strongly implicated in the pathogenesis of depression. Functional imaging has helped identify biomarkers associated with an increased risk for suicide. These alterations in brain activity and rCBF have been observed to normalize with successful treatment of depression and after addressing other suicide risk factors. NVA generates improved outcomes in depressed patients beyond those obtained with the current

standard of care by using a whole health approach. No Vet Alone is also partnering with 7 Healing Stars, a holistic platform that will help facilitate the delivery of these whole health treatments proposed by No Vet Alone. The research proposed here will help validate the interventions offered by NVA while providing clinicians with better tools that result in decrease morbidity, decrease mortality and decreased healthcare costs.

In addition to the brain imaging, real-time physiological data in the form of Electrencephalogram (EEG) and heart monitor tracings will be gathered from sensors embedded in the Safe Tec helmets. This data allows to correlate ongoing treatment interventions with observed brain activity and cardiovascular function aiding clinicians make individualized treatment adjustments in between SPECT scans.

This combined approach with NVA group social physical activity and programming would change the game and saves millions of lives by enabling better treatment and health outcomes.

### **About Amen Clinics:**

**Amen Clinics** is an outpatient health care **clinic** that has provided mental wellness strategies to patients of all ages since 1989. We offer patient-first experiences and customized solutions to an array of behavioral and psychiatric conditions.

Daniel G. Amen, MD broke new ground to show PTSD's distinct hallmarks in 2015 by publishing a paper in the journal PLOS One. In 2015 Amen Clinics made Discover Magazine's best discoveries of the year. They were named Discovery #19 right after the Tesla battery. This was following a study where they looked at how functional imaging (with SPECT) could distinguish patients who had TBI, PTSD, or both in a large dataset of over 20,000 patients.

<https://www.amenclinics.com/>

<https://www.youtube.com/watch?v=esPRsT-lmw8>

<https://dailym.ai/2lpt9TY>

### **About No Vet Alone:**

No Vet Alone is focused on Suicide Prevention by improving whole health using peer support and group physical activities enabling the courage to connect, empowering resilience to restore hope, to give America's Finest **LIFE**.

Our evidence based focus is reducing suicide through resilience by fortifying support systems through group activity, community service, and family support. No Vet Alone targets isolation related issues, which is a fundamental, overarching cause of suicide. We bring people together, to help or be helped, hastening how quickly we can directly impact lives in the face of increasing suicide statistics nationwide. Our focus is on mental, physical, emotional, and spiritual health to prevent suicide.

Our programs and networks change the lives of veterans, first responders and their families, by improving the issues they face: PTSD, mental health, physical wellness, homelessness, drug addiction, depression, MST, and the often underlying depression of isolation, which are the leading causes of suicide.

More Info: [novetalone.org](http://novetalone.org)

### **About 7 Healing Stars:**

7 Healing Stars (7HS) is an ever-evolving social and community platform that connects individuals, communities and organizations to key resources which aid in the realization of their fullest potential. The 7HS platform integrates aspects from nutrition, sustainability, education, holistic health, culture, spirituality and community to fully empower local and global communities.

More Info: [7healingstars.org](http://7healingstars.org)