



2025 IMPACT REPORT

Healing the Shadow Warriors
Who Protect Us.

A Historic Year of Healing

In 2025, Operator Relief Fund (ORF) crossed a defining threshold in our mission to heal the “shadow warriors” who protect us.

- More than 1,000 Special Operations Forces (SOF), Intelligence Community Shadow Warriors, and spouses have now received DSGB/BCSB treatment through ORF since inception.
- Over 400 participants received the DSGB/BCSB procedure in 2025 alone, with 100% of their treatment and travel costs covered.
- We have a significant goal to treat 10,000 SOF operators and shadow warriors.

Behind each number is a life pulled back from the brink of burnout, despair, or suicide; a spouse who finally has their partner back; children who recognize their mom or dad again.

“ The DSGB changed my life. I feel like myself again for the first time in years. The DSGB cleared out all the crap that was going on in my head and I can think again. ”

– DSGB participant



This is the impact your philanthropy makes possible.



Who We Serve:

The Shadow Warriors We Stand Behind

Our work focuses on a uniquely at-risk population:

- Special Operations Forces
- Intelligence Community operators and direct support personnel
- Their spouses and families

These are elite veterans and still-serving professionals who cannot always safely seek care through traditional channels without fearing for their careers, clearances, or identities.

Suicide rates among Special Ops Forces are estimated to be 30% higher than the broader military, and more have died by suicide than in combat since 9/11. Shadow warrior fatalities from cancer and suicide have more than doubled in recent years.

ORF exists so these warriors and their families do not have to navigate this crisis alone.

30% Higher

Estimated suicide rate among Special Ops Forces compared to the broader military.



Doubled

Fatalities from cancer and suicide have more than doubled in recent years.



A Stark Reality

More have died by suicide than in combat since 9/11.



Our Intervention: DSGB/BCSB + Mindfulness + Resources



Advanced DSGB / Bilateral Cervical Sympathetic Block (BCSB)

ORF funds an advanced version of the Stellate Ganglion Block procedure—often called DSGB or, more precisely, Bilateral Cervical Sympathetic Block (BCSB)—that “resets” the sympathetic nervous system from constant fight-or-flight back toward baseline.

For operators stuck in survival mode, this can rapidly ease:



Hyper-vigilance
and emotional
shutdown



Sleep disturbance
and memory fog



Chronic anxiety, digestive
issues, and other somatic
symptoms tied to trauma

In ORF’s initial clinical study:

65% of participants no longer
met diagnostic criteria for
PTSD after treatment

Active-duty participants
experienced symptom relief
lasting **4–6 months** on average

Veterans reported **6–9+ months**
of improvement

Among nine veterans who
screened positive for suicidal
ideation before the procedure,
none screened positive afterward



These results underscore that DSGB/BCSB is not a quick fix; it is a powerful
catalyst that opens a window for deeper healing.

Our Intervention: DSGB/BCSB + Mindfulness + Resources



Mindfulness Cohorts: Turning Relief into Lasting Recovery

In 2025, ORF launched and successfully completed three Mindfulness Program cohorts, designed specifically for SOF and Shadow Warrior culture and led by an Oxford-trained cognitive behavioral coach from within the SOF community.

Participants report that combining DSGB/BCSB with mindfulness-based emotional regulation tools:



Extends the benefits of the procedure



Improves emotional regulation and relationships at home



Increases their sense of agency over their own recovery

Based on positive feedback, ORF's goal is to make the Mindfulness Program a standard component for all future DSGB/BCSB participants, transforming a single medical intervention into a sustainable recovery pathway.

Our Intervention: DSGB/BCSB + Mindfulness + Resources



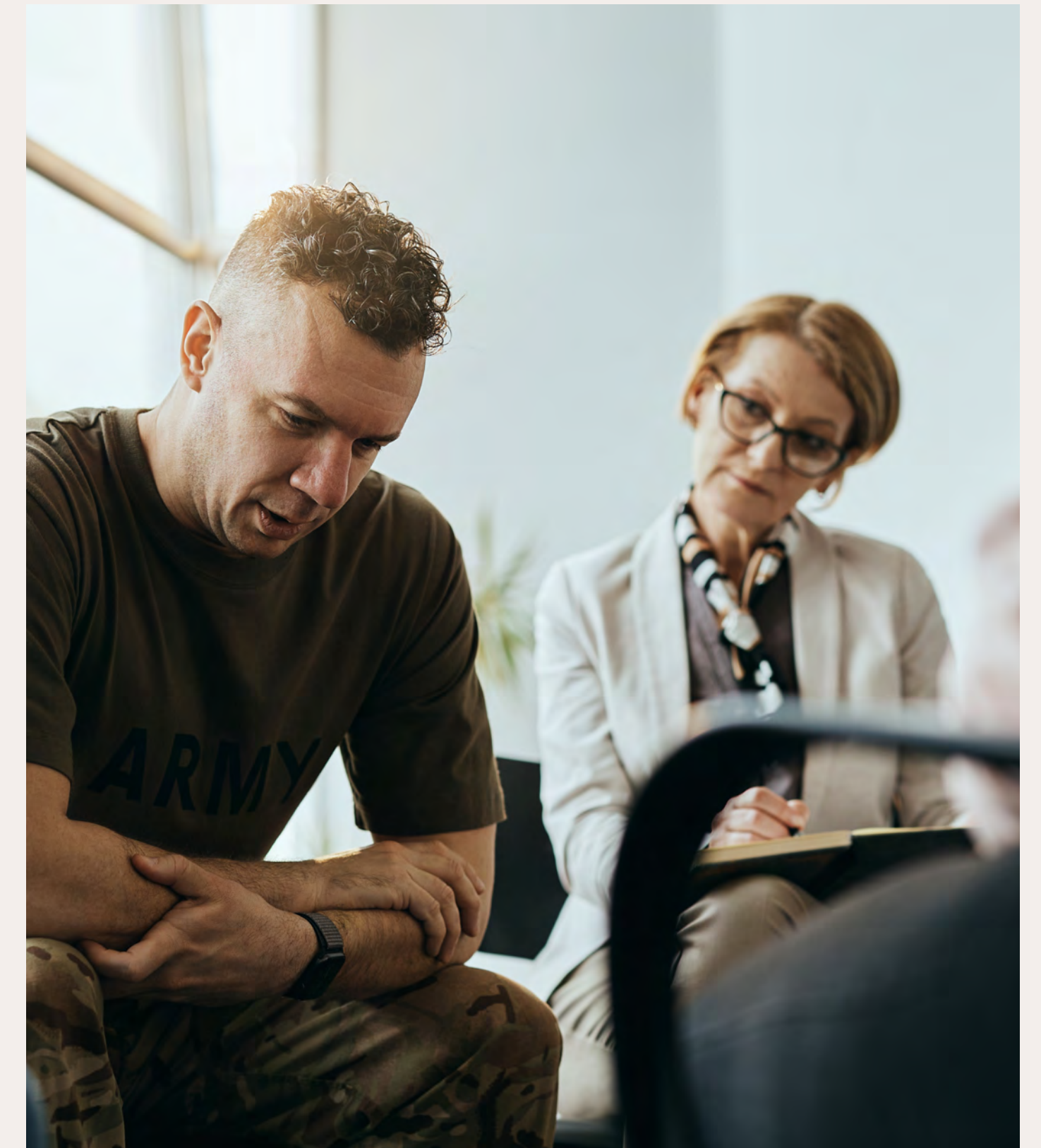
Participant Resources & Follow-On Support

In 2025, ORF expanded our resource and participant onboarding function, with measurable results:

- Monthly resource engagements more than doubled, from 8 to 18+ per month
- Crisis protocols enabled rapid response to high-intensity cases, preventing escalation
- Post-procedure follow-up calls connected over half of participants to additional support
- ORF forged 8 new referral partnerships with SOCOM-aligned nonprofits, extending the continuum of care
- Participants receive help navigating benefits, disability ratings, and insurance approvals

“Crisis situations with participants have increased greatly... We have the ability at ORF to support quickly, protocols are working, and we are seeing the needle move in the positive direction.”

– ORF team member



Impact at a Glance



Scale of Care

1,000+

total participants treated since launching DSGB/BCSB services

400+

participants treated in 2025, including operators, spouses, and direct support personnel

100%

of treatment and travel costs covered, eliminating financial barriers to care



Program & Research Progress

- Three Mindfulness cohorts delivered and evaluated, with plans to scale to all DSGB/BCSB participants
- Two new research initiatives launched:
 - A case-series project with RESET Medical, ORF's Cleveland-based clinic partner, aiming to publish nuanced, ethically grounded data in an area dominated by financially driven or outdated studies
 - A longitudinal research collaboration with the Geneva Foundation, assessing biological and psychological outcomes in active-duty SOF personnel
- A comprehensive literature review completed on ASGB for PTSD, now informing ORF's study designs and the broader research agenda.



Organizational Growth & Stewardship

- ORF raised almost \$2 million in 2025, while tightly managing costs and continuing to reduce the per-participant cost of care.
- Over the past three years, ORF has achieved a 40% reduction in cost per patient, demonstrating strong operational efficiency and donor stewardship.
- Our partnership with Family Offices has made ORF stronger, financially resilient, and able to focus on creating a valuable impact on the lives of our participants.

Governance & leadership expansion:

- Expanded Board of Directors
- New SOF Operator Ambassador group
- Business Advisory Council focused on community and corporate engagement



Development Momentum

2025 marked a breakout year in fundraising capacity:

- 320 donors in 2025 (up from 6 in 2023 and 25 in 2024)
- 9 fundraising events launched in 2025, with 16 events already scheduled for 2026
- "ORF On The Road" events successfully piloted in Philadelphia and Atlanta
- Launched a formal grant-application program; since mid-2025, ORF has submitted 8–9 grant applications totaling roughly \$1.5–\$2.5M in potential funding
- Full-time Development Director hired, and a donor CRM implemented, creating a scalable, sustainable donor engagement system potential funding

Lives Transformed:

Participant Voices

The true measure of impact is in the words of those we serve. In 2025, participants and spouses described their experiences with ORF and DSGB/BCSB in powerful terms:

“

Before his DSGB, communication with my spouse was nearly non-existent. Now, those walls he's had up for years are down and we're finally connecting again.

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The DSGB and entire Operator Relief Fund program has completely changed my life trajectory. I am now a better husband, better father, and better soldier.

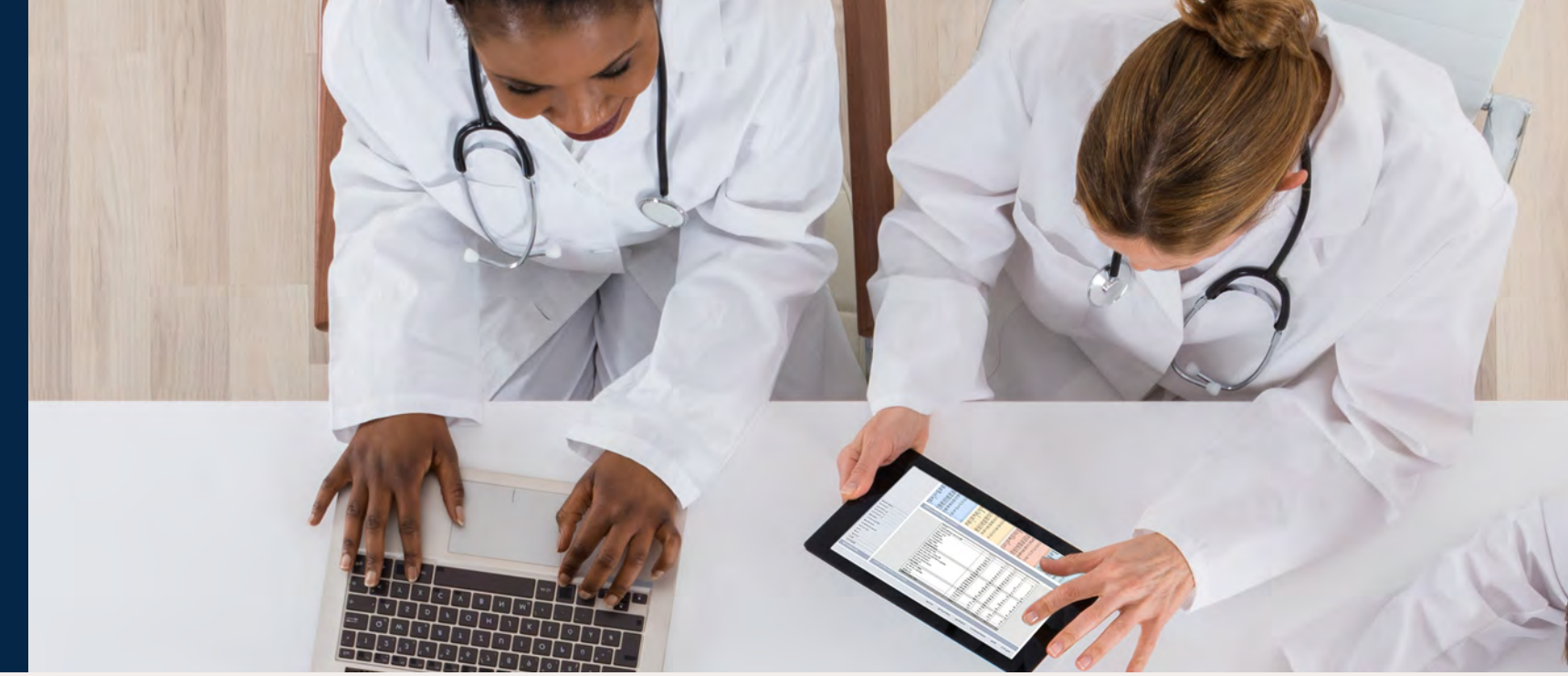
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ORF has created a space and provided access to treatment so guys like me can actually get the help we need. I would not have had access to this type of treatment without the Operator Relief Fund.

”

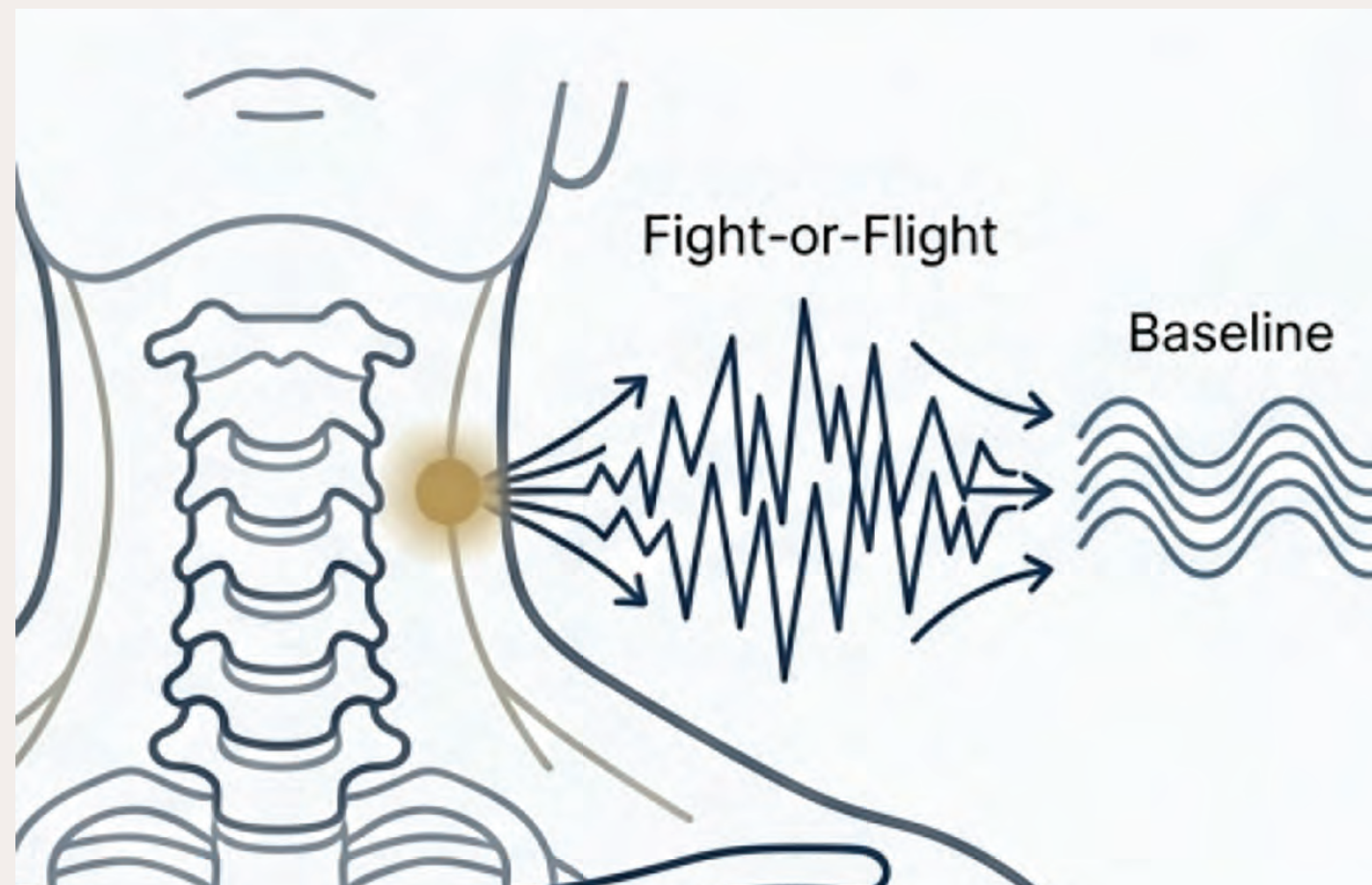
These are not abstract outcomes. They are marriages restored, careers stabilized, and lives literally saved.

Building the Evidence: ORF Research Study II (2026 and Beyond)



Study Title:

The Long-Term Efficacy of Bilateral Cervical Sympathetic Block (BCSB) Combined with Mindfulness Training for PTSD in Special Operations Forces



Study Design & Scope:

- 120–150 total participants, including 30 women SOF operators—an under-studied group
- Participants followed over 15 months, with Assessments every 30 days
- Measures include PTSD symptom severity (PCL-5), duration below diagnostic threshold, and quality-of-life indicators such as family functioning, economic stability, and suicide risk
- Qualitative end-of-study interviews to capture lived experience and healing trajectories
- Powered to generate peer-reviewed publication-quality data, supporting eventual DoD, VA, and Tricare reimbursement for BCSB as a PTSD treatment

Budget & Leverage:

Total Study II budget: **\$575,000**

Including procedures, travel, mindfulness cohorts, research staff, IRB and publication fees, and data management infrastructure

The study will treat **120+ participants**

As part of ORF's 2026 goal of 500 participants served, multiplying the impact of research dollars with direct clinical benefit.

In short: funding Study II is a high-leverage way to both treat hundreds of warriors now and unlock access for thousands more in the future.

Vision Forward

From Breakthrough to Standard of Care



Your philanthropic investment accelerates this path—from a boutique lifesaving intervention to a sustainable, reimbursed standard of care for those who have borne the heaviest burdens of our national security.



Treat 1,000+ warriors per year by 2027, on the way to a goal of 10,000+ treated



Expand access for spouses, women operators, and underserved groups



Build out functional health programs that address the full spectrum of Operator Syndrome



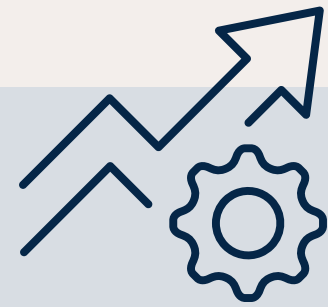
Make the Mindfulness Program and other post-procedure supports standard



Generate rigorous data through Study II and subsequent research, leading to national policy change and reimbursement by DoD, VA, and Tricare



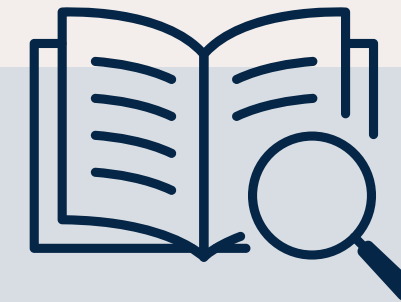
Why Your Support Matters Now



Scale a Proven Model

(Today)

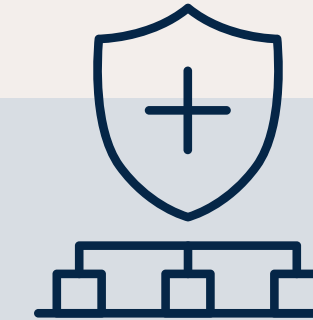
At approximately **\$2,800** per participant (procedure + travel), a **\$300,000–\$500,000** commitment can fund 100–175 DSGB/BCSB treatments—each with months of symptom relief and profound family impact.



Fund Study II

(2026-2027 – A Defining Legacy Gift)

A lead grant of **\$575,000** could fully underwrite ORF's 2026 Study II, positioning you as the principal investor in the research that brings BCSB into the mainstream of PTSD care for SOF and Shadow Warriors.



Build Durable Capacity

(Multi-Year Impact)

Multi-year support (e.g., \$1M annually for 3 years) would allow ORF to:

- Lock in treatment capacity toward 1,000+ participants annually
- Sustain Mindfulness cohorts and resource staffing at scale
- Maintain a lean but robust research team and data infrastructure
- Continue cost reductions and financial resilience while avoiding gaps in service during periods of high demand

ORF offers a high-impact, evidence-building investment with:



Clear performance metrics (participants treated, symptom reduction, cost per participant)



A defined research roadmap (Study II and beyond)



Strong leadership and governance



Transformational personal and societal returns—measured in lives saved, families restored, and a stronger, healthier SOF and Intelligence community.

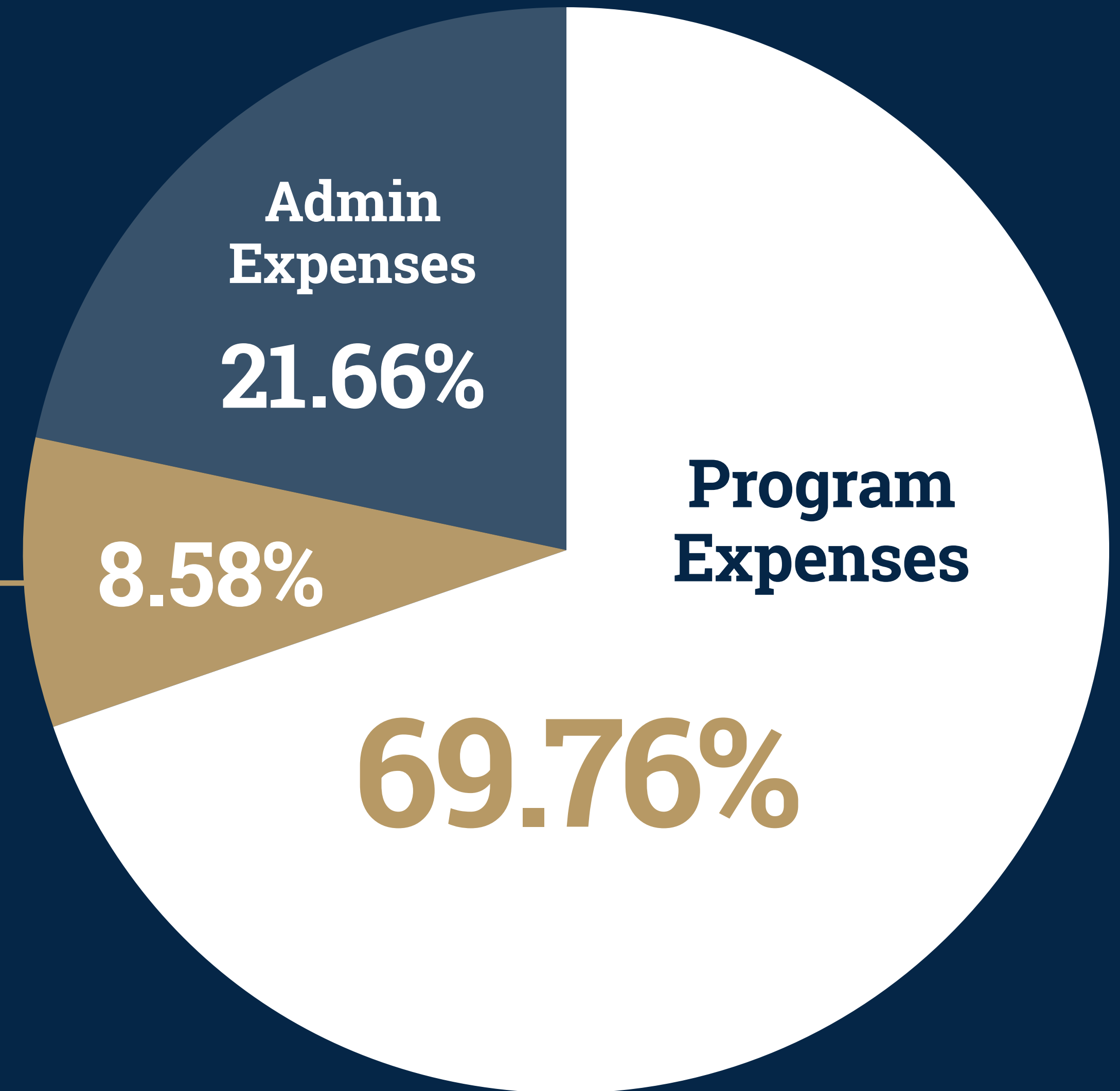


Total 2025 Revenue

Platinum
Transparency
2025

Candid.

**Fundraising
Expenses**



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of Washington, DC

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Human Capital

THOMPSON
HINE

VTG

Closing:

If Not Us, Then Who?

The warriors we serve spent their careers in the shadows—taking on the missions the nation cannot fail. Many carry wounds that are invisible but devastating: sleepless nights, rage they can't explain, families they feel slipping away, suicidal thoughts they hide behind a quiet “I’m fine.”

ORF now has:

- The treatment.
- The infrastructure.
- The proof.



What we need now is the scale.

On behalf of every Shadow Warrior and spouse who has trusted us with their story and their healing, we invite you to deepen your partnership with Operator Relief Fund—so that together, we can move from hundreds of lives changed to thousands, and from promising intervention to permanent standard of care.

**They answered
the call.**

Now it's our turn.