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For: The Headstrong Project – Chicago

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MB REAL ESTATE HELPS RAISE \$350,000 FOR THE HEADSTRONG PROJECT Chicago Supports Mental Healthcare for Veterans of Iraq and Afghanistan

CHICAGO, Ill. (June 2, 2016) – Thousands of Chicago-area Iraq and Afghanistan veterans who report symptoms of post-traumatic stress disorder (PTSD) just received a meaningful contribution to help alleviate the ongoing suffering from their service. At a recent fundraiser at the Chicago Cultural Center, more than 250 social and business leaders raised \$350,000 in support of bringing The Headstrong Project’s service offerings to Chicago. MB Real Estate (MBRE) was the title sponsor of the event, which was hosted by Peter and Sofia Westmeyer, and Meredith Melling and Zach Iscol.

“As an Iraq veteran, nothing is tougher than knowing that though we’ve built a treatment program in NYC and Southern California that effectively treats veterans suffering from the hidden wounds of war, too many of our brothers and sisters are suffering around the country,” stated Zach Iscol, executive director of The Headstrong Project. “Our expansion is vital to help our fellow vets and we are most grateful to MB Real Estate and the incredible generosity of our supporters in Chicago for helping to heal hidden wounds across our country.”

“The Headstrong Project addresses a profound need and critical objective,” according to Peter Westmeyer, president and managing principal, MBRE Healthcare. “Our countrymen and women risk their lives to protect our way of life. In fulfilling their duty, they encounter scenarios that leave deep emotional wounds. The current VA-sponsored treatment plan simply does not suffice in the treatment of veterans. Nearly 22 veterans commit suicide every day ‘coping’ with these wounds. This fact alone is extremely saddening and completely unacceptable. The incredible team at Weill Cornell has a better way to help our veterans though. It is with great honor that I am involved in The Headstrong Project and am able to help fight for the same veterans that have fought for you and me in service.”

The Numbers are Staggering

Nearly 400,000 Iraq and Afghanistan veterans report symptoms of post-traumatic stress disorder (PTSD) as of December 31, 2015. The VA estimates we lose 22 veterans a day to suicide with 41 percent higher risk of suicide for deployed veterans compared to the general U.S. population.

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Through a partnership with Weill Cornell, The Headstrong Project provides services dealing with post-traumatic stress and traumatic brain injuries to veterans returning from Iraq and Afghanistan. The personalized approach and treatment has allowed veterans to overcome issues with alcohol and substance abuse, sleep disorders, homelessness, family, marital and relationship dysfunction, and unemployment. Not only does the veteran receive treatment, but there is also support available for their loved ones. All services are free of charge, completely confidential and are tailored to the specific needs of each patient.

To combat the growing number of veterans with PTSD, The Headstrong Project continues to expand into different cities throughout the United States, with Chicago identified as its newest area of focus. Currently The Headstrong Project has nine clinicians in the New York metro area and 10 in the San Diego area. Clinicians range from psychologists, psychiatrists, and clinical social workers.

About MBRE

Founded in 1982, MBRE is a Chicago-based commercial real estate services company, providing expertise in asset management, leasing services, corporate and tenant advisory, investment services, project and development services, general advisory services and healthcare real estate services. MBRE Healthcare, a subsidiary of MBRE, develops, acquires, leases and manages healthcare real estate across the United States. The firm currently owns and manages over 10 million square feet of properties across the country. MBRE Healthcare offers a wide range of services including acquisitions and project financing, development and project management, leasing and property management and consulting. MBRE Healthcare is one of the country's largest private owners of healthcare facilities.

About The Headstrong Project

For more information about The Headstrong Project, please go to: www.getheadstrong.org.

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Kenneth and Evelyn Polcari & Sofia and Peter Westmeyer



Meredith Melling & Zach Iscol