

### VA mental health treatment is lacking

- According to the Department of Veterans Affairs (VA) annual report on suicide prevention, there are an average of **17.6 veteran suicides a day**, indicating a significant gap between available mental healthcare and veterans' needs. Some [advocacy groups](#) estimate the true number is closer to 44 Veterans a day when accounting for overdose deaths and other self-destructive behaviors linked to untreated trauma.
- VA has a backlog in mental healthcare services due to over 1.7 million veterans with only about 10,000 psychologists and psychiatrists to treat them.
- Veterans wait an indeterminable amount of time to secure an appointment and receive limited care if they are deemed "functionally stable." Many current or former VA clinical psychologists report great pressure to cap individual therapy sessions to vets deemed "functionally stable."
- VA works with veterans over 8-15 initial therapy sessions, then offloads the patient back to primary care as they are deemed "functionally stable." However, many veterans only reach "functional stability" temporarily during the therapy sequence and decline once services are discontinued.

### Current PTSD treatment = lifetime sentence of medication

- While selective serotonin reuptake inhibitors (SSRIs) are considered a common and safe treatment for post-traumatic stress disorder (PTSD)—and are routinely prescribed to veterans on a daily, perpetual basis—many experts and PTSD patients report that SSRIs have limited efficacy and effectiveness.
- Many veterans are prescribed multiple psychotropic drugs, receiving prescriptions for medication after medication that do not solve the underlying condition(s).
- This breakdown breeds mistrust and despair, as Veterans begin to wonder not only if they can recover, but if the system meant to help them is even capable of healing them.

### One ibogaine treatment can replace a lifetime of medication

- Ibogaine is an extract of *Tabernanthe iboga*, a Central African shrub, and is a psychoactive compound that has long been used in spiritual practices and shows promising results in mental health treatments.
- Ibogaine's Schedule I status in the U.S. has forced thousands of American Veterans to seek treatment abroad—most often in Mexico, where ibogaine is unregulated and available through private clinics.
- The profound results of ibogaine are seen in the study done by [Stanford Medicine](#), showing an 88% decrease in PTSD symptoms, 87% in depression symptoms, and 81% in anxiety symptoms one month after an ibogaine treatment in a cohort of 30 special operations veterans with a history of traumatic brain injuries (TBI).
- Additional trial results published in [Nature Medicine](#) showed significant improvements in concentration, information processing, memory, and impulse control following ibogaine treatment.

**Bottom Line:** *Promising breakthrough treatments like ibogaine can provide military veterans with PTSD and other mental health conditions by eliminating the need to take medication every day and targeting the root conditions driving suicidal ideation, hyper-aggression, depression, or the many other conditions many veterans face.*