



Case Study: Schwab Veterans Study Results

Program Participant Cohorts: All Schwab veteran participants work as full-time employees at Schwab.

Recruitment: A meeting of potentially interested program candidates was organized by Schwab’s Military Veteran Network with Heal the Hero making a presentation. The MVN recommended candidates, and they were interviewed and ultimately accepted by Heal the Hero.

Program Design: All program participants received “Hero 180” Brain Performance protocols.

Program focus: Veteran Corporate Performance (Completion of a 6-Month Program)

74%

Reduction of the impacts of Trauma

74% reduction in Trauma (4 of 5 under threshold of 30 for trauma scale with one score of 31)

30%

Improvement to Employee Quality of Life

42% Physical Health	38% General Feeling about life	37% Psychological Health
35% Social Relationships	17% Environment	30% Overall Quality of Life

17%

Improved Executive Functioning for Increased Work Performance

25% Emotion Regulation	23% Organization	23% Attention
22 % Working Memory	15% Inhibitory Control	14% Initiation
13% Planning	12% Flexibility	9% Self-Monitoring

***Reduction in Trauma Metric:** Data analysis includes examination of the impact of the Brain Performance program at individual, cohort, and population levels. One of three measurement instruments, a measurement tool commonly referred to as a “Post Traumatic Stress Disorder Checklist-Civilian Version (PCL-C)”, originally designed by the VA’s National Center for PTSD, measures overall reactions to traumas such as: “Suddenly acting or feeling as if a stressful experienced were happening again (as if you were reliving it),” “Feeling emotionally numb or being unable to have loving feelings for those close to you,” and “Feeling irritable or having angry outbursts”. The measurement of relative 'reduction in trauma' is reflected by participants answers on an likert-type scale, from 1 to 5, where 1 = 'not at all' and 5 = 'extremely'.

Specifically, on sleep

“How satisfied are you with your sleep?”

The QoL assessment has an item that measures sleep on a scale of 1-5 (1 = Very Dissatisfied, 5 = Very Satisfied).

271%

By the program’s completion, sleep satisfaction improved by 271%.

“Trouble falling or staying asleep?”

The PCL-C assessment has an item that measures sleep on a scale of 1-5 (1 = Not at all, 5 = Extremely).

118%

As a result of the program, improvement in this area was 118%.