



NEVUT

LONE SOLDIER VETERANS

[Heroic Hearts Project](#) (HHP) is extremely proud to collaborate with [Nevut](#) in order to provide access to psychedelic programs for Israel Defence Force (IDF) Lone Soldier Veterans.

This **nine week program** includes preparation and integration sessions as well as as follow-on community support, culminating in a 5-day (4-night) legal psilocybin retreat in Ashland, Oregon for a group of twelve IDF Lone Soldier Veterans.

Preparation Phase (3-4 weeks prior to retreat):

- Three virtual group preparation sessions
- Two virtual individual (one-on-one) preparation sessions
- One virtual breathing workshop
- Access to HHPs 21-day online Mindfulness program

Retreat Phase:

- HHP Veteran Peer Support Specialists provide support to Veteran participants throughout their retreat experience
- Flights, airport transfer, accommodation and meals are provided
- Transportation is provided between the retreat accommodation and licensed facility where the group psilocybin ceremonies will take place
- Group integration circles occur following each ceremony led by HHP Veteran Peer Support Specialists
- Daily Mind-Body activities (Yoga, Meditation, Breathing)
- Two group psilocybin ceremonies administered in a Licensed Oregon Psilocybin Service Center by Licensed Oregon Psilocybin Facilitators

Integration Phase (3-4 weeks post-retreat):

- Three virtual group integration sessions
- Two virtual individual (one-on-one) integration sessions

Follow-on Phase:

- HHP-Nevut program alumni in-person meetups and events
- HHP virtual monthly alumni group calls

All Phases - Support to Veteran Families (spouses/significant others/caregivers/family members):

- Virtual group calls for the families of IDF Lone Soldier Veterans attending this program prior to, during and after the retreat
- Optional individual (one-on-one) preparation and/or integration sessions
- Ongoing support through HHPs Veteran Families Program (The Hope Project) community that includes weekly virtual group calls and monthly virtual Tension and Trauma Release Exercise (TRE) sessions