



FIND YOUR WAY HOME SWIM

Individuals and teams take to Lake Erie for a 10k swim to the Detroit River Lighthouse benefiting The Step Up Foundation

DETAILS

September 14, 2024
Grosse Ile Yacht Club
Grosse Ile, MI 48138
8:00am - Finish

INAUGURAL 2023 SWIM

- ★ \$92,786 raised
- ★ \$50k granted to Defenders of Freedom
- ★ 4 vets received treatment at Resilience Brain Health Texas facility
- ★ \$15k donated to Shields and Stripes
- ★ 1 vet received fully funded 3 month treatment.
- ★ 200+ total participants
- ★ 33 swimmers
- ★ 7 local & federal agencies
- ★ 80 volunteers

#LIVEBIG EVENT SERIES



SPONSORSHIP OPPORTUNITY



PLATINUM SPONSOR - \$10,000

- Recognition on all media appearances (TV, radio, podcasts)
- Logo on event shirts
- Individual Event banner
- Recognition on The Step Up Foundation's website and social medias
- 15 after party tickets

GOLD SPONSOR - \$5,000

- Logo on event shirts
- Logo on event banner
- Recognition on The Step Up Foundation's website and social medias
- 10 after party tickets

SILVER SPONSOR - \$2,500

- Logo on event shirts
- Logo on event banner
- 10 after party tickets

BRONZE SPONSOR - \$1,000

- Logo on event banner
- 5 after party tickets



MISSION

To change the narrative concerning the number of veteran suicides by dramatically expanding awareness regarding the effects of blast wave injury, traumatic brain injuries, and post traumatic stress.

OUR STORY

Our story aligns with the military community who all too often suffer from invisible wounds. We strive to rewrite the language of mental health and together we will change the stigma.

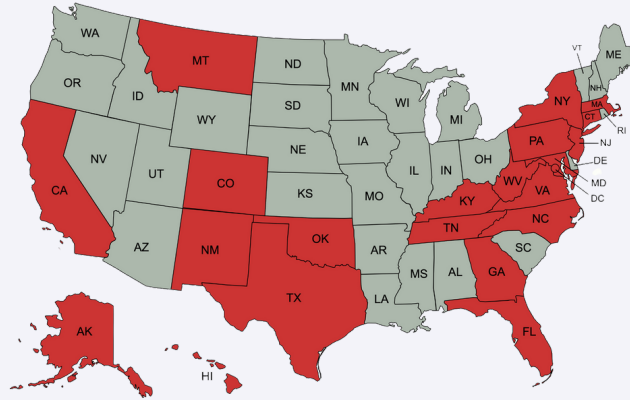
WHO WE SERVE

Veterans affected by

- ★ Traumatic Brain Injury
- ★ Post Traumatic Stress
- ★ Blast Wave Injuries

We provide funding for organizations and programs actively treating our Veterans nationwide, ensuring they have access to the **resources** and **community** they need to thrive.

RESOURCES & SUPPORT



BRAIN TBI SPECIFIC

- HomeBase
- SHARE at The Shepherd Center
- Defenders of Freedom
- Cortex Initiative

MENTAL SUPPORT

- Sound Off
- Trails of Purpose
- Cohen Network

ALTERNATIVE

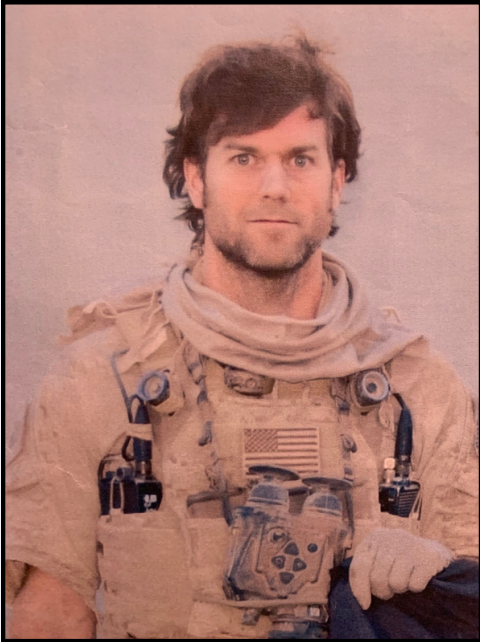
- VETS Solutions
- Heroic Hearts
- Warrior Health Foundation
- Shields and Stripes
- Warrior Heart
- Frontline Healing

EXPERIENTIAL

- Climb4
- Warrior For Life Fund
- Operation Canyon Rising

TRANSITION

- Honor Foundation
- Commit Foundation
- Station Foundation
- Seal Future Foundation



October 29, 2018, Navy SEAL Chad Wilkinson took his life. Following his death, his family donated his brain to science and would later learn he suffered from interface astroglial scarring. This scarring is similar to the more readily heard chronic traumatic encephalopathy (CTE) or punch drunk. However, interface astroglial scarring is specific to our veterans in that it doesn't necessarily occur with physical contact or trauma but rather blast waves they are exposed to in both training and combat. This scarring is making its way into our military due to excessive exposure to blast wave injury experienced in both training and combat.

Chad's wife, Sara Wilkinson, was always familiar with a military life as she grew up the youngest to a father in the Marine Corp. Her upbringing allowed her to understand the stress, high cycle times, of deployments and frequent training trips while furthering to instill her independence and resilience. Unfortunately, she's learned even the most prepared can be unprepared in the wake of suicide. Sara has seen firsthand the hardships among the special operations community specific to multiple combat deployments, high-cycle times and too many friends lost leaving lasting stress on the operators and their families.



While her experience is within the Navy SEAL community she fully understands that many of our veterans are struggling regardless of branch, rank, or time in service. Sara is dedicated to using her voice and her story to change the narrative and the number to this veteran suicide epidemic.