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PROJECT

**Psychedelic Retreat Programs  
Open Enrollment Information Brief**

**Round #1 (Feb & Mar) 2026**

*Presented by:*

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# Open Enrollment Information Brief

## - Agenda

### Section 1: Who Are We?

Overview of Heroic Hearts Project

### Section 2: What Does the Program Offer?

Overview of Retreat Programs

### Section 3: What Does the Program Look Like?

The Enrollment to Alumni Process

### Section 4: Is it Safe?

Challenges & Opportunities

Safety & Risk Mitigation

### Section 5: What Next?

R4 2025 Offerings & Conclusion



# Section 1:

## Overview of Heroic Hearts Project (HHP)

# Section 1: Overview of HHP

## - Background

Since its inception as a registered 501-C-3 non-profit veteran organization in 2017, [Heroic Hearts Project](#) (HHP) has supported over 1,000 veterans through its overseas psychedelic retreat programs.

In 2022, HHP joined with [The Hope Project](#) (THP) to expand its access to psychedelic programs for veteran spouses and family members.

In November 2023, HHP successfully completed its first psychedelic retreat program for eight veterans in the United States (Bend, OR) and has since supported over 100 veterans and spouses through its domestic retreat programs.

In May 2025, HHP announced a unification with [Healing Breakthrough](#) (HB), an organization focused on increasing psychedelic access for veterans through the VA.



# Section 1: Overview of Heroic Hearts Project (HHP)

## - Structure

### PSYCHEDELIC RETREATS

Helps U.S. veterans overcome PTSD and navigate other mental health impacts of service and transition into civilian life



Provides community and direct care to veteran spouses, families, and caregivers



**Healing  
Breakthrough**

Federal advocacy to drive legislative change and expand access within the VA system



### RESEARCH

Measures and demonstrates the impact of psychedelic treatments on outcomes for veterans

### EDUCATION AND TRAINING

To offer a veteran-informed approach to coaches, facilitators, and programs in the psychedelic space

# Section 1: Overview of Heroic Hearts Project (HHP)

## - Mission

Heroic Hearts Project (HHP) exists to help veterans and their loved ones heal from the impacts of military trauma by providing and expanding access to effective, life-saving psychedelic care. Through direct programs, community support, education, research, and policy advocacy, we address the urgent needs of the veteran community while driving long-term change to make this care more widely available.



# Section 1: Overview of Heroic Hearts Project

## - Vision



We envision a future where every veteran and their family has access to safe, effective options for healing the impacts of trauma. By scaling a trusted, community-based model of psychedelic care, training the practitioners who deliver it, advancing research, and advocating to expand access within systems like the VA, HHP is helping set the standard for psychedelic care for veterans—and redefining how mental health support is delivered to those who've served and those who stand beside them.

## **Section 2:**

# **Overview of Retreat Programs**

# Section 2: Overview of Retreat Programs

## - Retreat Programs Overview

### Program Types:

- International & Domestic
- Mixed Gender / All Male / All Female
- Speciality Retreats (specific funding grants):
  - LGBTQIA+
  - Special Operations
  - Addiction-Focused
- Veteran Spouse/Partner Retreats through [The Hope Project](#)
- Research
- Filmed Retreats

### Program Participants:

- 8-12 Participants each Program Cohort



# HHP Domestic Programs



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# HHP Domestic Programs

## - Overview

- 5 day/ 4 night, 2x back-to-back Psilocybin administration sessions (9am-5pm)
- Use of Licensed Service/Healing Centers, Licensed Facilitators (majority are veterans or first responders) and Licensed Psilocybin Product Manufacturers
- Orientation of Service Center on day prior
- Healthy Meals
- Nature-based accommodation (shared rooms- same gender)
- One full day of integration at retreat property during retreat



# HHP Domestic Programs

## - Retreat Locations

### Oregon Psilocybin Programs

- Portland
  - **InnerTrek**
  - Cora Center
- Bend
  - Bend Inner Alchemy
- Ashland
  - Omnia Group Ashland



# HHP Domestic Programs

## - Travel Policy

- Do not book your travel until you have received confirmation of enrollment (via enrollment email)
- You are responsible for the cost and arrangement of flights (including baggage), meals during travel, and accommodation (if necessary prior to the retreat start)
- Airport pickup and drop off is available upon request
- Ensure flights arrive and depart with enough time to meet the retreat schedule (further specifics provided on Program Info Packet)
- If possible, we encourage arrival on the day prior to the retreat in order to allow more time to settle in before administration sessions
- Due to space limitations with ground transportation, please pack light; only bringing carry-on and personal item



# HHP International Programs

# HHP International Programs

## - Overview

### Most Common:

- 6 day/ 5 night, 3x Ayahuasca ceremonies in Peru or Mexico (90% of HHP veteran international retreat programs use Ayahuasca)

### Partnered Research Retreats:

- Onaya Science (10 days - effects of Ayahuasca on PTSD)

### Use of traditional healers

- Ayahuasca - Shipibo (Peru)
- Psilocybin - Mazatec/Mestizo (Mexico)

### Traditional healing practices (e.g. flower bath, temazcal)

### Medicine is prepared with traditional methods (often onsite)

### Opportunity to support local community by purchasing local arts and crafts



# HHP International Programs

## - Retreat Locations

### Peru

- Ayahuasca Foundation, Iquitos
- La Medicina, Tarapoto



### Mexico

- Villa Cascada, Puerto Vallarta
- Centro Nierika, Mexico City (Chalmita)



### Jamaica

- Beckley Retreats, Montego Bay (Good Hope)



# HHP International Programs

## - Travel Policy

- All travel is booked by HHP through our travel agency (TakeTwo Travel)
- Participants arrive one day early for dinner and hotel stay (double occupancy- same gender)
- HHP covers carry-on baggage only
- Travel Medical Insurance **highly encouraged**
- Participant absorbs costs for upgrades or changes after itinerary is purchased
- Long layovers during travel may require a hotel stay, covered by HHP
- Travel agency handles canceled or postponed flight concerns
- Leisure travel prior or post-retreat **not recommended**



# **Section 3:**

## **The Enrollment to Alumni Process**

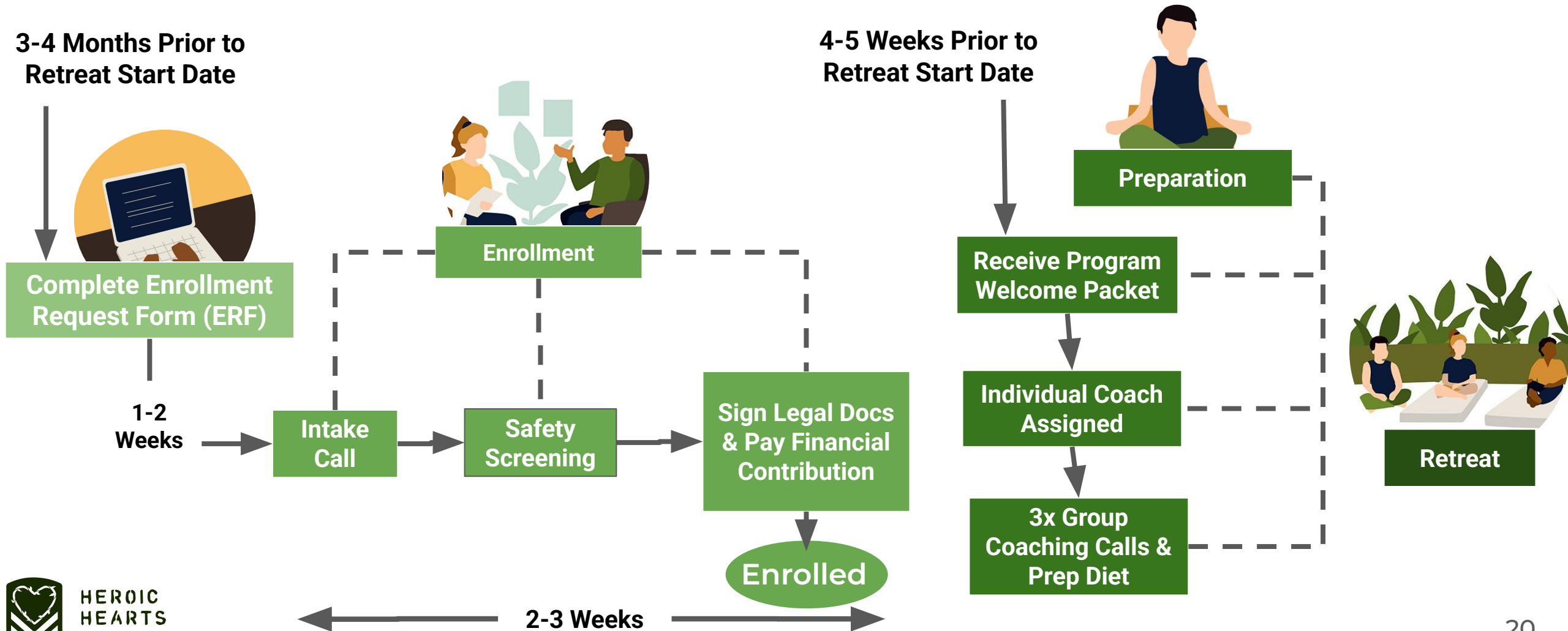
# Before Enrollment

## - Determine Your Readiness

- I'm interested myself in pursuing this approach (no one is coercing me)
- I understand the risks, that this process requires my effort and is not an easy fix in solving my problems
- I'm able to fully commit to a 9-week program of transformational personal growth
- I'm able to step away from work/ family commitments for min. of 6 days without cell phone or WiFi
- I have an active support network
- Able to wean off necessary medications and meet all safety requirements (under medical supervision)
- I've taken the time to integrate from previous medicine retreat experiences (min. **4** months from a macrodose/large-dose experience)
- **International:** I have a valid passport in hand (with 9 months prior to expiration)

# Enrollment Timeline

## - From ERF to Retreat



# Who do I Contact with Questions?

## - HHP & THP Team Members

### Questions during Enrollment:

- Domestic- [domesticretreats@heroicheartsproject.org](mailto:domesticretreats@heroicheartsproject.org)
- International- [operations@heroicheartsproject.org](mailto:operations@heroicheartsproject.org)

### Questions during Preparation (leading up to retreat):

- HHP Lead Facilitator (on the Group Signal Chat)

### Notes on Team Roles:

- Both Facilitators & Integration Coaches- Have experienced a HHP retreat program themselves and are veterans or veteran spouses (or individuals who have extensive experience working with veterans/veteran families in psychedelic therapy, coaching and/or facilitation).
- Lead Facilitator- Has undergone extensive training and mentorship. Is the primary POC for retreat program, leads all the virtual group coaching calls, is on the ground with participants throughout the retreat and either leads (HHP Domestic) or supports (HHP International) ceremonies/ administration sessions.
- Integration Coach- Psychedelic Integration Coach or similar certification. Supports participants with virtual one-on-one preparation and integration coaching. The same individual coach throughout the retreat program. Does not attend retreat with participants unless they are also in the facilitator role.

# Submitting your Enrollment Request Form (ERF)

The screenshot displays the Heroic Hearts Project - Enrollment Request Form (ERF). At the top, the Heroic Hearts Project logo is visible. Below the header, the form title "Heroic Hearts Project - Enrollment Request Form" is shown. A progress bar indicates that 2% of the form is completed. The "Program Type Preference" section is active, asking the user to select a program type from a dropdown menu and provide a brief explanation (100 characters or less). Below this, there is a section titled "Understanding Our Domestic and International Retreat Program Options" with a note that Round 3/2025 offerings are detailed on page 10. A paragraph explains that all programs are based on a nine-week preparation, retreat, and integration format. A bulleted list under "International Retreat Programs" includes details about duration, substances used, location, passport requirements, travel arrangements, and financial contribution. A link to an "Example International Ayahuasca Retreat Program Information Packet" is provided at the bottom.



## How is this different than the Initial Application?

1. Update information from Initial Application
  - (medications, life circumstances...)
2. Select preferences of retreat dates (page 11)
3. Be Prepared to Upload & Complete:
  - **International: Valid passport** (with nine months validity remaining) and complete travel questions/preferences
  - **Domestic: Upload proof of state residency**

### Notes:

- Any previously completed application or enrollment information auto-populates
- ERF link stays open for ~3 weeks
- Submit only one ERF, send any updates via email ([operations@heroicheartsproject.org](mailto:operations@heroicheartsproject.org))

# During Enrollment

## - Intake & Safety Screening Calls

**Intake Video Call:** to determine current overall preparedness

- 30-mins via Zoom (recorded)
- Calendly link via email
- Review application and/or ERF
- Discuss if currently ready
- *Next step: Safety Screening*



**Safety Screening Signal Phone Call:** to determine if currently safe to participate

- 40-mins via Signal phone call
- Determine any medication contraindications
- Understand overall safety risk to attend
- Safety Screeners DO NOT give medical advice
- Participants' Medical Providers support any med tapering (if needed)

# During Enrollment

## - Legal Documents & Financial Contribution

### HHP Legal Documents:

- Liability Release
- Confidentiality Agreement
- Grant Agreement
- Media Release (choose your comfortability in how this is shared)

### Financial Contribution:

- Pay what you can afford, grants available:
- International:
  - Full Retreat Costs: **\$6,500+**
  - Minimum contribution: **\$750**
- Domestic:
  - Full Retreat Costs: **\$5,000+**
  - Minimum contribution: **\$500**
- HHP Alumni considered post-12 months with minimum:
  - International: **\$3,000**
  - Domestic: **\$2,500**

# During Enrollment

## - Standby Slots



### Standby Slots:

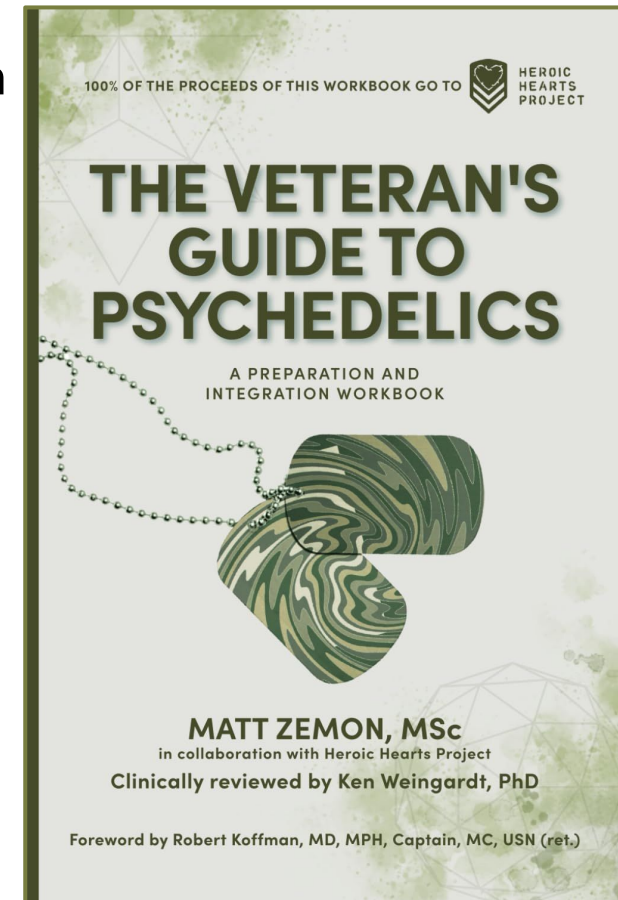
- 2-3 standby slots per retreat program
- Travel flexibility as well as safety or personal readiness considered
- May be called to attend **up to 3 weeks before retreat**
  - 24 hours to reply to phone call/ text
- If fully enrolled as a standby (including financial contribution), you're provided a 'hard slot' in a future retreat program

# Preparation Phase

## - Overview

### 3-4 weeks of structured preparation

- 3x 50 min individual (1:1) virtual preparation coaching sessions with a HHP Certified Psychedelic Integration Coach (required)
- **Domestic:** Additional 1 x 30-min prep interview with an HHP Facilitator (Required by Oregon State Law)
- 3x 60-90 min virtual group preparation calls with an HHP Facilitator (required - if unable to attend live, must watch recordings)
- Signal Group Chat; providing a space for participants to connect between themselves and with HHP facilitator(s) (required)
- Follow medication, dietary and lifestyle guidelines (required - see next two slides for details)
- [21 day Mindfulness Program](#) (highly encouraged)
- [The Veteran's Guide to Psychedelics: Preparation & Integration Workbook](#) (highly encouraged)



# Preparation Phase

## - Medication



***Medications and supplements to continue and/or reduce, taper, or stop under the supervision of your medical provider is evaluated individually during Safety Screening***

**Domestic:** Can remain on non-contraindicated medications to support mental and physical stability. Post-retreat, determine if tapering of a medication is right for you under the supervision of medical provider.

**Main considerations include:**

- Serotonin toxicity
- Blunting/Delayed Onset
- Cardiovascular health

**International:** Necessary to taper off most prescription medications under the supervision of medical provider.

**Main considerations include:**

- Cardiovascular health
- Medications that are contraindicated with MAOI inhibitors
  - SSRIs/ SNRIs - Antidepressants
  - Stimulants
- Hormone replacement medications considered case-by-case
- Most other medications should be stopped

# Preparation Phase

## - Dietary and Lifestyle



**Dietary-** Anti-inflammatory Whole Food Diet leading into retreat (2-3 weeks prior):

- No alcohol, red meat, pork, dairy, caffeine, nicotine, recreational drugs other plant medicines (incl cannabis)
- Eat whole foods, avoid processed foods
- Reducing salt, sugar, oils & saturated fats

**Lifestyle-** Dopamine Detox (2-3 weeks prior):

- No sex with self or others
- Fast from mainstream media & social media
- No adrenaline inducing activities

*Further details on dietary and lifestyle guidelines provided in Open Enrollment Announcement email*

# Preparation Phase

## - Research



**Imperial College  
London**



THE CENTRE FOR  
PSYCHEDELIC RESEARCH



University of Colorado  
**Boulder**



The University of Texas at Austin  
**Dell Medical School**

### Imperial College London Center for Psychedelic Research & University of Colorado Boulder

- Included as part of all retreats
- Studying effectiveness and safety of psychedelics for the treatment of veterans
- 4x questionnaires: 1x before & 3x after retreat
- Optional additional sub-study for domestic retreats- collection of biomarkers (blood & stool prior, during and after retreat)

### University of Texas: Center for Psychedelic Studies

- 5 year Clinical Trial of the effect of Ayahuasca on the brain & body of veterans with PTSD



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# Retreat Phase

## - Overview



- Participants arrive at least the day prior to any ceremony/ administration session
- Digital Detox - No cell phone or WiFi during retreat
- Usually:
  - Domestic: 2x Psilocybin administration sessions
  - International: 3x Ayahuasca ceremonies
- All retreat accommodation & meals are provided (cost of meals not covered during travel)
- Healing modalities incorporated into retreat program: yoga, breathing, expressive arts, integration circles etc
- HHP Facilitator(s) remain with group throughout retreat

# Integration Phase

## - Overview



### 3-4 weeks of structured integration

- 3 x 50-min individual (1:1) virtual integration coaching sessions (required)
- 3 x 60-90 min virtual group integration calls with HHP Facilitator (required - if unable to attend live, must watch recordings)
- Signal group chat used to stay connected with fellow participants and HHP facilitators (required through completion of final group call)
- Post-retreat diet (highly encouraged - similar to pre-retreat)
- **Highly encouraged** to take a couple of days off prior to returning to work

# Alumni Offerings

**After completion of the nine-week retreat program, participants join the HHP Alumni and receive ongoing support:**

- Additional support provided upon request
- Alumni group Signal chat
- Weekly virtual TRE (all-female & coed), Men's & Women's Groups
- Monthly virtual Group Integration Calls, workshops, resources
- Attend another retreat as an Alumni (paying 50% of total retreat costs)
- Retreat Program group Signal chat remains open to stay connected with fellow participants and facilitators



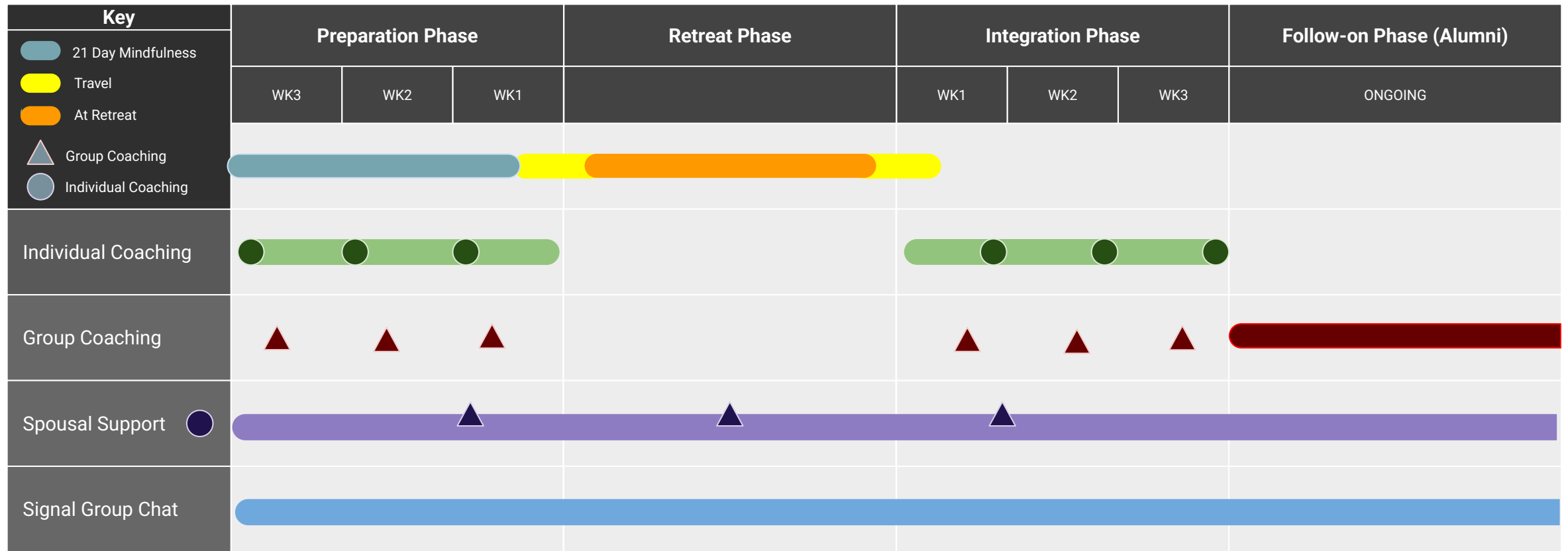
# Support to Veteran Families (all phases)



## Support to Families Provided Throughout

- 3x 60 min virtual group calls (before/during/after) for the spouses/ partners/ significant others of HHP participants
- Ability to join The Hope Project Veteran Families Community with ongoing access to group support calls, TRE, & more
- Support to couples, but not couple retreats

# Nine-week Program Infographic



# **Section 4:**

## **Challenges & Opportunities**

### **Safety & Risk Mitigation**

# Section 4: Challenges & Opportunities

## Challenges

- Preparation
  - Removing distractions
  - Weaning off medication
  - Strong emotions
- Ceremonies/Administration Sessions:
  - Intense emotions/ bodily sensations
  - High level of fear
  - Uncovering traumas
- Integration:
  - Heightened sensitivity
  - Altered beliefs

## Opportunities

- Preparation
  - Better understand what I'm using to distract and not feel
  - Being more intentional about what I consume (not just food/drink)
- Ceremonies/Administration Sessions:
  - Able to release built-up emotions and/or stuck energy in a safe and supportive environment
  - Allowing/ surrendering into what arises
  - Overcoming challenges- Feeling stronger/ more resilient
  - More aware of what I need to work on
- Integration:
  - Increased awareness of what no longer serves me
  - Able to reassess beliefs that have been forced on me

# Section 4: Safety & Risk Mitigation

- Intake Call and Safety Screenings ensuring participant safety
- Domestic: Use of Licensed Service/Healing Centers, Licensed Facilitators (majority are HHP Alumni, Veterans or First Responders) & Licensed Psilocybin Product Manufacturers
- International: Local Indigenous Healers supported by Retreat Center Facilitators with decades of experience and HHP trained Facilitators
- All retreat and service centers have been extensively vetted by HHP Team Members
- Appropriate preparation guidelines to be followed
- Consistency of care, with HHP Facilitator supporting the group during preparation, throughout the retreat, and for integration
- Emergency medical and mental wellbeing plans in place

# **Section 5:**

## **R1 2026 Offerings & Conclusion**

# Current Retreat Options - Enrollment Round #1 2026

## Domestic:

26.03 ORIT 01: [InnerTrek | Mixed Gender | Psilocybin in Portland, OR | Mar 27-31](#)

## International:

26.02 TPLM 01: [La Medicina | Mixed Gender | Ayahuasca in Tarapoto, Peru | Feb 14-20](#)

26.02 TPLM 02: [La Medicina | Mixed Gender | Ayahuasca in Tarapoto, Peru | Feb 21-27](#)

26.03 IQAF 01: [Riosbo Ayahuasca Retreat & Research Center | Mixed Gender | Ayahuasca in Iquitos, Peru | Mar 12-26](#) (this retreat requires the completion of a research questionnaire, [ACCESS IT HERE](#))

26.03 MXPV 01: [Villa Cascada | Mixed Gender | Ayahuasca in Puerto Vallarta, Mexico | Mar 23-31](#)

# Conclusion

## The Program includes:

- 9-week commitment that incorporates pre/ post group & individual coaching
- Follow medication, dietary and lifestyle guidelines
- No cell phone or WiFi during retreat
- Support to families throughout & veteran spouse retreats available
- Pay min. \$500 (Dom) \$750 (Int'l) financial contribution to enroll



**Next Step** is to ensure your Enrollment Request Form is completed  
(with as much detail as you feel comfortable)

# Additional Information on Research

## Heroic Hearts Project Research

- [Psychedelic Retreats Show Promise for Veterans with Chronic Pain](#)
- [New Study Highlights Promise of Psilocybin Retreats for Veterans with TBI](#)
- [Landmark Study Confirms Psychedelic Retreats Improve Mental Health, Reintegration, and Quality of Life for Veterans](#)

## Other Prominent Research on Psychedelics

- [Yale School of Medicine / Psychiatry](#)
- [Johns Hopkins University Center for Psychedelic and Consciousness Research](#)
- [UC Berkeley Center for the Science of Psychedelics](#)

# Q & A



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