

25 Years Without a New PTSD Treatment. Wounded Warrior Project is Working to Change That.



Wounded Warrior Project Vice President John Eaton speaks to the urgent need to expand research and access to innovative PTSD treatments to ensure all warriors can truly heal.

JACKSONVILLE, Fla. (June 5, 2026) – More than 3 in 4 wounded warriors report living with post-traumatic stress disorder (PTSD) related to their service.* For many, treatment options have remained limited for decades and innovative, evidence-based or evidence-informed treatment options, were scarce. Wounded Warrior Project® (WWP) is working to change that by expanding access to evidence-based care and exploring new treatment approaches backed by clinical research.

“It’s been 25 years since we’ve had a new treatment option approved for PTSD,” said Dr. Alex Balbir, WWP® director of Complex Case Coordination. “The progress Wounded Warrior Project is making in this space enables us to meet veterans and service members where they are with care that is individualized, compassionate, and effective. PTSD is treatable, and by advancing both traditional and advanced therapies, we’re helping more warriors reclaim their lives.”

WWP’s approach combines gold-standard therapies like cognitive processing therapy and prolonged exposure therapy with responsible exploration of innovative treatments, including psychedelic-assisted therapies backed by growing clinical research. The goal is straightforward: to give veterans and service members access to safe, effective care and continue building better options where gaps remain.

That work is already showing results. Through [Warrior Care Network](#)® — a partnership with leading academic medical centers — 92% of participants are completing treatment and reporting lasting reductions in PTSD symptoms compared to traditional care models.

WWP experts recently joined national conversations about the future of mental health care, including panels at the American

Psychiatric Association (APA) Annual Meeting and The Hill's *Rethinking Psychedelic Treatment* event.

Balbir was joined by clinicians from the four academic medical centers that make up Warrior Care Network:

- Home Base at Massachusetts General Hospital
- Emory Healthcare Veterans Program
- The Road Home Program at Rush University Medical Center
- Operation Mend at UCLA

“Partnerships with these medical centers matter because they give warriors access to the kind of accelerated, specialized care many can’t find on their own,” said John Eaton, WWP vice president of Complex Care. “We know traditional treatment works for some, but not for many. That is why it is urgent that we keep investing in research and expanding options to provide veterans and service members with innovative treatment that can truly bring them home mind, body, and soul.”

For WWP, the focus is to make sure every warrior can get the care they need, whether that’s proven therapies available today or new approaches currently being studied.

PTSD doesn’t have to define someone’s future. With the right treatment, recovery is possible — and more warriors deserve the chance to find it.

*[*Warrior Survey, Wave 3 \(conducted June 15 - Aug. 24, 2023\)](#)*

About Wounded Warrior Project

Wounded Warrior Project® (WWP) is the nation’s leading veterans service organization, focused on the total well-being of veterans, service members, and their families. Our programs, advocacy, and awareness efforts help warriors thrive, provide essential lifelines to families and caregivers, and prevent veteran suicides. [Learn more about Wounded Warrior Project.](#)

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