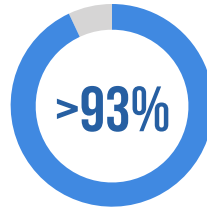


Participant Satisfaction

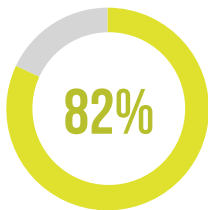
▸ In 2020, we sampled 99 REBOOT Combat Recovery participants and 71 REBOOT First Responders participants, all who had completed a 12-week trauma healing course.



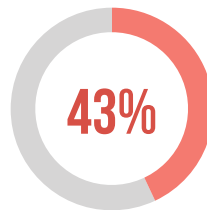
▸ Felt their opinions on **faith/spirituality** were **respected by others**



▸ Felt **“very welcome”** at REBOOT sessions
 ▸ Were **“quite”** or **“very”** satisfied with their REBOOT experience
 ▸ **Would recommend REBOOT** to a friend in the future



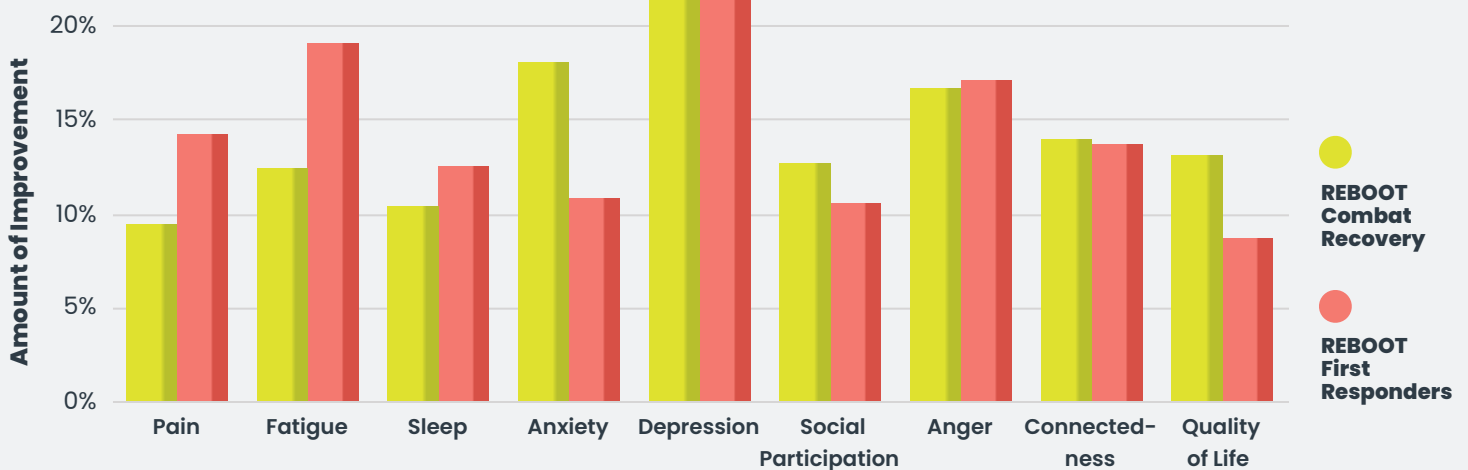
▸ Would like to **stay involved with REBOOT** after graduation



▸ Would like to **train to become a future REBOOT course leader**

Quality of Life Improvements

▸ Participants completed a pre- & post-survey at Week 3 and Week 12 of the program. Results indicate **statistically significant improvements** in areas including **pain, fatigue, sleep, anxiety, depression, social participation, anger, connectedness, & quality of life.**



Who Attends Our Courses?

