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.

**Participant Satisfaction**

- **99%** Felt their opinions on faith/spirituality were respected by others
- **>93%** Felt “very welcome” at REBOOT sessions
- **82%** Would like to stay involved with REBOOT after graduation
- **43%** Would like to train to become a future REBOOT course leader
- **>93%** Were “quite” or “very” satisfied with their REBOOT experience
- **Would recommend REBOOT to a friend in the future**

**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?**

- **51% MALE**
- **49% FEMALE**

- **Veterans/Active Duty who Experienced Combat Trauma**
- **Caregivers/Support People**
- **Law Enforcement Officers**
- **EMS Personnel**
- **Firefighters**
- **Dispatch/Corrections/Other Responders**
- **Caregivers/Support People**
- **Experienced Other Trauma (Not Related to Combat)**

**Outcome Overview**

- **Amount of Improvement**
  - Pain: 20%
  - Fatigue: 15%
  - Sleep: 10%
  - Anxiety: 5%
  - Depression: 0%
  - Social Participation: 0%
  - Anger: 0%
  - Connectedness: 0%
  - Quality of Life: 0%

- **REBOOT Combat Recovery Courses**
- **REBOOT First Responders Courses**