REBOOT RECOVERY

OUTCOMES OVERVIEW

Participant Satisfaction

- In 2021, we sampled 113 REBOOT course participants, all who had completed a 12-week trauma healing course.

>98%

- Felt welcome at REBOOT sessions
- Felt their opinions on faith/spirituality were respected by others

>95%

- Were “quite” or “very” satisfied with their REBOOT experience
- Are likely to reach out to someone from their REBOOT group for support
- Would recommend REBOOT to a friend in the future

85%

- Would like to stay involved with REBOOT after graduation

44%

- Would like to train to become a future REBOOT course leader

Quality of Life Improvements

- Participants completed a pre- & post-survey at the start and end of the program. Results indicate statistically significant improvements in areas including anxiety symptoms, depressive symptoms, fatigue, flourishing, gratitude, self-efficacy, self-esteem, and well-being.

Who Attends Our Courses?

- MALE 44%
- FEMALE 56%

<table>
<thead>
<tr>
<th>EXPERIENCED</th>
<th>16%</th>
<th>16%</th>
<th>52%</th>
<th>16%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Combat Trauma</td>
<td>Experienced First Responder Trauma</td>
<td>Experienced Other Trauma</td>
<td>Caregivers/Support People</td>
<td></td>
</tr>
</tbody>
</table>

Anxiety Symptoms: 20%
Depressive Symptoms: 15%
Fatigue: 10%
Flourishing: 5%
Gratitude: 5%
Self-Efficacy: 5%
Self-Esteem: 5%
Well-Being: 5%