In 2019, we sampled 131 REBOOT Combat Recovery participants from 42 different locations and 74 REBOOT First Responders participants from 22 different locations, all who had completed a 12-week trauma healing course.

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

**Who Attends Our Courses?**
- Veterans/Active Duty who Experienced Combat Trauma
- Caregivers/Support People
- Law Enforcement Officers
- Firefighters
- EMS Personnel
- Dispatch / Other First Responders
- Veterans/Active Duty with No Combat Trauma
- Caregivers/Support People

**Participant Satisfaction**
- Felt “very welcome” at REBOOT sessions
- Their opinions on faith/spirituality were respected by others
- Likely to reach out to someone from the group for support
- 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

For the complete outcomes study results, visit rebootrecovery.com/outcomes-report