

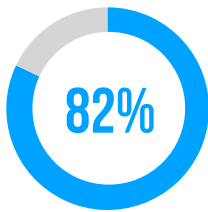
# REBOOT RECOVERY OUTCOMES OVERVIEW

## Participant Satisfaction

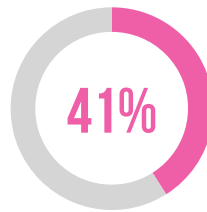
▶ In 2019, we sampled 131 REBOOT Combat Recovery participants from 42 different locations and 74 REBOOT First Responders participants from 22 different locations, all who had completed a 12-week trauma healing course.



- ▶ 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



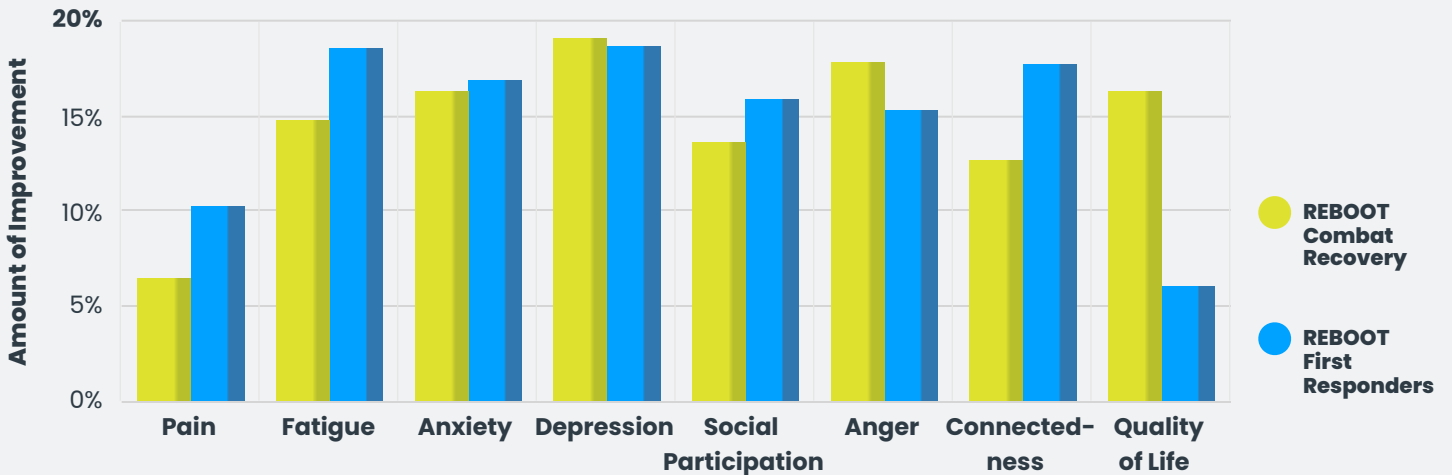
- ▶ Would like to **stay involved with REBOOT** after graduation



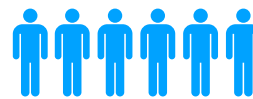
- ▶ Would like to **train to become a future REBOOT course leader**

## 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?



MALE  
59%



FEMALE  
41%

