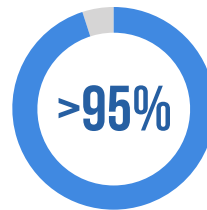


### Participant Satisfaction

► In 2022, we sampled 158 REBOOT course participants, all who had completed a 12-week trauma healing course.



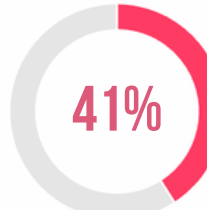
- Felt **welcome** at REBOOT sessions
- Felt their opinions on **faith/spirituality** were **respected by others**



- **Would recommend REBOOT** to a friend in the future
- Were "**quite**" or "**very**" **satisfied** with their REBOOT experience



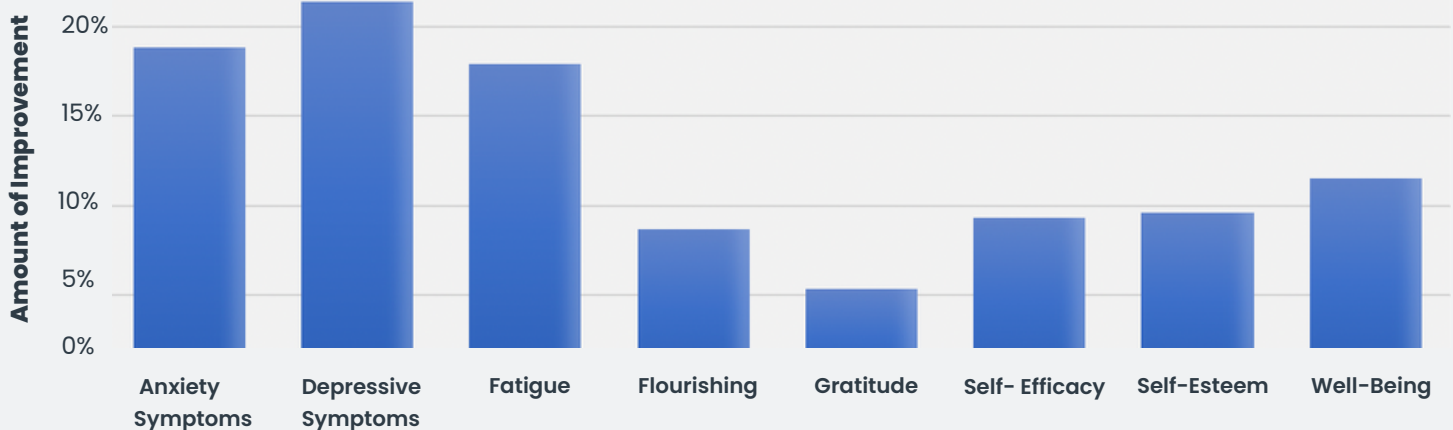
- Would like to **stay involved with REBOOT** after graduation



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

### Quality of Life Improvements

► Participants completed a pre- & post-survey at 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?

#### COURSE PARTICIPANTS

