

**REBOOT Recovery helps people
overcome trauma so they can embrace
a brighter future.**

We do this through our outcomes-driven trauma healing courses and online community, MyREBOOT. Our courses provide a unique blend of clinical insight with Christian faith-based support. REBOOT courses are safe, private, peer-led, and are offered at no cost to participants. Childcare and a pre-discussion meal are provided on a weekly basis to remove barriers to entry for families seeking help. We encourage the participation of loved ones because we know that trauma impacts the entire family. Each meeting lasts approximately two hours and is led by a team of peer-leaders.



OUR COURSES



FOR MILITARY

- 12 week combat trauma healing course
- 100+ course locations in seven countries
- 10,000+ graduates since 2011
- Course serves active duty military and veterans of all eras along with their families
- Curriculum available in multiple languages



FOR FIRST RESPONDERS

- 12 week critical incident stress and trauma healing course
- 60+ course locations in the U.S.
- 3,000+ graduates since 2018
- Course serves law enforcement, EMS, Fire service, 911 operators, children services, clinicians, corrections and any other frontline personnel



FOR EVERYONE

- 12 week trauma and mental health recovery course
- 150+ course locations in U.S.
- 3,000+ graduates since 2021
- Course serve anyone struggling to cope with crisis or trauma.

BRIEF HISTORY

REBOOT was founded by Dr. Jenny Owens (OTD) in 2011 near Ft. Campbell, KY in response to a gap she saw in the treatment of PTS and TBI among active duty soldiers. Dr. Owens remains involved, overseeing our program evaluation efforts in partnership with the University of Illinois. Utilizing nationally recognized outcomes measures, we continue to prove our impact. REBOOT's approach to trauma healing recently garnered national attention when outcomes studies were published in the Journal of Military Psychology & Traumatology.

Our current participation outcomes include:

17K+
GRADUATES
SINCE 2011

81%
GRADUATION RATE
FROM OUR COURSE

85%
OF GRADUATES
EXPRESS DESIRE TO
STAY INVOLVED

27%
OF GRADUATES
TRAIN TO BECOME
LEADERS

95%
OF GRADUATES
HIGHLY RECOMMEND
OUR COURSES

REBOOT's efficacy studies have shown that participants experience statistically significant improvements in pain interference and intensity, sleep health, mental health and social health after course completion. Socioemotional improvements in anger, meaning and purpose in life, social connectedness, and forgiveness are also apparent.

WHERE YOU'LL FIND US

With over **300 locations** **nationwide**, REBOOT partners with nonprofits, churches and agencies to **reach hurting people outside their walls** and grow their reach.



GET INVOLVED AT REBOOTRECOVERY.COM

Visit our website to discover how easy it is to join a course, start a course, and support the movement.

RESEARCH PARTNERS:

University of Illinois

CONTACT US:

931-292-2011

info@rebootrecovery.com