

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

**REBOOT** RECOVERY  
OVERCOMING TRAUMA **TOGETHER**

We do this through our faith-based, 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
- 170+ course locations in seven countries
- 8000+ 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
- 70+ course locations in the U.S.
- 2000+ 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
- Launching December 2020
- 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. Recently, REBOOT's approach to trauma healing garnered national attention when featured in the Journal of Military Psychology.

### RESEARCH PARTNERS:

University of Illinois  
Faithful Brain Institute

Our current participation outcomes include:

**10K+**  
GRADUATES  
SINCE 2011

**81%**  
GRADUATION RATE  
FROM OUR COURSE

**85%**  
OF GRADUATES  
RETURN FOR FUTURE  
COURSES

**41%**  
OF GRADUATES  
TRAIN TO BECOME  
LEADERS

**95%**  
OF GRADUATES  
HIGHLY RECOMMEND  
OUR COURSES

REBOOT's efficacy studies are focused on measuring impact on mental, physical and social well-being as well as spirituality, meaning and purpose and anger symptoms. Scores on the PROMIS-29, a NIH-developed tool measuring health-related quality of life, showed statistically significant improvements in **anxiety, depression, social isolation, and sleep related issues** following completion of REBOOT's 12-week trauma healing course. Additionally, scores on the Character Fitness Rating Scale demonstrated statistically significant improvements in self-reported **wisdom, justice, courage, humility, transcendence, and temperance** following completion of REBOOT.

## WHERE YOU'LL FIND US

With over **240 locations nationwide**, REBOOT partners with churches, nonprofits and ministries to **reach hurting people outside their walls** and grow their reach.

