



**REBOOT** RECOVERY  
🏠 🛡️ 🔥 ✨ OVERCOMING TRAUMA **TOGETHER**

*REBOOT Leadership Academy Manual*  
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DISCLAIMER:

This book is not a replacement for appropriate psychological or medical care. Some readers may require evaluation or treatment by a mental health or medical professional. If you or someone you know is experiencing extreme or chronic emotional, physical, or psychological problems, or if trauma is impacting daily functions, seek counsel from a professional. Furthermore, REBOOT group leaders are not necessarily clinicians or counselors. Their advice should be considered as advice and should not be a substitute for a professional assessment or treatment.

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# INTRODUCTION

Grief. Hopelessness. Depression. Suicide. These words have come to define the struggle faced by countless veterans who fight a war against an unseen enemy.

But thanks to you and leaders like you across the nation, military and first responder families are finding hope, help, and healing through **REBOOT Recovery**. Darkness is being replaced by light. Truth is triumphing over lies. And a rising movement of course graduates is claiming victory in the struggle against service-related trauma.

The **REBOOT Leadership Academy** you're about to embark on will equip your leadership team to start, lead, and manage your upcoming course.

The RLA course is divided into three sessions:

- » **Session 1: Basic Training** – A primer on the core values and the logistics of starting and managing your course.
- » **Session 2: Learning to Lead** – A more in-depth look at what it takes for your leadership team to be successful.
- » **Session 3: Activate Your Outreach** – A comprehensive guide for engaging your community in order to enlist participants and partners.

This manual is not intended to be used on its own – rather, it is a companion workbook to our video training course.

At certain points throughout the videos, the instructors will ask you to pause for discussion within your group. At that point, simply pause the video; then, when you're ready to proceed, un-pause and the training will resume in a few seconds.

We could not be more proud to partner with you to bring this course to your community. We're praying for your success and can't wait to see what God has in store for your participants – and for you – in the weeks ahead!

– The REBOOT Recovery Team



# **SESSION 1: BASIC TRAINING**

## WHO WE ARE

Service-related trauma directly impacts not only the mind and body, but also the soul. It can manifest itself through issues like anger, anxiety, depression, social withdrawal, and most tragically, suicide. At REBOOT, we believe these symptoms are often linked to deep-rooted “soul wounds” related to unresolved grief, distrust of God/self/others, unforgiveness, bitterness, and loss of identity. These soul wounds are caused by moral and spiritual injuries, and finding healing from them is a vital part of the overall trauma recovery process.

**REBOOT Recovery** is a 501 (c)(3) nonprofit organization that focuses on helping military and first responder families heal from the moral and spiritual wounds of service-related trauma. We accomplish that by organizing trauma healing courses in local communities that provide a unique blend of clinical insight and faith-based support. Participants learn skills that aid in their healing as well as help build community. These courses are free to participants, safe, private, peer-led and provide childcare and meals, all with the purpose of removing barriers to families seeking help. We encourage the participation of spouses and affected family members, as we recognize that trauma impacts the entire family.

Founded in 2011 at Fort Campbell, KY by Occupational Therapist Dr. Jenny Owens and her husband Evan, REBOOT Recovery’s course leaders are deploying hope to military families worldwide. Our courses meet at different places in local communities such as homes, churches, community centers, etc. At our locations, military and first responder families are healing, divorce rates are dropping, and medication abuse is decreasing.

## **This is a course, not a support group.**

Though we do provide support, and we meet in a small group setting, we are much more than just a “support group.” We are a network of “bridge people” helping one another cross the spiritual void experienced in the aftermath of trauma. The course consists of a led discussion digging deeper into specific topics related to service-related trauma; specifically, on strengthening character and resiliency through the healing of soul wounds. We offer two courses to serve two different communities: **REBOOT Combat Recovery** for veterans and **REBOOT First Responders** (formally known as Firstline) for first responders.

The topics covered by our courses include:

- » How a soul can be wounded and how to find restoration
- » The roots of trauma
- » Making wise decisions
- » Freedom from false guilt and shame
- » The cost of unforgiveness
- » When you’ve loved and lost
- » Depression and discouragement
- » Reclaiming your identity
- » Developing a plan after REBOOT
- » Sharing your story to help others

We tell our graduates that while we can’t promise that their symptoms will go away, we promise that they can live a life of joy and purpose despite their symptoms. This is a unique message of hope in a diagnosis-driven culture.

Our courses are an on-ramp to whatever is next in a participant’s healing journey. Whether that be professional counseling, plugging into a small group at a church, getting involved with a local service organization, digging more into their faith; whatever it is we don’t want this course to be the last stop.



## SESSION 1: BASIC TRAINING

### **What REBOOT Recovery is NOT and what we don't do:**

- » Although the course is Christian faith-based, we are not a religious organization and do not affiliate with a specific denomination.
- » We do not provide professional/pastoral counseling, psychotherapy or other mental health services. The course is a complement to those treatment options and not intended as a replacement.
- » We are not responsible for recruiting course participants or providing meals/childcare for your location. We do however provide you with tips, training and best practices to do that effectively.

### **Our expectations for YOU as a course leader:**

- » Generate and utilize a local resource list for additional participant needs.
- » Provide course participant attendance and administer surveys as requested by HQ staff
- » Communicate effectively with your HQ member services coordinator
- » Participate in periodic online leadership meetings
- » Purchase a renewal kit for each future course rotation
- » Ensure new leadership team members complete the required training
- » Ensure each team member has auto liability coverage when traveling to/from weekly meetings
- » Report any allegations of sexual abuse or molestation to HQ immediately
- » Ensure that the host location has liability insurance as your course isn't covered by REBOOT Recovery
- » Agree to waive all claims and hold REBOOT Recovery harmless from anything that may happen during your course

## OUR DNA

Moral injury is real. And many combat veterans and first responders suffer from their soul wounds in silence and isolation. A REBOOT course provides a safe place for these individuals to learn that they are not alone, to get educated on what they are facing, to learn how to fight back, and to share their stories with others who care.

We uniquely addresses the needs of our population by enacting change in three key areas:

### COMMUNITY

When it comes to post-traumatic stress, everyone is looking for a breakthrough. Surprisingly, the breakthrough we've experienced over the years of leading these courses isn't a new drug or clinical intervention, but rather perhaps the most time-honored tradition: brother/sisterhood.

Authentic community is the foundation of every course location. They are casual and permit participants to be real, even if that means cursing or sitting in the corner wearing a hat and sunglasses. An observer would note frequent laughter, occasional tears, and mostly an atmosphere of love and camaraderie. Our leaders connect participants with a room full of people who have walked through the same dark valleys they are navigating. Our culture communicates that all participants are accepted and valued.

### FAMILY

In the process of healing from social withdrawal and isolation, many participants find their family relationships strengthened. Course discussions lay the groundwork for openness and vulnerability between spouses. Parents reconnect

## **SESSION 1: BASIC TRAINING**

with their children, "off-limits" topics related to deployment are shared, and optimism is restored as families dare to believe that their best days are in front of them, not behind them.

You'll educate and empower families with tools to help them live beyond their symptoms. When you facilitate a course, you impact not just a veteran or first responder but also the entire family – and the ripples of that restoration can carry on for generations to come.

## **SERVICE**

A majority of course participants express a desire to continue serving in the organization after they graduate from the course. Because of our direct impact on military and first responder families, you'll provide a natural avenue for graduates to help their peers. We have developed a volunteer model that matches individuals with optimal service roles and provides leadership training. From setting up and tearing down to sending weekly emails to teaching the curriculum, there is a place for every motivated veteran or family member to serve as the healing process continues.

## DISCUSSION QUESTIONS

***How would you describe the course to someone you meet?***

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***What is the desired end result or goal of a course participant?***

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***What makes this course unique from other programs?***

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SESSION 1: BASIC TRAINING

***What are the three important components of our DNA and why are they important?***

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***What are some of the topics covered in the course?***

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***What are you most worried about as a leader?  
What are the biggest risks?***

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***What are you most excited about as you facilitate a course?***

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# NEW COURSE TIMELINE

## STAGE 1 – GET STARTED

- Build Prayer Team**  
Find people that are willing to pray for this effort and be specific in what you need them to pray for.
- Recruit Team and Complete Training**  
Required 3-person team (primary leader, co-leader and outreach coordinator) and recommended additional support roles. Training is completed together as a team.
- Complete Intake Form**  
This gives us the info we need to send the remaining items in your kit

**Start Date:**  
\_\_\_\_\_

AT LEAST 8 WEEKS PRIOR TO START DATE



COURSE BEGINS!

## STAGE 2 – ENGAGE AND OUTREACH

- Engage Your Community**  
Identify referral partners, post flyers, contact local media outlets and churches, and link up with volunteers who will provide meals and other supports.
- Execute Your Outreach Plan**  
Start by hosting a major event (concert, picnic, community service event, screening of a movie, etc.), blitzing social media, holding informational meetings with your referral network/partners and directly ask veterans and spouses to come to the course.



## STAGE 3 – LAUNCH AND LEAD

- Hold Your Group Meetings**  
Take a deep breath, thank God for what He has done, and encourage yourself and your teammates. It's going to be an amazing journey!
- Measure Effectiveness**  
Be sure to track and submit attendance, and administer pre-/post-surveys (when applicable).
- Identify Next Generation Leaders**  
*Weeks 7-12 of the course*  
As you watch the healing take place over the duration of the course, help spread that healing by identifying one or more future leaders among your graduates.
- Graduation**  
*Week 12 of the course*  
Invite family members and your local community to celebrate with your course graduates!

12 WEEKS OF YOUR COURSE

AFTER YOUR COURSE

## STAGE 4 – MULTIPLY THE MOVEMENT

- Equip New Leaders**  
*4 to 8 weeks after course concludes*  
Have any graduates or others who will join your leadership team complete the required training.
- Start A New Course Rotation**  
After getting your renewal kit and training new leaders you'll need at least 4 weeks to do outreach again with the new custom materials.