
REBOOT Recovery helps veterans, first responders and their families heal from trauma.



We do this through our outcomes-based trauma healing courses that target the moral wounds of war. 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 of entry for families seeking help. We encourage the participation of spouses and 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
- 7000+ 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.
- Course serves law enforcement, EMS, Fire service, 911 operators, children services, clinicians, corrections and any other frontline personnel.

GET INVOLVED AT [REBOOTRECOVERY.COM](https://rebootrecovery.com)

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

CONTACT US:

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BRIEF HISTORY

Anyone can tell a moving story, but the real impact of a nonprofit is measured through evidence. This year, we took our research and outcomes assessment to a new level by partnering with the University of Illinois. Utilizing assessments from both the National Institutes of Health and the Faithful Brain Institute, we continue to prove our impact. This year, REBOOT's approach to trauma healing garnered national attention when being featured in the Journal of Military Psychology.

Our current participation data evidence includes:

9600+
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 effectiveness measures are focused on improving both quality of life and character resiliency. 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.

RESEARCH PARTNERS:

University of Illinois
Faithful Brain Institute
Duke Center for Spirituality,
Theology, and Health

VIEW OUR PUBLISHED RESEARCH:

JOURNAL OF MILITARY PSYCHOLOGY

[HTTPS://DOI.ORG/10.1080/08995605.2019.1630228](https://doi.org/10.1080/08995605.2019.1630228)

Because of the support of HCA Healthcare, thousands of hurting military families found hope this year. We can't thank you enough! We promise to keep our foot on the gas until every hurting military family has the opportunity to heal they deserve. Thank you again!