

### REBOOT Combat Recovery 2016-2018 Outcomes:

We sampled 254 participants between the spring of 2016 and the spring of 2018. Participants completed anonymous surveys at weeks 3 and 12 measuring their overall wellness, quality of life, character strengths, and satisfaction with the course. Data was subjected to third party analysis.

#### Demographics

- 54.3% men; 45.7% women
- 57.5% of participants had experienced combat trauma
- Combat vets had spent an average of 19 months in a combat zone
- 36.2% of participants were caregivers
- Average age was 43.5 yrs with a range of 20-89 yrs

#### PROMIS 29

The PROMIS 29 is an NIH-developed self-report tool which measures health-related quality in 7 domains related to physical, mental, and social well-being.

When post intervention measurements were compared to baseline, there were statistically significant improvements in **pain interference, fatigue, sleep disturbance, anxiety and depressive symptoms, and social participation.**

#### Character Strengths Rating Scale

The Character Strengths Rating Scale (CSRS) is a self-report questionnaire where individuals rate themselves on 24 character traits in 6 virtue categories. The six virtue categories are wisdom and knowledge, courage, humanity, justice, temperance, and transcendence. When post intervention measurements were compared to baseline, there were statistically significant improvements in the domains of **Wisdom and knowledge, Courage, Humanity, Justice, Temperance** (mercy, humility, prudence, and self-control), and **Transcendence** (appreciation, gratitude, hope, humor, and faith).

#### Quality of Life

We asked participants to rate their quality of life on a scale of 1 to 7. Our findings show that **57% of participants** noted improved overall quality of life after completing the course.

#### Satisfaction

- 97% stated they felt "very welcome" at REBOOT sessions
- 96% stated their opinions on faith/spirituality were respected by the others in the group
- 88% stated they were likely to reach out to someone from the group for support
- 94% stated they were "quite" or "very" satisfied with their REBOOT experience
- 96% stated they would recommend REBOOT to a friend in the future
- 44% of graduates stated they would like to train to become a leader
- 80% of graduates stated they would like to stay involved with the program by repeating the course, volunteering, training to become a leader, or participating in ongoing graduate activities

#### Conclusions

REBOOT Combat Recovery appears to have had a positive effect on physical, mental, and social well-being as well as quality of life and character strengths. Satisfaction rates were high and the majority of graduates reported a desire to stay involved with the program.



### **Firstline Preliminary Outcomes:**

We sampled 39 course participants from 11 nationwide locations in 2018. Participants completed anonymous surveys at weeks 3 and 13 measuring health-related quality of life and satisfaction with the course. Data was subjected to third party analysis.

### **Demographics**

- 53.8% men, 46.2% women
- 76.9% were current or former first responders
- 41% attended course as a caregiver/ support person
- 12.8% of participants were Law Enforcement Officers
- 17.9% of participants were Firefighters
- 25.6% of participants were EMS personnel
- 25.6% of participants were Dispatch personnel
- 5.1% of participants were Corrections Officers
- 12.8% of participants were Hospital Emergency Department personnel

### **PROMIS 29**

The PROMIS 29 is an NIH-developed self-report tool which measures health-related quality in 7 domains related to physical, mental, and social well-being.

When post intervention measurements were compared to baseline, there were statistically significant improvements in **pain interference, fatigue, sleep disturbance, anxiety and depressive symptoms,** and **social participation.**

### **Satisfaction**

- 97% stated they felt "very welcome" at Firstline sessions
- 95% stated their opinions on faith/spirituality were respected by the others in the group
- 82% stated they were likely to reach out to someone from the group for support
- 94% stated they were "quite" or "very" satisfied with their Firstline experience
- 95% stated they would recommend Firstline to a friend in the future
- 41% of graduates stated they would like to train to become a leader
- 82% of graduates stated they would like to stay involved with the program by repeating the course, volunteering, training to become a leader, or participating in ongoing graduate activities

### **Conclusions**

Firstline appears to have had a positive effect on physical, mental, and social well-being. Satisfaction rates were high and the majority of graduates reported a desire to stay involved with the program after graduation.