

REBOOT RECOVERY

🏠👮🔥🚒 OVERCOMING TRAUMA TOGETHER

Often, the first to respond to the needs of others are the last to seek help for themselves. For many who serve, the stress doesn't end when the siren goes off or the deployment ends. The sights, sounds and smells of trauma follow them home and, if left unaddressed, can begin to chip away at their well-being.

OUR MISSION

REBOOT Recovery exists to help military and first responders families heal from the moral and spiritual wounds associated with service-related trauma.

We do this through 12-week healing courses – **REBOOT Combat Recovery** and **REBOOT First Responders**. Our courses provide a unique blend of clinical insight with Christian faith-based support. REBOOT “communities” 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.

OUR PROGRAMS



FOR MILITARY

REBOOT Combat Recovery is designed to help service members, veterans and their families heal from the spiritual and moral wounds of war. Since 2011, REBOOT Combat Recovery has helped thousands of military families find hope and healing.



FOR FIRST RESPONDERS

REBOOT First Responders serves those within the law enforcement, fire, EMS, emergency communications, hospital emergency department and corrections communities, providing practical help to first responders and their families dealing with the aftereffects of critical incidents.

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

REBOOT Recovery is headquartered near Fort Campbell, KY, where it was founded in 2011 by occupational therapist Dr. Jenny Owens and her husband, Evan. What began as a small group in the Owens' home has expanded to **more than 250 U.S and international course locations**. Typical meeting places include churches, military bases, VA hospitals, prisons, community centers and homes.

PROUD SUPPORT FROM:

Hospital Corporation of America
MCCH Foundation
Pureflix
Christian Broadcasting Network

SUCCESS TO DATE

As an organization focused on healing the spiritual and moral wounds associated with trauma, we feel it is imperative to prove our impact empirically. Our current participation results include:

6000+
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

MEASURED OUTCOMES

Utilizing assessments from both the National Institutes of Health and the Faithful Brain Institute, we continually measure our impact on participants. Our course has proven to be effective in the improvement of both quality of life and character resiliency. Scores on the PROMIS-29, a tool measuring health-related quality of life, showed statistically significant improvements in **anxiety, depression, fatigue, sleep disturbance** and **ability to participate in social roles** following completion of our course. Additionally, scores on the Character Strengths Rating Scale demonstrated statistically significant improvements in self-reported **wisdom, justice, courage, humility, transcendence,** and **temperance** following completion of our course.

WE'RE COMMITTED TO **OVERCOMING TRAUMA TOGETHER.**

When you join REBOOT Recovery as a supporter, course leader or graduate, you join a group of people deeply committed to helping those who put themselves in harm's way for the benefit of others. Our lean staff and highly involved Board of Directors work hard to ensure that every dollar invested impacts a military or first responder family.