WHAT IS REBOOT

REBOOT Recovery helps people overcome trauma.

We do this through our faith-based, peer-led trauma healing courses and online community called MyREBOOT.

A suicide attempt happens every **22 seconds** in the U.S.

One life is lost to suicide every **11 minutes.**

Suicide is now the **2nd** leading cause of death for ages 18-39.

TRAUMA is the root cause of suicide

and it's passing from generation to generation.

Addiction, cycles of poverty, sexual abuse, divorce, homelessness and incarceration are all directly correlated with trauma exposure.

When someone experiences trauma before age 12, they are:

▸ **15 times** more likely to **attempt suicide**

▸ **4 times more likely** to become an **alcoholic** or use **drugs**

▸ **3 times** more likely to have **serious job problems**

"People often say that REBOOT is giving people a second chance, when in fact, many of our participants never had a fair first chance."

Our Programs

MILITARY REBOOT
TRAUMA HEALING FOR **WARRIORS**

FIRST RESPONDER REBOOT
TRAUMA HEALING FOR **RESPONDERS**

TRAUMA REBOOT
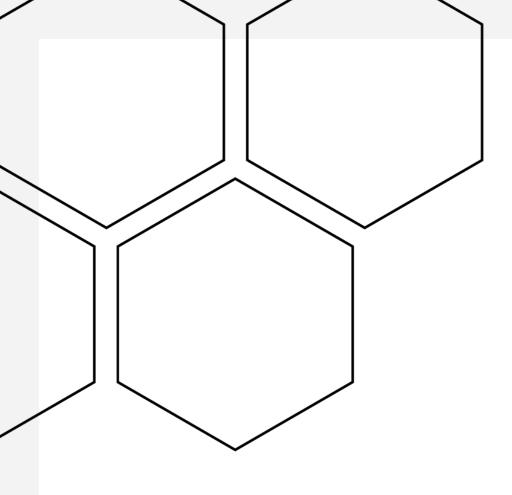TRAUMA HEALING FOR **EVERYONE**

With nearly **425 course locations** spanning **43 states** and **11 countries**, REBOOT Recovery is the **largest peer-led trauma healing program in the world.**

Watch **REBOOT** in action.

02:26

How **REBOOT** works:

Our 12 session, outcomes-based trauma healing courses provide a unique blend of clinical insight with Christian faith-based support. REBOOT courses are safe, private, often peer-led, and are offered at no cost to participants.
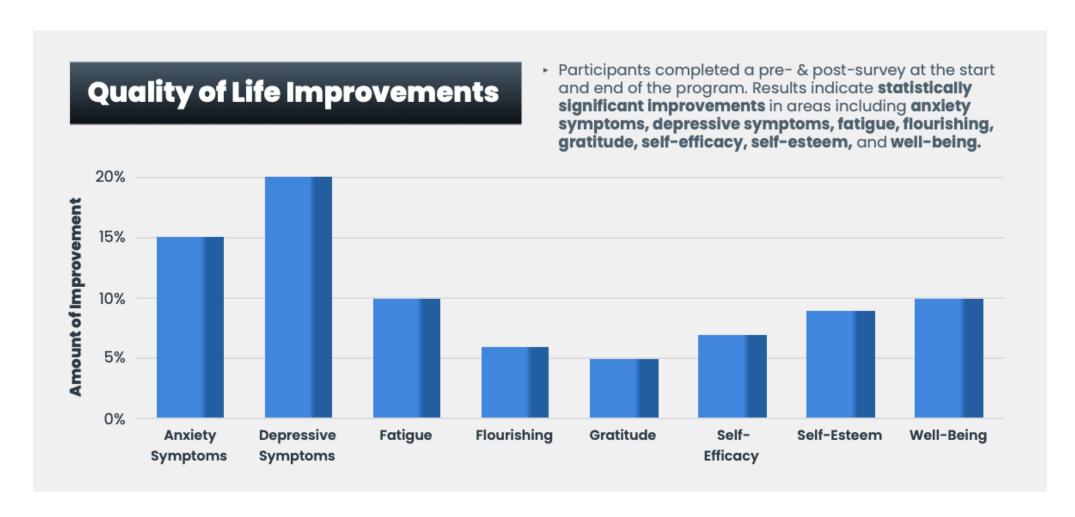
Childcare and a pre-discussion meal are provided on a weekly basis to remove barriers of entry for families seeking help. Meetings last approximately two hours.

1200+ volunteers lead courses around the world

By empowering peer-leaders to facilitate our courses, we are engaging the problem of suicide and moral injury from a grass roots level. All of our leaders complete a robust training preparing them to lead the course and escalate more complicated issues to appropriate resources as they arise.

Participant Satisfaction

In 2021, we sampled 113 REBOOT course participants, all who had completed a 12-week trauma healing course.

>98%
- Felt **welcome** at REBOOT sessions
- Felt their opinions on **faith/spirituality** were **respected by others**

>95%
- Were **"quite"** or **"very" satisfied** with their REBOOT experience
- Are **likely to reach out** to someone from their REBOOT group for support
- **Would recommend REBOOT** to a friend in the future

85%
- Would like to **stay involved with REBOOT after graduation**

44%
- Would like to **train to become a future REBOOT course leader**

The existing solution **isn't working.**

The U.S. spent **$458 billion** last year to treat comorbidities of unaddressed trauma! Mental health services accounted for nearly **$150 billion** of that budget.

Yet, *more people took their own life last year* than the year prior.

Which was more than the year before that.

Which was more than the year before that.

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Which was more than the year before that.

Sample Curriculum Outline

WEEK 1 | **THE GATEWAYS OF TRAUMA**

Explores the six most common events and conditions that can bring on Post-traumatic Stress and Post-traumatic Stress Disorder.

WEEK 2 | **CHANGE THE ROOTS, CHANGE THE FRUITS**

Identifying "soul wounds" in our lives, and understanding that the "fruit" that our lives produce depend in large part on the type of soil our roots are in; natural trauma versus malevolent trauma.

WEEK 3 | **PURPOSE IN YOUR PAIN**

How one can change Post-traumatic Stress Disorder into Post-traumatic Stress Growth; the positive side of adversity and stress â€" seeing it as a strengthening agent.

WEEK 4 | **MAKING CHOICES TO HEAL**

The instrumentality of Free Will in how we survive trauma – or don't; the necessity of intentionality versus passivity in the healing process; abandoning the harmful "Go-To Painkillers" that trauma sufferers often resort to.

WEEK 5 | **UNLOADING**

Understanding the difference between anger and angry outbursts; how to deal with "Triggers" that can lead to emotional outbursts; how to recognize and manage one's anger before it leaves the launching pad.

WEEK 6 | **COLLATERAL DAMAGE**

How to deal positively with loss and grief; example of how Jesus dealt with the loss of His good friend Lazarus; how it is that God can allow such adversity in our lives if He is good and loves us.

Sample Curriculum Outline

WEEK 7   **WALKING THROUGH DEATH VALLEY**

Understanding how depression can lead to thoughts of suicide, and how to deal with them – in one's self and in others; explore the key causes of suicidal ideation, and the warning signs of suicide.

WEEK 8   **GUILT AND INNOCENCE**

The difference between true guilt and false guilt; how one should respond to both kinds of guilt; seeking forgiveness from God for our harmful acts.

WEEK 9   **FORGIVEN AND FORGIVING**

The roles of accountability and restitution in forgiveness; why and how we need to forgive others who have hurt us; why and how we need to forgive ourselves when we have transgressed our own standards and personal boundaries.

WEEK 10   **YOUR TRUE IDENTITY**

Traumatic events and cumulative stress tend to shake our self-identity to the core and destroy it, producing a negative self-image and lack of confidence. This chapter seeks to rebuild a positive self-image based on the truths from scripture, rather than the negative influences around us.

WEEK 11   **SHARE YOUR STORY**

Each participant spends the week prior to this class preparing a personal narrative of "their story" – describing some of the key stresses or traumas they have experienced in their lives; several members share their stories with the group.

WEEK 12   **GRADUATION**

A ceremony recognizing each of the graduates for the efforts they put into the course, and celebrating their accomplishment with their families, friends, and associates.

3 ways to **GET INVOLVED** today

ATTEND A COURSE

If you or someone you love is hurting, we want to help. You can register for a course today at rebootrecovery.com

LEAD A COURSE

You have what it takes to help others. You can join an existing leadership team or start a course in your community. Visit rebootrecovery.com/lead

GIVE OR VOLUNTEER

Giving of your time or money is one of the greatest ways to honor our mission. Give online at rebootrecovery.com/donate

REBOOT RECOVERY

OVERCOMING TRAUMA **TOGETHER**

Questions? Ideas?
Learn more at rebootrecovery.com