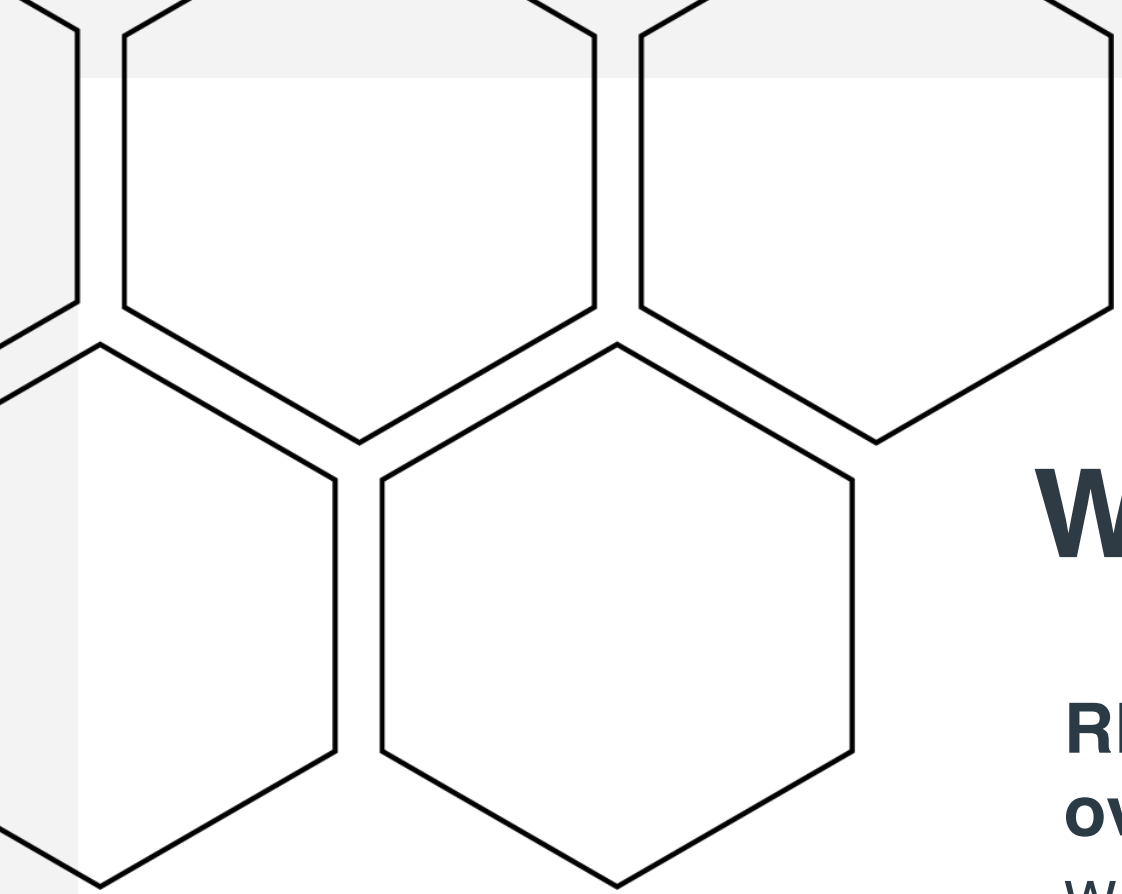




**REBOOT** RECOVERY  
OVERCOMING TRAUMA TOGETHER



# 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 person is sitting on a large, thick tree branch, silhouetted against a bright blue sky with some clouds. The person is in a contemplative pose, with their head resting on their hand. The tree's trunk and other branches are visible on the left side of the frame. In the bottom right corner, the silhouettes of palm trees are visible.

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."*

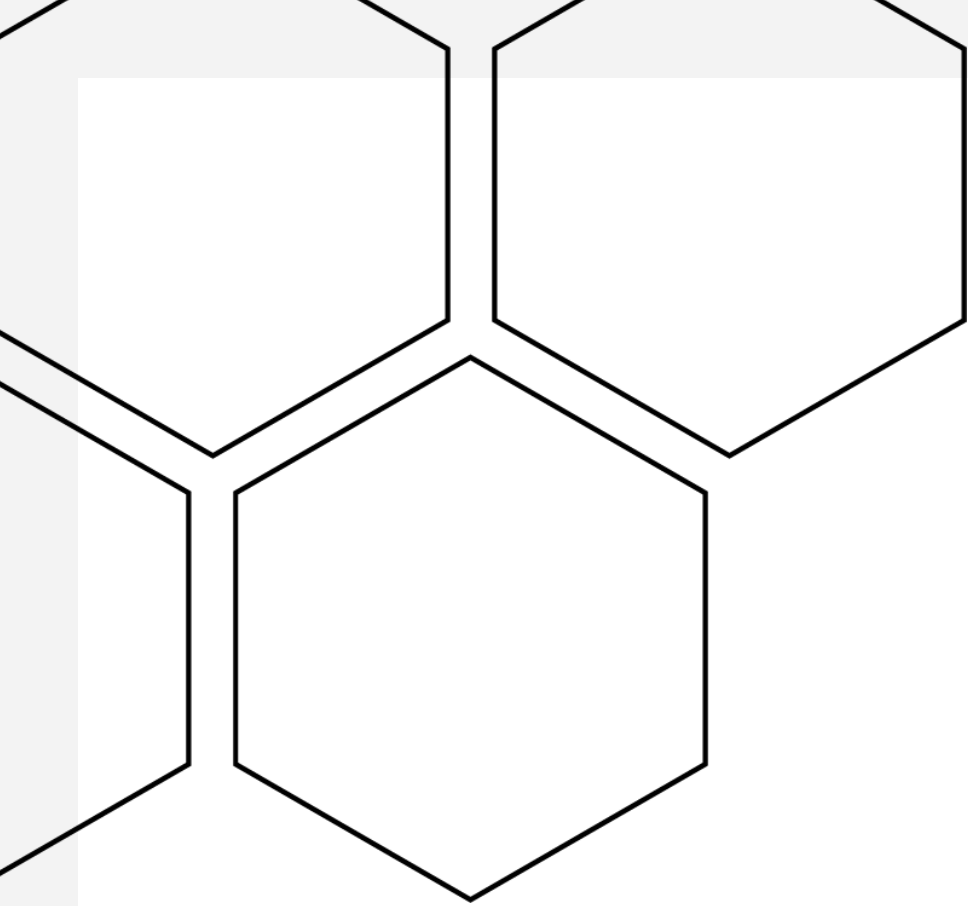
# Our Programs



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.





## 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

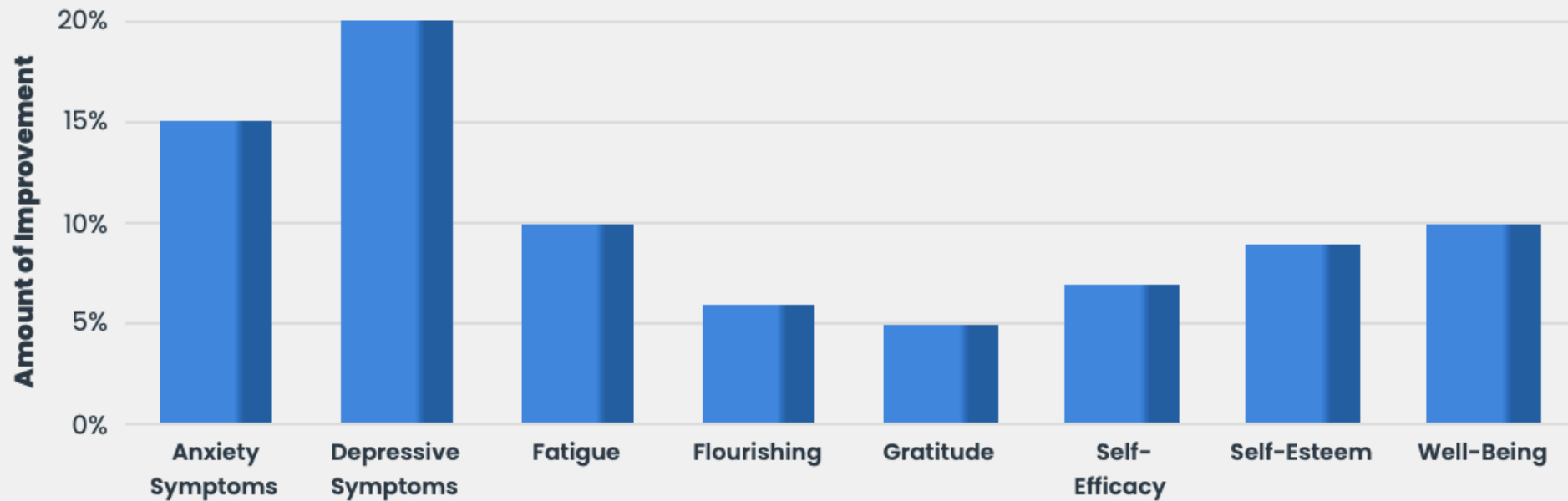
By empowering peer-leaders to facilitate our courses, we are engaging the problem of suicide and moral injury from a grass roots level. All of our leaders complete a robust training preparing them to lead the course and escalate more complicated issues to appropriate resources as they arise.



# REBOOT's model is **consistently** working.

## Quality of Life Improvements

► Participants completed a pre- & post-survey at the start and end of the program. Results indicate **statistically significant improvements** in areas including **anxiety symptoms, depressive symptoms, fatigue, flourishing, gratitude, self-efficacy, self-esteem, and well-being.**

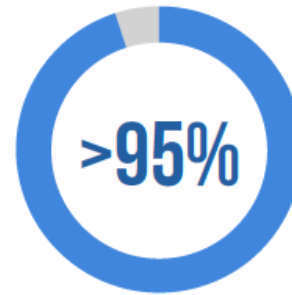


## Participant Satisfaction

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



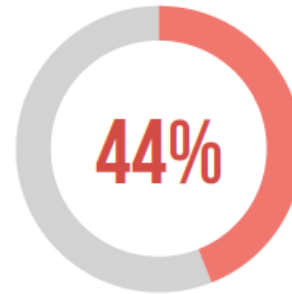
- Felt **welcome** at REBOOT sessions
- Felt their opinions on **faith/spirituality** were **respected by others**



- 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



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



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

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

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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.

Which was more than the year before that.

Which was more than the year before that.

# Sample Curriculum Outline

## **WEEK 1** THE FIGHT OF YOUR LIFE

This will be the fight of your life marked by an incredible "come from behind" victory, and you're not alone – you'll discover the people by your side are the team that will support you to keep you moving forward.

## **WEEK 2** STOP THE BLEEDING

We'll examine a set of default responses that actually make things worse and learn how to avoid these unproductive responses.

## **WEEK 3** A WOUNDED SOUL

Introducing the concept of "soul wounds," showing the connection that exists between our damaged spiritual "roots" (due to trauma, poor choices, loss, guilt, etc.) and toxic "fruit" in our lives (anxiety, anger, hypervigilance, etc.).

## **WEEK 4** ALLIES AND ENEMIES

Who is our enemy? What do they want, and why are they attacking us? Even more importantly, who are our allies that are willing to fight alongside us? In this session, we'll answer these questions.

## **WEEK 5** BETRAYAL & ABUSE

Every relationship presents the possibility of betrayal. During our time together, we're going to focus on three sources of betrayal, including betrayal from parents, partners, and institutions.

## **WEEK 6** THE WOUND OF LOSS

We all suffer loss in a variety of ways – so we will look at the important role that grieving plays as well as productive ways to mourn our losses.

# Sample Curriculum Outline

## **WEEK 7** GUILT, SHAME & REGRET

In this session we will learn the role of guilt, shame, and regret and that they are inevitable after experiencing trauma. They will either help us move forward or keep us trapped in the past.

## **WEEK 8** FORGIVING MYSELF & OTHERS

How harboring unforgiveness of ourselves or of those who have hurt us can lead to bitterness and unhealed soul wounds, hurting ourselves the most; participation in an exercise that will facilitate forgiving ourselves or others.

## **WEEK 9** RESTORING MY IDENTITY

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

## **WEEK 10** MY LIFE, HIS 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 11** THE HEALING EQUATION

There is a process that has worked in countless REBOOT groups that recycles our painful experiences and results in growth for both you as well as others. We call this the Healing Equation.

## **WEEK 12** WHAT COMES NEXT

During this session we will provide three options to you as you consider what comes next. You can choose to Heal, Grow or Lead.

## 3 ways to **GET INVOLVED** today



### **ATTEND A COURSE**

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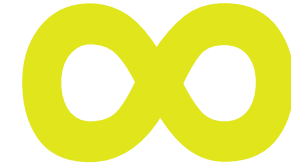
If you or someone you love is hurting, we want to help. You can register for a course today at [rebootrecovery.com](https://rebootrecovery.com)



### **LEAD A COURSE**

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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](https://rebootrecovery.com/lead)



### **GIVE OR VOLUNTEER**

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Giving of your time or money is one of the greatest ways to honor our mission. Give online at [rebootrecovery.com/donate](https://rebootrecovery.com/donate)



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Questions? Ideas?  
Learn more at [rebootrecovery.com](https://rebootrecovery.com)