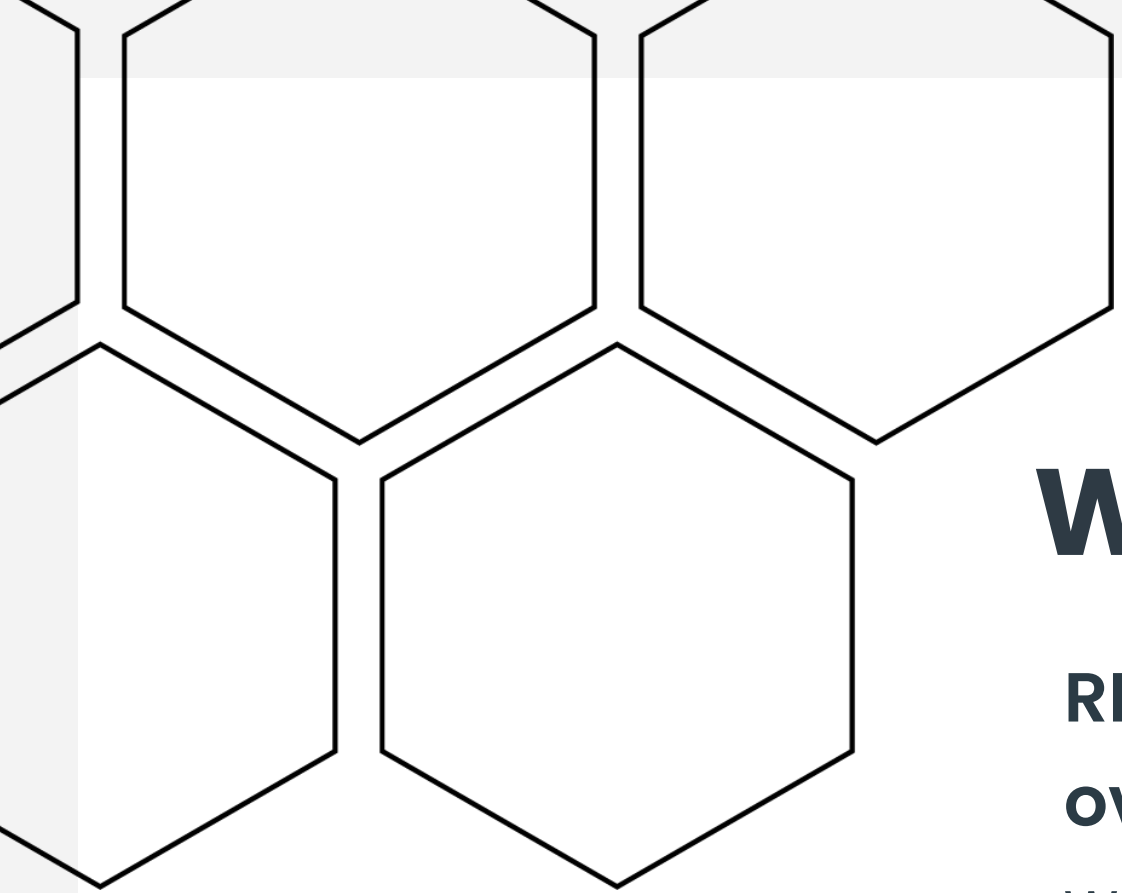


OVERCOMING TRAUMA **TOGETHER**



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 grassy hill, leaning against a large tree trunk. They are looking down, with their hand resting on their head, suggesting a state of distress or deep thought. The background shows a clear sky and some palm trees in the distance.

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."



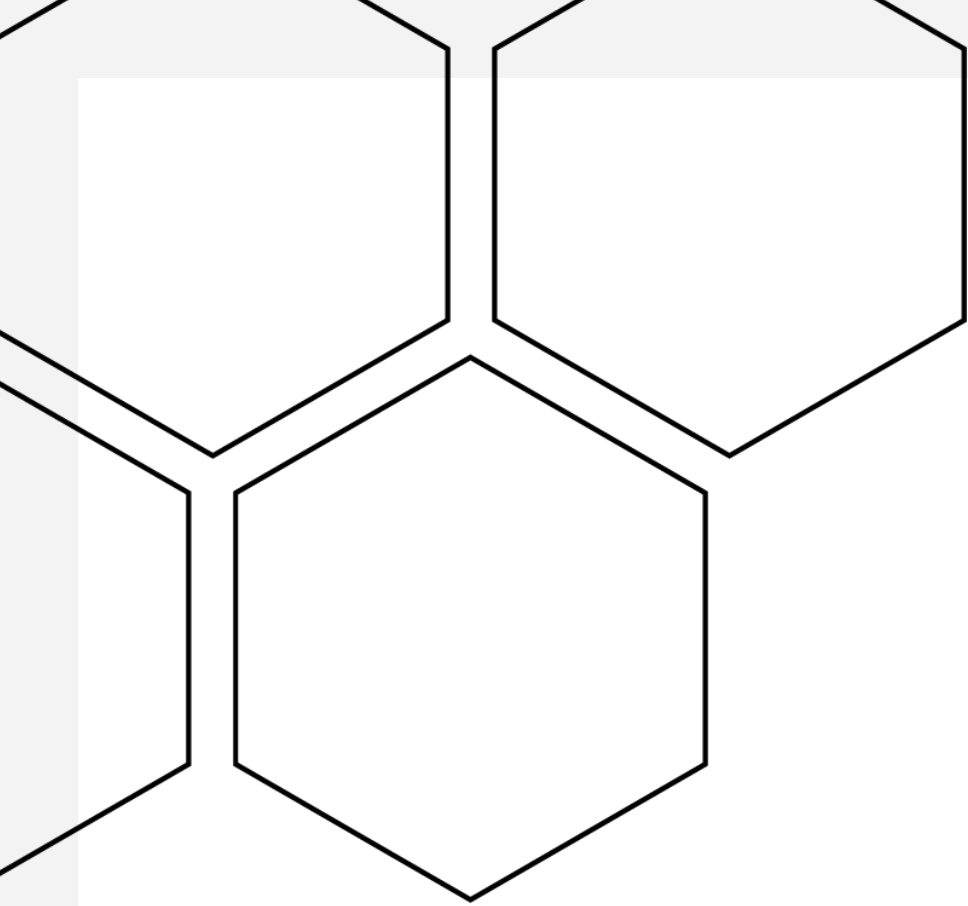
Our Programs



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

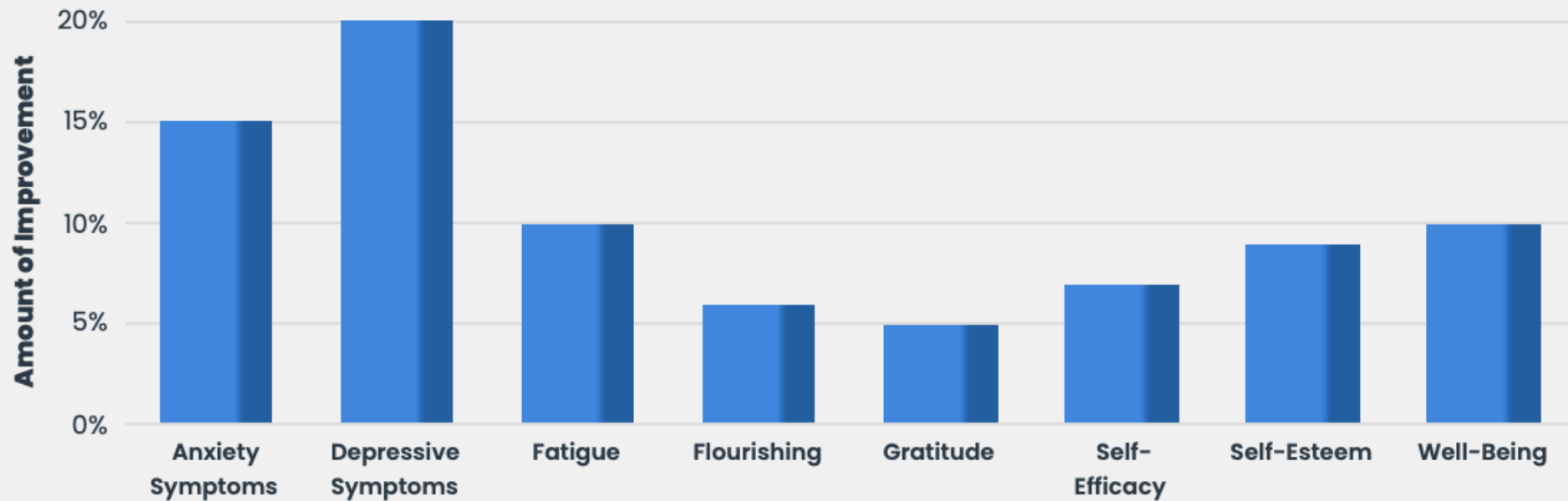
By empowering peer-leaders to facilitate our courses, we are engaging the problem of suicide and moral injury from a grass roots level. All of our leaders complete a robust training preparing them to lead the course and escalate more complicated issues to appropriate resources as they arise.



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.**

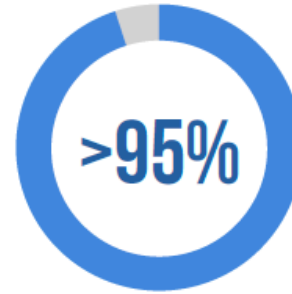


Participant Satisfaction

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



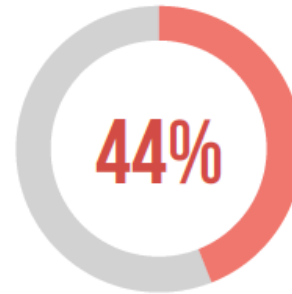
- Felt **welcome** at REBOOT sessions
- Felt their opinions on **faith/spirituality** were **respected by others**



- 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.**

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 REDEEMING TRAUMA

We will acknowledge that trauma didn't break us. We are wounded, not broken. And wounds can heal if proper steps are taken.

WEEK 2 BREAKING MY DEFAULT RESPONSE TO TRAUMA

Our default response to trauma usually makes things worse. We deny, cry, numb, and run rather than deal with our trauma. These actions carry us further away from healing, not closer to it.

WEEK 3 UNDERSTANDING THE SPIRITUAL WOUNDS OF TRAUMA

If we hope to heal, we must look beyond just trying to remove symptoms and really deal with the root causes of those symptoms. Trauma wounds our soul, and only God can mend it.

WEEK 4 FINDING SAFETY

Before we can assess the damage done by trauma and begin healing, we must first establish safety. This foundational component provides an environment conducive to healing, marked by humility and vulnerability.

WEEK 5 MANAGING BIG EMOTIONS

Understanding the difference between managing and controlling our emotions enables those emotions to help us heal. There aren't "good" and "bad" emotions—it is what we do with those emotions that determines their ultimate impact.

WEEK 6 GRIEVING WELL

Identifying the reasons why we delay or deny our grief allows us to remove these barriers and complete the grieving process. When we grieve, we are authentically protesting the injustice of the loss.

Sample Curriculum Outline

WEEK 7 OVERCOMING GUILT, SHAME AND REGRET

Recognizing the difference between conviction and false guilt is critical to trauma healing. Guilt either helps us move forward or leaves us stuck looking backward.

WEEK 8 RESTORING MY IDENTITY

Trauma leads us to believe lies about ourselves that can limit our potential. Replacing those lies with the truth enables us to fulfill God's unique calling on our lives.

WEEK 9 SHARING MY STORY

Every person's story has the power to encourage and inspire others. As we share our stories, we invite others into our pain and truly begin transitioning from pain to purpose.

WEEK 10 FORGIVING MYSELF AND OTHERS

When we forgive others, we set ourselves free. Much of our emotional pain is caused because we refuse to accept and share God's unconditional grace and forgiveness. Unforgiveness doesn't hurt them, it hurts us—so we choose to forgive.

WEEK 11 FINDING STABILITY

The trauma we experienced probably wasn't our fault, but healing from it is our responsibility. Poor choices can set us back and further delay our healing. However, when we build a strong support network and make wise choices, we find stability and maintain momentum.

WEEK 12 MOVING FORWARD / GRADUATION

Trauma REBOOT is a launching point, not a final destination. Graduation challenges us to determine the next steps we will take in order to continue healing.

3 ways to **GET INVOLVED** today



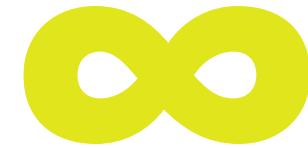
ATTEND A COURSE

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