

REBOOT Recovery is mobilizing the largest peer-led response to trauma and suicide ever built. We are doing it through our 12-week trauma healing courses.



Suicide has become the second leading cause of death for ages 18–39 with a suicide happening every 20 seconds. Rates are even higher among military and first responders. The U.S. spent \$150 billion dollars last year to address this issue and yet more suicides happened than the year prior for the 5th year in a row.

Unaddressed trauma is the root cause of suicide. **That's why REBOOT Recovery helps people overcome trauma so they can embrace a brighter future.**

## WHAT WE DO

REBOOT has developed a **proven system** that is peer-led, faith based and outcomes driven. Here's how it works:

- REBOOT groups meet one night per week for 12 weeks
- Meals and childcare are provided to remove barriers
- Spouses and caregivers are encouraged to attend
- Following the initial 12-week course, most graduates continue into our extensive, multi-year aftercare program.

Our model offers a low-cost, high-impact solution to a global trauma and suicide crisis. With your help, REBOOT can make a transformative, multi-generational impact on families struggling with trauma.

With over **425 course locations** spanning **43 states** and **11 countries**, REBOOT Recovery is progressing towards our goal of serving 50,000 people by 2025.



## History and Outcomes

REBOOT was founded by Dr. Jenny Owens (OTD) in 2011 in response to a gap she saw in the treatment of PTSD and TBI among active duty soldiers. Based on the success of the military program, additional courses were developed to support broader audiences impacted by trauma.

### Research Partners:

University of Illinois  
Faithful Brain Institute

### Key Funding Partners:

HCA Healthcare  
AWC Foundation

We are proud to have had our research recently published in the Journal of Military Psychology. According to the PROMIS-29, a NIH-developed tool measuring health-related quality of life, REBOOT's efficacy studies showed significant improvements in:

- |                    |                 |                   |
|--------------------|-----------------|-------------------|
| ✓ Anxiety          | ✓ Sleep         | ✓ Pain            |
| ✓ Depression       | ✓ Anger         | ✓ Fatigue         |
| ✓ Social Isolation | ✓ Connectedness | ✓ Quality of Life |

And the graduates are staying involved and reaching their friends. Data includes:



- Felt their opinions on **faith/spirituality** were **respected by others**



- Felt **"very welcome"** at REBOOT sessions
- Were **"quite"** or **"very"** satisfied with their REBOOT experience
- **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**

## OUR GOAL

We aim to win the battle against suicide by making it possible for **50,000 people** to complete our trauma healing programs by **2025**. We would love to have you **join us**.

For more information email at [info@rebootrecovery.com](mailto:info@rebootrecovery.com) or call 931-292-2011