

## **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**





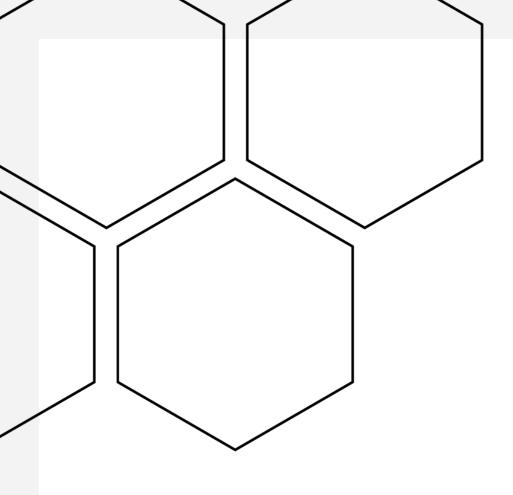


With nearly **425 course locations** spanning **43 states** and **11 countries**, REBOOT Recovery is the **largest peer-led trauma healing program in the world.** 

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.

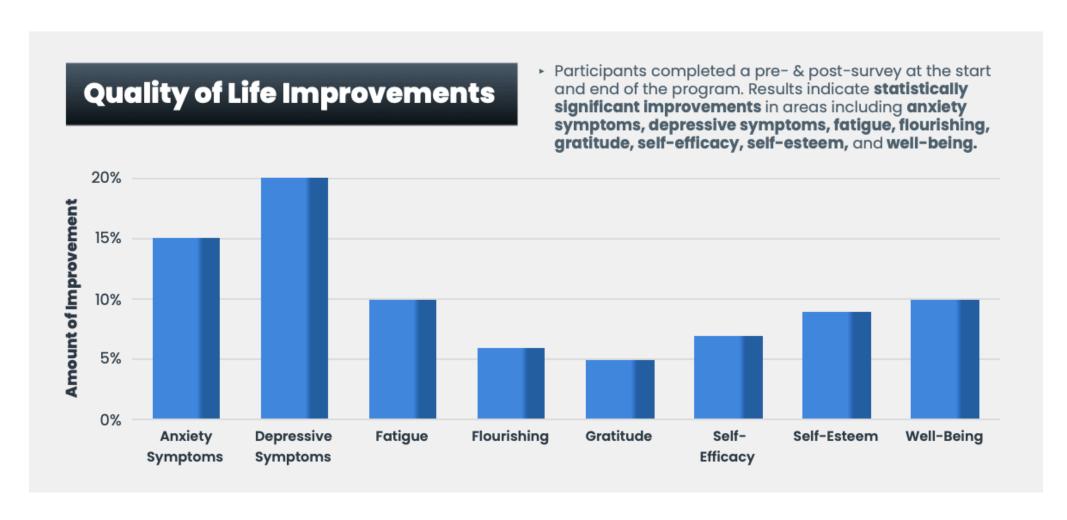
Childcare and a pre-discussion meal are provided on a weekly basis to remove barriers of entry for families seeking help. Meetings last approximately two hours.

## 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.



## **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.

## Sample Curriculum Outline

### WEEK 1 ANSWERING THE CALL

An introduction to what First Responder REBOOT is all about and the guidelines we will follow. Explores the six ways trauma exposure as first responders can impact our lives.

#### WEEK 2 STOP THE BLEEDING

We'll examine a set of default responses to trauma exposure 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 & 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 MOUNTAINS & VALLEYS

As First Responders, we are conditioned to suppress emotion—except for anger, which often becomes our default response. Over time, this leads to either emotional outbursts or complete numbness. Healing begins when we stop ignoring or avoiding our emotions and start managing them in a healthy way.

#### WEEK 6 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.

## Sample Curriculum Outline

#### WEEK 7 LOSS

First responders 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 the loss of friends, dreams, capabilities and even careers.

### **WEEK 8** 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 9 FORGIVENESS

Harboring unforgiveness of ourselves or of those who have hurt us can lead to bitterness and unhealed soul wounds, hurting ourselves the most. What forgiveness is and is not. Includes an opportunity to participate in an exercise that will demonstrate forgivingness in action.

### WEEK 10 RESTORING MY IDENTITY

Traumatic events tend to shake our self-identity to the core, often leaving a negative self-image. But we can rebuild a positive self image based on the truths from Scripture, rather than listening to the negative influences around us.

### WEEK 11 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; members have an opportunity to share their stories with the group.

### 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**

If you or someone you love is hurting, we want to help. You can register for a course today at <a href="rebootrecovery.com">rebootrecovery.com</a>



#### **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 <a href="rebootrecovery.com/donate">rebootrecovery.com/donate</a>

