

REBOOT COMBAT RECOVERY – A BRIEF OVERVIEW

MISSION:

REBOOT Combat Recovery (REBOOT) exists to help combat veterans and their families heal from the spiritual and moral injuries of war associated with post-traumatic stress and combat trauma.



OVERVIEW:

War wounds the soul. Over the past several years, the medical community has expanded its view of the impact of trauma. Now, many acknowledge that combat trauma directly impacts not only the mind and body but also the soul. This type of injury is called moral injury.¹

Moral injury can manifest itself in the form of anger, anxiety, depression, social withdrawal, and, most tragically, suicide. At REBOOT, we believe these symptoms are often linked to deep-rooted soul wounds related to unresolved grief, distrust of God/self/others, unforgiveness, bitterness, and loss of identity.

War wounds the soul. REBOOT exists to help service members and their families heal from the spiritual and moral wounds of war.

Not surprisingly, the ripple effects of combat trauma and resultant moral injury often negatively impact the mental health and quality of life of military family members as well.²

REBOOT offers accessible, no-cost programs to help combat veterans and their families heal from the moral or spiritual wounds of war.

Specifically, our 12-week combat trauma healing course provides a unique blend of clinical insight with faith-based support for combat veterans and their loved ones seeking answers to defining questions

about life, death, meaning, and purpose. Our greatest value is offering education, affirmation, and support in an environment of trust.

REBOOT "communities" are safe, private, and mostly veteran-led. Childcare and a pre-discussion meal are provided on a weekly basis to remove barriers of entry for families seeking help. We encourage the participation of spouses and affected family members because we know that trauma impacts the entire family.

Additionally, REBOOT offers peer-to-peer mentoring and leadership training to equip caring citizens as well as program graduates to lead REBOOT communities around the nation.

1 - http://www.ptsd.va.gov/professional/co-occurring/moral_injury_at_war.asp

2 - http://www.ptsd.va.gov/professional/treatment/family/partners_of_vets_research_findings.asp

REBOOT COMBAT RECOVERY – A BRIEF OVERVIEW *(continued)*

LOCATIONS SERVED:

REBOOT is headquartered near Fort Campbell, KY, where it was founded in 2011 by occupational therapist Jenny Owens and her husband, Evan. In just five years, what started with a small group in the Owens' home has expanded to more than 45 locations in 20 states!

Meeting locations are not limited to "official" spaces but often include places that are convenient to the daily activities of our participants. Community or recreation centers, churches, university campuses, VA clinics, and military installations are ideal locations for REBOOT communities because of their casual atmosphere.

45+ REBOOT LOCATIONS IN 20 STATES:
*AR, CA, CO, FL, HI, IL, IN, KY,
MD, MI, NC, NH, NM, OK, PA,
SC, TN, TX, VA, WV*

REBOOT LOCATIONS AT
MILITARY INSTALLATIONS:

*Camp Lejeune, NC
Fort Bragg, NC
Fort Campbell, KY
Fort Meade, MD
Twentynine Palms, CA*
FOR A LIST OF ALL LOCATIONS,
VISIT REBOOTRECOVERY.COM

OUTCOMES AND SUCCESS TO DATE:

At REBOOT locations across the United States, combat veterans are healing, divorce rates are dropping, medication abuse is decreasing and suicide numbers are being reduced. Some of our current results include:

1500+
GRADUATES
SINCE 2011

78%
GRADUATION RATE
FROM OUR COURSE

47%
OF GRADUATES
BECOME
REBOOT LEADERS

ZERO
SUICIDES
BY PROGRAM GRADUATES

A 2015 internal review of 60 participants demonstrated REBOOT's effectiveness in improving both quality of life and character resiliency. Scores on the PROMIS-29, a NIH-developed tool measuring health-related quality of life, showed statistically significant improvements in **anxiety, depression** and **fatigue** following completion of REBOOT's 12-week course. Additionally, scores on the Character Fitness Rating Scale demonstrated statistically significant improvements in self-reported **wisdom, justice, courage, humility, transcendence, and temperance** following completion of REBOOT.

REBOOT Combat Recovery is quickly becoming the practical leader in the fight against moral injury and combat trauma. Will you join our movement? We are always seeking new group locations, referral partners, and financial support.

Find out more and contact us at rebootrecovery.com