

# REBOOT Alliance

*Often, the first to respond to the needs of others are the last to seek help for themselves. For many who serve, the stress doesn't end when the siren goes off or the deployment ends. The sights, sounds and smells of trauma follow them home and, if left unaddressed, can begin to chip away at their well-being.*

## OUR MISSION

**The REBOOT Alliance exists to help veterans, first responders and their families heal from the moral and spiritual wounds associated with line of duty stress and trauma.**

We do this through our outcomes-based trauma healing courses – **REBOOT Combat Recovery** and **Firstline**. Our courses provide a unique blend of clinical insight with Christian faith-based support. REBOOT Alliance “communities” 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. We encourage the participation of spouses and loved ones because we know that trauma impacts the entire family.

## OUR PROGRAMS



### FOR VETERANS

- 12 week combat trauma healing course
- 120+ course locations across the U.S., U.K. and Australia
- 4,000+ graduates since 2011
- Nationally recognized leader training system and coaching model
- Course serves active duty military and veterans of all eras along with their families



### FOR FIRST RESPONDERS

- 13 week critical incident stress and trauma healing course
- 20+ course locations from coast to coast
- Course developed and launched in 2017 by renowned trauma experts
- Optional weekend retreat module
- Companion mobile app designed to accommodate participants' shift schedules

**GET INVOLVED AT [REBOOTALLIANCE.COM](https://rebootalliance.com)**

*Visit our website to discover how easy it is to join a course, start a course, and support our movement.*

**CONTACT US:**

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## BRIEF HISTORY

The REBOOT Alliance is headquartered near Fort Campbell, KY, where it was founded in 2011 by occupational therapist Dr. Jenny Owens and her husband, Evan. What began as a small group in the Owens' home has expanded to **more than 150 locations in the U.S., U.K. and Australia.** Typical meeting locations include homes, churches, military bases, VA hospitals, prisons and community centers.

### PROUD SUPPORT FROM:

Hospital Corporation of America  
MCCH Foundation  
Bob Woodruff Foundation  
Christian Broadcasting Network

## SUCCESS TO DATE

As an organization focused on healing the spiritual and moral wounds associated with trauma, we feel it is imperative to prove our impact empirically. Our current participation results include:

**4,000+**  
GRADUATES  
SINCE 2011

**81%**  
GRADUATION RATE  
FROM OUR COURSE

**85%**  
OF GRADUATES  
WANT TO STAY  
INVOLVED

**95%**  
SATISFACTION  
AMONG SURVEYED  
GRADUATES

**96%**  
OF GRADUATES  
HIGHLY RECOMMEND  
OUR COURSES

## MEASURED OUTCOMES

Utilizing assessments from both the National Institutes of Health and the Faithful Brain Institute, we continually measure our impact on participants. Our course has proven to be effective in the improvement of both quality of life and character resiliency. Scores on the PROMIS-29, a tool measuring health-related quality of life, showed statistically significant improvements in **anxiety, depression, fatigue, sleep disturbance** and **ability to participate in social roles** following completion of our course. Additionally, scores on the Character Strengths Rating Scale demonstrated statistically significant improvements in self-reported **wisdom, justice, courage, humility, transcendence,** and **temperance** following completion of our course.

## WE'RE COMMITTED TO BRINGING HEALING TO OUR HEROES.

*When you join the REBOOT Alliance as a supporter, course leader or graduate, you join a group of people deeply committed to helping those who put themselves in harm's way for the benefit of others. Our lean staff and highly involved Board of Directors work hard to ensure that every dollar invested directly impacts a military or first responder family.*