



REBOOT Recovery of the Quad Cities 2023 Year In Review

2023 Year In Review
REBOOT Recovery of the Quad Cities

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Co-Facilitators



REBOOT Recovery 2023 Year In Review:

Executive Summary



2023 Theme: **We Had to Start Somewhere...**

We must start somewhere to get where we want to go.

After completing our third REBOOT Combat Recovery Course in the Spring of 2022, we expected to have a successful Fall course. **Boy, we were wrong, very wrong.** Veterans showed no genuine interest in the course and we did not have one registration. This result was staggering, humbling, and frustrating. Since we began offering the course in 2019, we have always had registrants for the course. We had to make some strategic decisions:

Move forward in a new direction or, fold our hand and focus our efforts on other things.
Enter, Trauma REBOOT Recovery. ***We had to start somewhere.***

We decided to commit to the course, found sponsors, paid our fees, and began our training. While taking the leadership course, Maria and Burl were amazed at how much they learned about themselves.

Once the recruiting began for the Spring 2023 Trauma REBOOT Course, something magical happened: *Immediate responses.* Although eight people registered, four attended and graduated from the course. A great honor is when a graduate decides to join the team. **Kelly M.** became our new Course Mentor.

After taking the summer off from teaching, we geared up for the Fall 2023 Course by holding a REBOOT Information Luncheon sponsored by Mission BBQ, had one month of advertising through WVIK npr, and conducted a social media blitz. Once again the response was tremendous: 10 registrants, eight attended, and four graduated.

While conducting the course, we also participated in three events: Veterans Experience Action Center (VEAC), Quad Cities Veterans Outreach Center Salute to Military Heroes Luncheon, and the Quad Cities Success Fair. This netted us 20 inquiries about the Winter 2023-2024 course. We were also recognized twice by the Outreach Center with Challenge Coins and the 2023 Military Heroes Award.

We are thankful that our decision to move forward with Trauma REBOOT has allowed us to keep helping those in the community seeking trauma healing and who recognize the benefits of the program.



REBOOT Recovery 2023 Year In Review:



What is REBOOT?

The short answer to *What is REBOOT* is that REBOOT is three Trauma Recovery Courses under one program.

REBOOT is a 501(c)3 nonprofit organization founded in 2011 at Fort Campbell, KY focused on helping people heal from trauma using faith-based methods. REBOOT Recovery is divided into three courses:

Trauma Healing - Military REBOOT (formerly Combat Recovery) - First Responders Recovery.

REBOOT is not a support group, bible study, or religious organization, but a course for those who have experienced trauma in daily life, veterans and family members dealing with the moral and spiritual wounds of combat and trauma from military service, and first responders and families suffering job-related trauma. REBOOT is FREE for our participants when sponsored, or \$25 unsponsored, and is currently offered in-person. Each course meets on Wednesdays for 12 weeks, and begins with a meal at 6:30pm, and the classes meet from 7-8:30pm.

Read our Quad Cities Reboot Recovery Blogs, watch our videos, and listen to our interviews at [REBOOT RECOVERY OF THE QC \(mywingmanllc.com\)](https://mywingmanllc.com).

REBOOT Recovery of the Quad Cities is a chapter of the REBOOT program. We were established in the Quad Cities in 2019 at Berean Baptist Church in Davenport, IA. We began four REBOOT Combat Recovery course, completed three, and transitioned to offering Trauma REBOOT Recovery in 2023. We complete two classes in 2023 and recruited another REBOOT Leader. All REBOOT facilitators have completed the REBOOT Leaders Course for either Combat Recovery, Trauma Recovery, Advanced REBOOT, or various combinations.



REBOOT Recovery 2023 Year In Review:



2023 Theme: **We Had to Start Somewhere...**

Unique Value Proposition:

"Helping to Overcome Trauma, Together, One Person at a Time." © 2021-2024

Mission

To help others overcome trauma through:

- Developing and cultivating safe relationships.
- Learning about trauma and how to heal from it.
- Using faith-based methods to assist in the trauma-healing process.
- To help people live full lives by learning how to cope with their traumas.

Vision

To provide the opportunity for everyone who wants to heal from trauma, to have the means.

Values

Confidentiality; Community; No Judgement; Faith; Leading with Grace

The values align with our mission and vision to help you better understand all aspects of your trauma healing process.

Methodology

The course methodology is a simple one: To allow participants to be vulnerable in a safe environment to share their trauma experiences and healing goals. The classes are facilitated in three parts:

- **Community Development.** Also referred to as fellowship, this allows participants the time to share a meal, discuss what has occurred in their lives since the last class, get to know one another, and enjoy each others company. We emphasize community over curriculum.
- **Class Development.** Each class has an introduction, ice breaker exercise, homework review, topical discussions, and talk and writing therapies/exercises.
- **Character Development.** Self-development is character building because it causes an individual to pursue a process of self-discovery and abilities improvement without facilitation. This consist of completing weekly homework and a Mid-week Review Podcast with accompanying questions.

Course objectives are the guidepost that help establish the clarity for the facilitators and participants for the ensuing 12-weeks.




COURSE OBJECTIVES

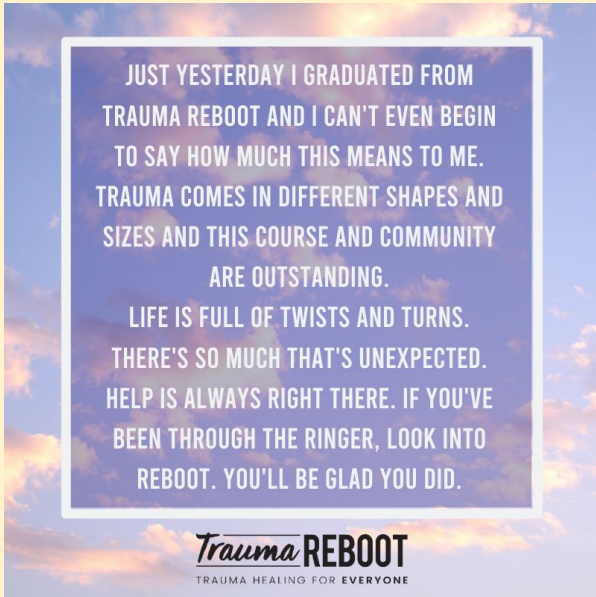
- ✓ To inform course participants of the basic facts concerning trauma, including:
 - The various events that can precipitate "soul wounds," Post-traumatic Stress, and Post-traumatic Stress Disorder.
 - The common symptoms of trauma response.
- ✓ To help participants experience the strength and optimism generated by an inclusive, cohesive group of supportive friends with whom they can feel heard and understood.
- ✓ To provide a safe, non-judgmental environment where participants can process and share their traumatic experiences with others who have had similar experiences.
- ✓ To teach participants to engage in a balanced, three-dimensional approach to trauma healing including physical, psychological, and spiritual.
- ✓ To inform participants how to apply Biblical principles that address the causes and symptoms of Post-traumatic Stress and other mental health conditions resulting from trauma.
- ✓ To help participants recognize the counter-productive nature of most typical methods of coping with the stress and trauma of their careers.
- ✓ To give participants practical steps to follow when dealing with particularly debilitating aspects trauma stress and trauma such as loss, grief, shame or guilt due to unforgiveness (of self and others), depression, and suicidal ideation.
- ✓ To involve partners, family and friends in the whole healing experience so that they can better understand their partners, be more supportive, and care for their own secondary stress and trauma.
- ✓ To help participants re-frame adversity in their lives, seeing it as a potential agent of strengthening, growth, and resiliency instead of harm and distress.
- ✓ To motivate participants to view God as a responsive, engaged, compassionate, healer and source of power, inspiration, and resiliency, and to approach Him as such.
- ✓ To give participants the vision that, as they gain strength, stability and healing, they are equipped to help others who are struggling with tragedy and trauma.



REBOOT Recovery 2023 Year In Review: Curriculum Outline



The Curriculum Outline are the classes taught during 12-weeks. Each week is uniquely designed to build upon itself and assist participants in developing their 'story.' Each class has Homework and a Mid-Week Review podcast that reinforces the lesson for the week. Homework is reviewed at the beginning of the next class. The class ends with a formal graduation with a Guest Speaker and the presentation of Certificates of Completion.



Trauma REBOOT 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.
- 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.

2023 Year In Review: REBOOT Recovery Trauma Courses

The First Trauma REBOOT Course Graduates, Spring, February through April 2023

Center photo: Dr. Kit Ford, Executive Director of Argrow's House of Healing was our first graduation Guest Speaker (far right). Numbers registered: 8; Attended: 4; Graduated: 4.



A New REBOOT Leader is Born...



Every course does not produce graduates who want to join the team. We were fortunate that in our first Trauma REBOOT Course, **Kelly M.** felt compelled to join the leadership team. Kelly brought a wealth of life’s experiences with her, and openly shared them with her classmates. Kelly knew before the course concluded that she wanted to continue helping others gain the coping skills necessary to heal from their traumas.

“I found my tribe.”

As the Course Mentor, Kelly helped answer questions that sometimes participants were more receptive to hearing from anyone but the facilitator. She also kept the course moving in the right direction by keeping the facilitators on task, guiding participants who may be challenged by a specific topic, and helped those who might be overcome with emotions and need to step away for a moment.



2023 Year In Review: REBOOT Recovery Trauma Courses

The Second Trauma REBOOT Course Graduates, Fall, September through December, 2023

Center photo: Dr. Richard Whitaker, CEO of Vera French was our Fall Graduation Guest Speaker (far left). Numbers Registered: 10; Attended: 8; Graduated: 4





2023 Year In Review: REBOOT Recovery Events



Veterans Experience Action Center event - Sep 29-30



Number of Inquiries: 9

Although the **VEAC** was a military-specific event, we maintained a booth that allowed us to gain contact information on nine people interested in the courses.

Salute to Military Heroes - Oct 20, 2023



Number of Inquiries: 4

The Second **Salute to Military Heroes** provided another opportunity to meet with people interested in trauma healing. We were also one of three organizations recognized for our efforts.

Quad Cities Success Fair - Nov 2023



Number of Inquiries: 7

The **Quad Cities Success Fair** was our third opportunity in 60 days to tell the REBOOT story. Although the event was focused on people looking for jobs, there were those also looking for information on trauma healing.

Additional Events without photos: REBOOT Information Luncheon - Jun

12/18/23

"Helping to Overcome Trauma, Together, One Person at a Time." © 2021-2024

Our Sponsors



Course Sponsor

Sponsors may not be the life blood of nonprofits, but they are definitely the veins that allows the blood to flow. The **QC Veteran Outreach Center** was our major artery for 2023, providing us a central location to hold our classes, recruit for new classes, and gave us a sense of stability. We are so grateful for this opportunity to partner with them.



Location Sponsor



Promotional Sponsor



Food Sponsors



Food sponsors are another major artery to the REBOOT program, as meals are served weekly to our participants. Meals are part of our fellowship that helps establish community. A special thanks to M & K Catering, who donated a bulk of the delicious meals that enhanced our efforts in healing.



2023 Year In Review: REBOOT Recovery

Recognition



Quad Cities Veterans Outreach Center
Challenge Coin, Spring REBOOT - Apr



L: Maria - REBOOT Facilitator;
C: Lola - Founder, QC
Veterans Center;
R: Burl - REBOOT Co-Founder
and Facilitator.

Lola is the Co-Founder of the
QC Veterans Outreach Center
who attended graduation and
presented us with QC Veteran
Challenge Coins.



Quad Cities Veterans Outreach
Center Military Heroes Award - Oct



L: Kelly M.; C: Burl R.; R: Maria B.





2023 Year In Review: REBOOT Recovery

Course Funding



REBOOT is funded just like any other nonprofit: Through donations, grants, and sponsorships. We accept four types of donations and sponsorships: monetary donations; monetary donations and sponsorships for meals; course donations and sponsorships; and individual sponsorships.

REBOOT expenses are as follows:

- **Annual Leadership/Chapter Fees:** \$199 base plus \$49 per additional leader.
Current annual costs for three leaders: **\$297**
 - **Participant Fees:** Field Guide - \$25; Graduation T-Shirt - \$25. Total: \$50 per participant.
Average number of participants, four. Current annual cost is **\$400**
at \$200 per class.
 - **Meals.** This is the largest of our expenses. At approximately \$12 per meal;
seven meals per class for 12 weeks times two annual costs: **\$2,016.**
 - **Administrative cost.** This consist of printing and signage cost, and any event fees.
\$300.
- Promotional fees were in-kind at **\$1,000.**
- **Total annual costs:** **\$3,013.**
 - *Projected costs based on increased course sizes:* **\$4800.**

We also conducted two fundraisers ICW REBOOT Headquarters with minimal success.

Most costs were borne by the facilitators.

Donations to REBOOT Recovery of the Quad Cities are used to help people recover from trauma using a proven process that works.



2023 Year In Review: REBOOT Recovery

Conclusions / Lessons Learned



Was This a Good Start?

To answer the above question, we must answer the questions within our premises?

1. Were all of our participants new to REBOOT? Yes.
2. Did we establish new skills, policies, procedures, and services within our chapter? Yes.
3. Was the time spent on recruiting and promotion equal to the results? **No**.
4. Did we create enough room for opportunities? Yes.
5. Did our new experiences allow us to provide better services? Yes.

Establishing themes without evaluating them simply creates novel theories without substance.

Although the answer to Number Three: *Time spent on recruiting and promotion* was **No**, it aligns with the premise that “**trauma is subjective**.” Because trauma is subjective, pursuing *help for healing* also has at least three subjective premises:

I don't need any help; Help will always be there; Things are hopeless.

In 2024, we will need to create innovative methods to provide more effective recruiting and promotion results. Those methods however, must overcome the subjective premises while encouraging people to seek help.

Although this was a good start, we will require additional help and support to expand our services.