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Building a Brighter Future: Developing Function Out of Dysfunction

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Building a Brighter Future: Developing Function Out of Dysfunction

Adrian Ewald, OTD/S
Expert Mentor: Jenny Owens, OTD, OTR/L
Faculty Mentor: Dr. Meegan Lambert, OTD, OTR/L, LMT

Mission and Vision

REBOOT Recovery's mission, to help individuals overcome trauma to embrace a brighter future, was born in 2011 after Dr. Jenny Owens and her husband, Evan, recognized that not all wounds of the patients she was treating were physical –some go soul deep. Since then, REBOOT Recovery has created three 12-week, faith-based, peer-led trauma healing courses available across the nation and internationally. The ultimate goal of REBOOT Recovery is for all individuals to break free from soul wounds to find healing and identity

Agency Needs

- Creation of short-form content to supplement currently available material to promote continued healing and growth
- Framework and researched material to add expanded content to current courses for participants to access focused on building stability and confidently accessing their brighter futures after completing the program.

Project Goals

- Creation of additional content to add to existing 12-week courses, called Week 13
- Creation of supplemental content for week 13 available through the MyREBOOT website for participants to engage with
- Creation of a blog post

Deliverables

- Think Like a Tree blog post available on MyREBOOT
- Week 13 content created for areas related to relationships, financial management, decision making, emotional regulation, and ways to be involved in REBOOT after graduating from a course

Foundational Feelings

"Supportive social relationships act as a footing, or structural support, for the foundation of your life. Without them, any foundation you build has the potential to sag, crack, or fail over time as it bears the weight of life unsupported."

"Luckily, this doesn't have to be where you end up, with a crumbling foundation and no one to help you rebuild it...That's why we are going to talk about ways to learn more about yourself, your emotions, and how to interact with others to start building a new foundation with strong, supportive footings in your relationships."

Clinical Care

"Sometimes we need more targeted and specific help to overcome certain areas of our lives. There is nothing wrong with this and at REBOOT Recovery we support seeking clinical care when necessary. It's a valuable resource that can help you on your healing journey."

Budgeting Basics

"Once you learn how to make your budget and consistently commit to it, you might find that budgets aren't shackles. They are a scaffolding to find stability in your finances. Without them, your life continues in chaos and financial unknowns, leaving you scrambling to get everything under control."

Trying Trust

"Without trust, relationships crash and burn. We know, trusting someone, even yourself, can be scary because you are opening yourself up for vulnerability. Even though we would love to say that you can build trust without taking risks; it's just not the case. It's one of the reasons trust is so powerful while also being easily lost –you are taking a risk. But risks can lead to the reward of meaningful relationships, just look at the disciples!"

Learn and Lead

"Learn and Lead is about continuing your own healing while also stepping into a role on the support team for your course. This might feel overwhelming, but keep in mind that these are manageable responsibilities and you'll still be a participant in your REBOOT course. We want this to be a stepping stone into your next stage of healing."

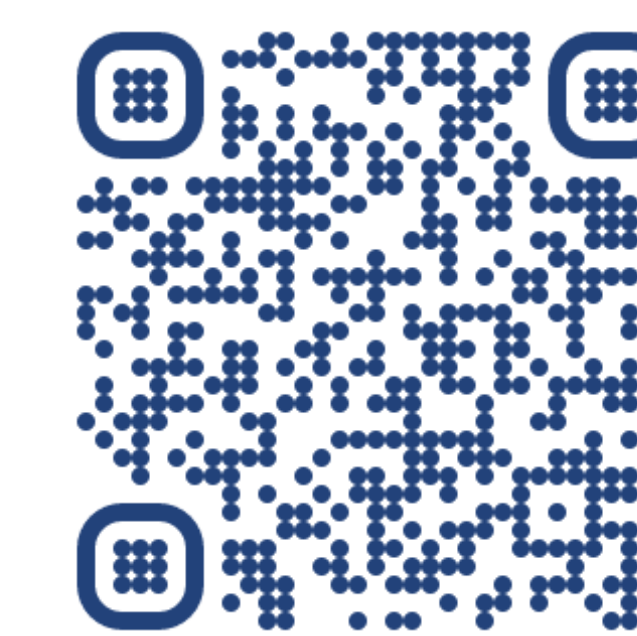
Choosing Wisely

"While we wish making wise, thought-out choices was easy, that isn't always the case. As the stakes and importance of a decision increase, so does the difficulty of making the decision. Fortunately for us, decision-making is a skill, and skills can be improved." "Everyone has a different training plan, but we have 3 different processes for decision making to get you started: the scorecard form, the problem solving flow, and a pro/con comparison."

Think Like a Tree

"Much like giant sequoias, we live through the fires of life. Some burn hotter or longer than others, but life isn't life without them. They can leave us scarred, burned, or lacking "water", but that doesn't mean we have to let our wounds overcome us. We can adapt, just like giant sequoias."

QR Codes



Think Like a Tree



Week 13 Framework



Week 13 Content

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