Cleveland State University

EngagedScholarship@CSU

Occupational Therapy Doctoral Student Capstone Posters Occupational Therapy Doctoral Student Capstones

Spring 2023

Trauma Recovery on College Campuses

Madison Thomas Cleveland State University

Follow this and additional works at: https://engagedscholarship.csuohio.edu/ot_capstone_posters

Part of the Occupational Therapy Commons How does access to this work benefit you? Let us know!

Recommended Citation

Thomas, Madison, "Trauma Recovery on College Campuses" (2023). *Occupational Therapy Doctoral Student Capstone Posters*. 24. https://engagedscholarship.csuohio.edu/ot_capstone_posters/24

This Book is brought to you for free and open access by the Occupational Therapy Doctoral Student Capstones at EngagedScholarship@CSU. It has been accepted for inclusion in Occupational Therapy Doctoral Student Capstone Posters by an authorized administrator of EngagedScholarship@CSU. For more information, please contact library.es@csuohio.edu.



CSU | Cleveland State | University

Trauma Recovery on College Campuses Madison Thomas OTD/S, Jenny Owens OTR/L, and Barbara Milliken Ed.D, OTR/L, CVW

Background and Proposal Process

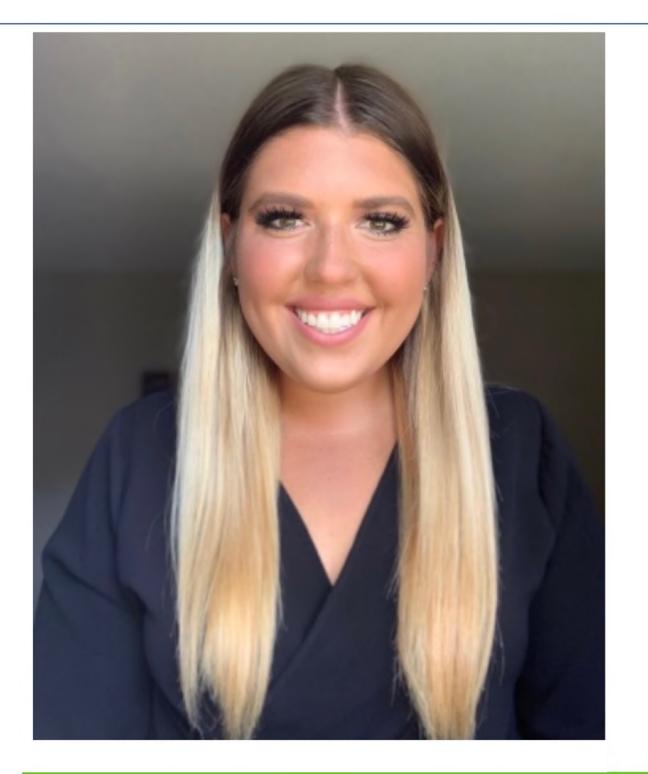
While occupational therapy has deep roots in mental health services, there is very limited information and programming available that addresses the aftermath of a traumatic experience that provides survivors with the support and resources they need to return to a meaningful and fulfilling life with an emphasis on the knowledge this occupational therapists hold. REBOOT recovery is currently the only occupational therapy-based program that assists participants in regaining purpose and fulfillment in life following a traumatic event.

This capstone was conducted to address the lack of tier two services that target the survivors of trauma by providing educational material to Cleveland State Students where they learned about REBOOT Recovery's mission and how they can initiate their healing journey by participating in an abbreviated REBOOT Recovery program with others who have experienced similar trauma.

Brief Bio

My name is Madison Thomas, and my passion is the veteran population. My goal is to work for the VA to serve those who made the incredible and selfless sacrifice to protect our country and its citizens.





Trauma Reboot vs Crisis Edition



12-weeks-in person or online

- Faith-based
- Peer-led
- For everyday people
- Support person encouraged
- \$25 per participant
- Dives deeper into individual trauma, participants able to share their story



- 5-weeks-in person or online-ideal for busy college students
- Faith-based
- Peer-led or self-led
- For everyday people
- Support person encouraged
- \$0 per participant
- More of a general program, but still very effective
- Topics include: "What is going to happen next?", "Coping with the anxiety of uncertainty", "Moving forward in uncertainty", "The recovery process", and "Helping others heal".

- Recovery website
- State students
- Center
- **REBOOT Recovery offers**

Keptner, K. M., & McCarthy, K. (2020). Mapping occupational therapy practice with postsecondary scoping review. The Open Journal of Occupational Therapy, 8(1), 1–17.

https://doi.org/10.15453/2168-6408.1617

Knobloch, L. K., Owens, J. L., & Gobin, R. L. (2022). Soul wounds among combat trauma survivors: Experience, effects, and advice. *Traumatology*, 28(1), 11–23.

https://doi.org/10.1037/trm0000307

Knobloch, L. K., Owens, J. L., Matheson, L. N., & Dodson, M. B. (2019). Evaluating the effectiveness of

reboot combat recovery: A faith-based Combat Trauma Resiliency

Program. *Military Psychology*, 31(4), 306–314. https://doi.org/10.1080/08995605.2019.1630228

Machtinger, E. L., Cuca, Y. P., Khanna, N., Rose, C. D., & Kimberg, L. S. (2015). From treatment to healing:

The promise of trauma-informed primary care. *Women's Health Issues*, 25(3), 193–197. https://doi.org/10.1016/j.whi.2015.03.008

I want to extend a huge thank you to all the staff at REBOOT Recovery HQ. Thank you so much for your friendship, the daily the laughs, and for believing in me from start to finish. I couldn't have done it without you.

Capstone Activities

Wrote a blog post on insomnia and ways to manage negative symptoms, which is published on the REBOOT

Created a general trauma survey for Cleveland State Students to get an idea of the current accessibility of trauma recovery services

Created various educational content for Cleveland

Conducted outreach meetings with the Cleveland State **Counseling Center and the Cleveland Rape Crisis**

Created an educational video outlining all the programs

Successfully piloted a 5-week trauma recovery Trauma **REBOOT Crisis Edition group with 3 participants** Created a post-survey to show the effectiveness of the

group from the participants point of view.

Key references

Acknowledgements