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Trauma Recovery on College Campuses

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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".

Capstone Activities

- Wrote a blog post on insomnia and ways to manage negative symptoms, which is published on the REBOOT Recovery website
- 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 State students
- Conducted outreach meetings with the Cleveland State Counseling Center and the Cleveland Rape Crisis Center
- Created an educational video outlining all the programs REBOOT Recovery offers
- 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

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