

For release: April 6, 2020

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REBOOT RECOVERY OFFERS FREE RESOURCES TO MANAGE COVID-19 CRISIS

HELENA, MT— REBOOT Recovery, a nonprofit organization aimed at helping veterans, first responders, and their families overcome trauma, is offering free resources to all who may need help coping with the COVID-19 crisis.

According to Executive Director Evan Owens, the REBOOT Recovery Crisis Edition is a free, five-part video series intended to help people manage and move forward from the current COVID-19 crisis or any other life trauma. “Though we’ve always served veterans and first responders,” Owens says, “we want to help ALL people who may benefit from our Crisis program during this national pandemic.”

A national, faith-based organization, REBOOT recently expanded its efforts to Montana, offering courses in Helena through a Gianforte Family Foundation grant.

Video topics include:

- What Is Going to Happen Next?
- Coping with the Anxiety of Uncertainty
- Moving forward in Uncertainty
- The Recovery Process
- Helping Others Heal

The videos may be viewed or downloaded at rebootrecovery.com/crisis. Additionally, a free REBOOT Crisis Edition workbook may be downloaded as a PDF. The book helps walk participants through the sessions, offering key takeaways and questions for discussion. Owens recommends that families use the tools together to strengthen their relationships as they navigate these uncertain times.

“Often, our natural response to trauma is greater than the trauma itself,” Owens says. “REBOOT’s intent is for people to turn to productive responses in times of crisis rather than destructive ones. That’s what we hope and pray for, and are working to achieve.”

More information is available at rebootrecovery.com/crisis.

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