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### Week 13: Promoting Occupational Balance During Trauma Healing Journey Post-Program Participation

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# Week 13: Promoting Occupational Balance During Trauma Healing Journey



## Post-Program Participation

D. Rachel Hicks, OTD/S  
Expert Mentor: Jenny Owens, OTD, OTR/L  
Faculty Mentor: Meegan Lambert, OTD, OTR/L, LMT;  
Christine Manville, EdD, OTR/L



### Agency Mission and Vision

**Mission:** Helping people overcome trauma through faith-based programs so they can embrace a brighter future

**Vision:** To become the largest peer-led, faith-based trauma healing organization in the world (with 50,000 members by the end of 2025)

### Agency Needs

- Development of Week 13 framework to guide participants' next steps upon completion of the initial program
- Development of content for use on the MyREBOOT web platform on subjects to promote increased occupational balance once participants have completed initial programming
- Creation of supplemental materials/activities, as needed, for use in the Week 13 framework/courses
- Generation of content/materials for use in organization promotion

### Capstone Goals

- To explore a variety of resources, including participant testimonials, to better understand trauma and its effects on occupational performance
- To review and annotate current REBOOT curricula for overlap with desired Week 13 content
- To develop content for Week 13 mini courses, with specific focus on improving sleep, building routines, and conflict resolution in relationships
- To generate promotional content for use on organization's blog
- To create a framework for future Week 13 organization

### Outcomes

#### **REBOOT Advance:**

"REBOOT Advance is designed to equip you with the training and tools required to take the next steps in your healing journey with confidence."

#### **Just Keep Swimming Blog**

##### **Post:**

"Just keep swimming through those waves, and know that you are capable of dealing with anything that comes next."

#### **Sleep Mini Course:**

"Trauma is sneaky – it has a way of stealthily creeping its roots into all aspects of our lives, even something as foundational as sleep."

#### **Rebuilding Routines Mini**

##### **Course:**

"A steadier schedule is 100% possible for you to achieve – just start small and work your way up from there."

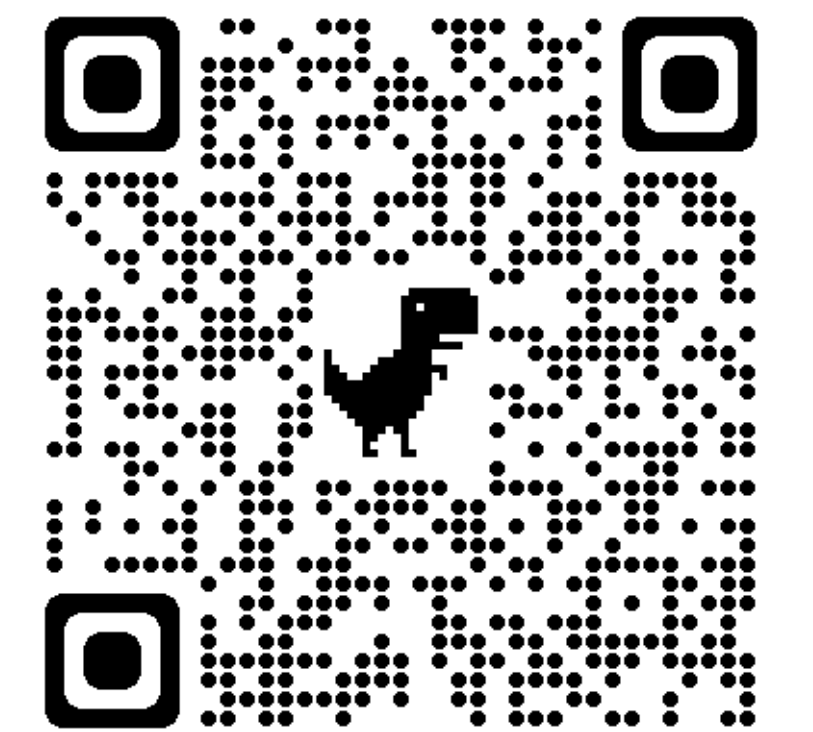
#### **Conflict and Conversations Mini Course:**

"Conflict is both a healthy and inevitable part of interacting with other human beings, and the way that you handle these situations can have a lasting impact on your relationships."

#### **Lead a Course:**

"Your story and experiences have more power than you realize, and you never know whose life you might change by taking a more active role in the journey of others."

For a larger sample of the deliverable content, please scan the QR code!



### Acknowledgments

I would like to thank my Expert Mentor, Dr. Jenny Owens, for the wholehearted support, advice, and encouragement throughout this project. I would also like to thank the entire REBOOT family for welcoming me with open arms and supporting me through it all. Thank you to my faculty mentors, Dr. Meegan Lambert and Dr. Christine Manville, for your unwavering confidence, inspiration, and guidance throughout this process. And thank you to the Belmont University School of Occupational Therapy for challenging me and providing me with the opportunity to explore my passions.