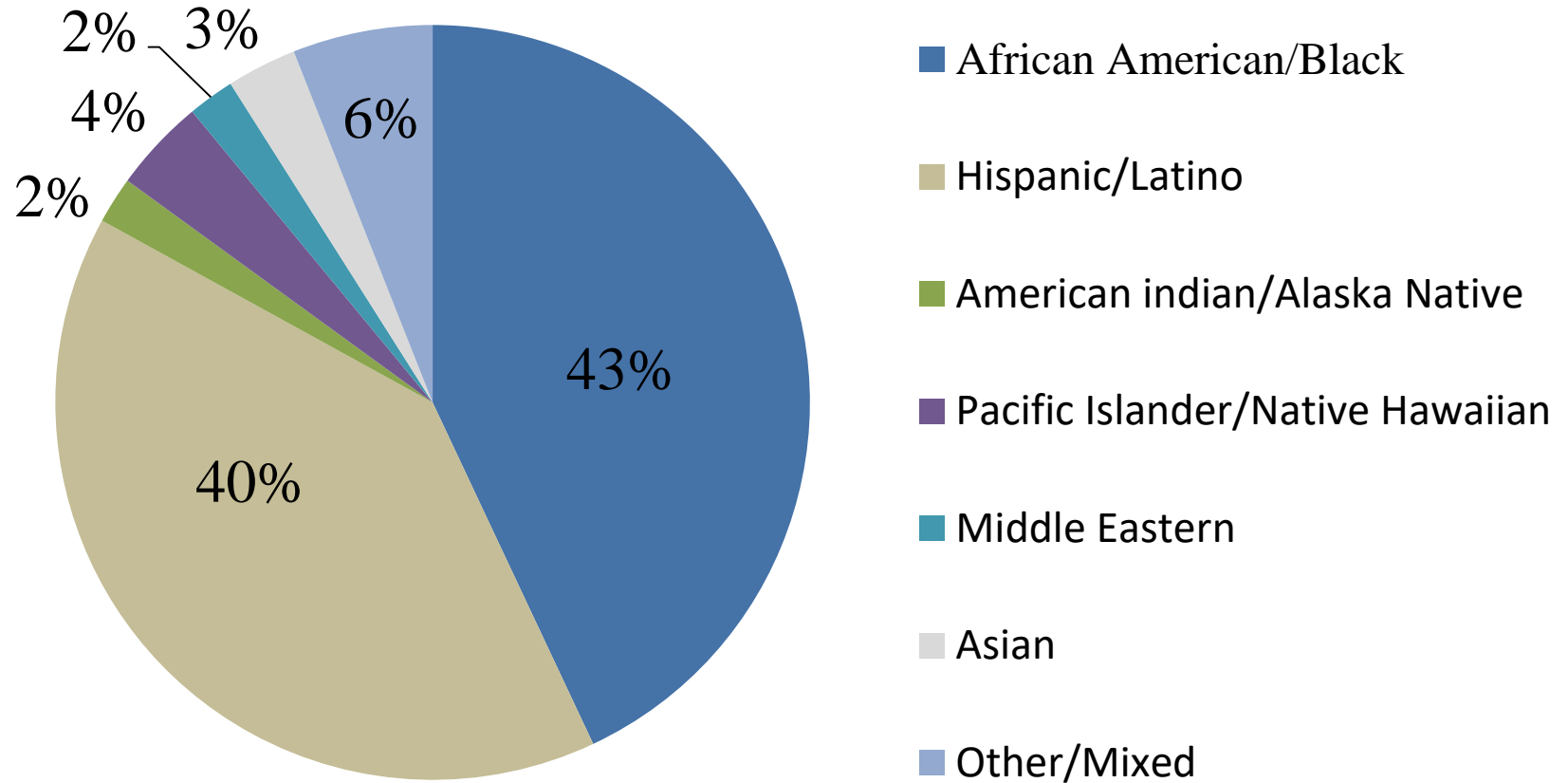


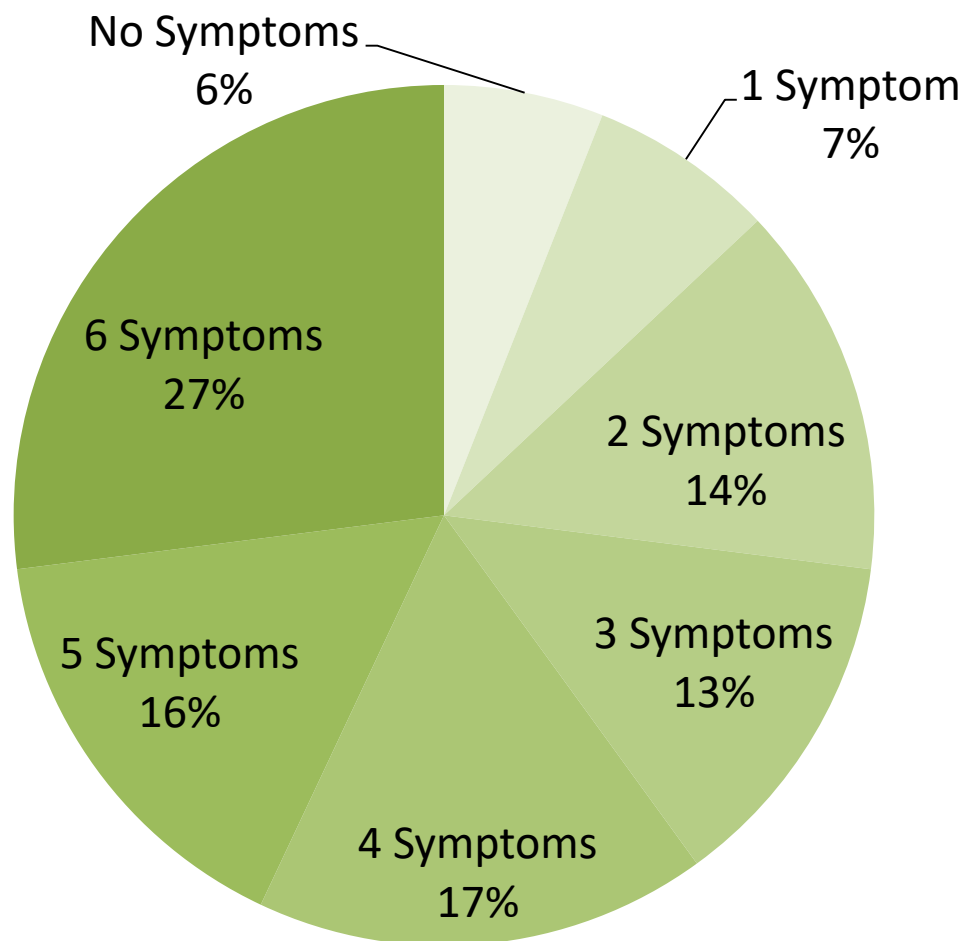
Demographics



N=221

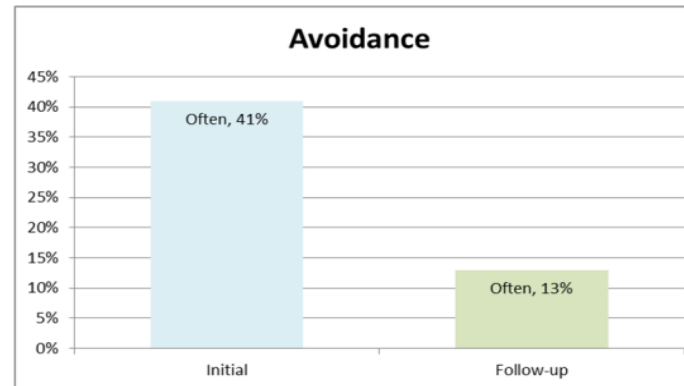
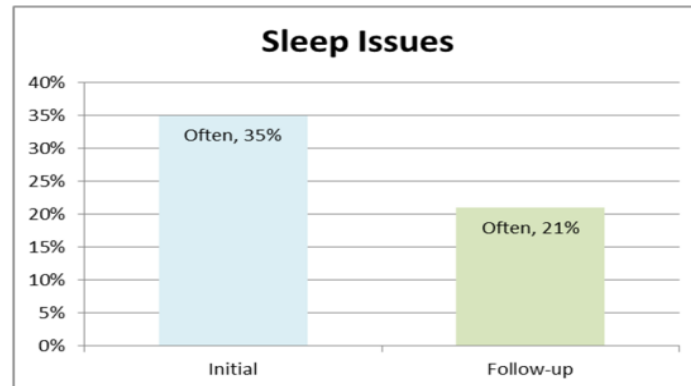
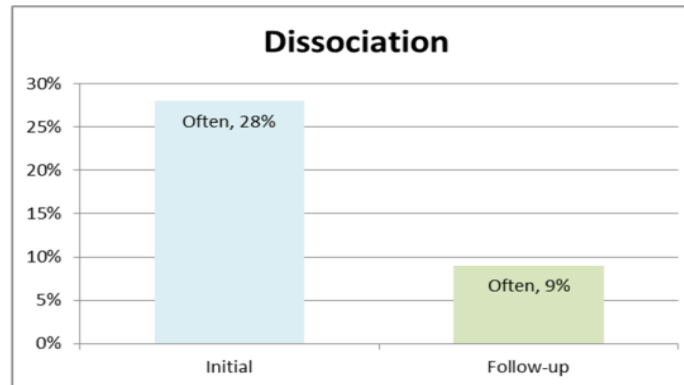
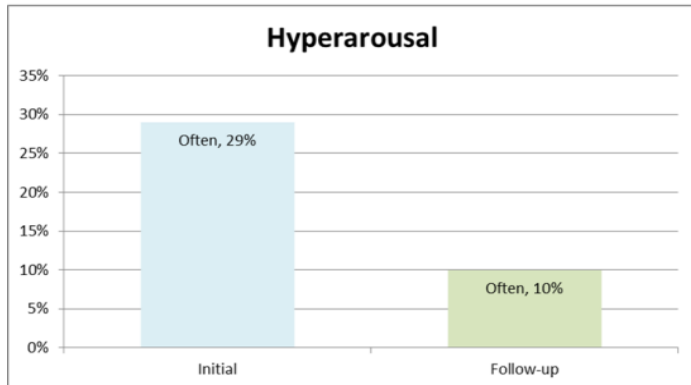
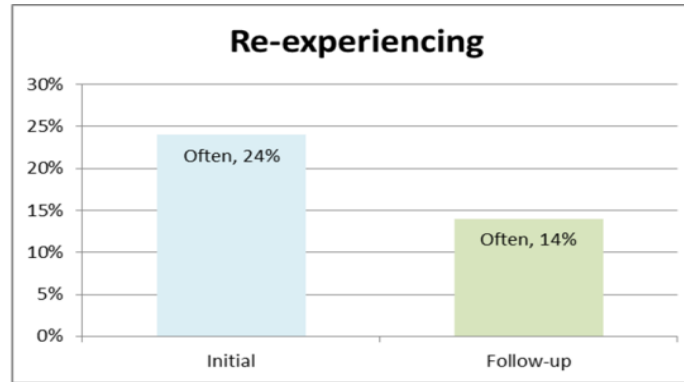
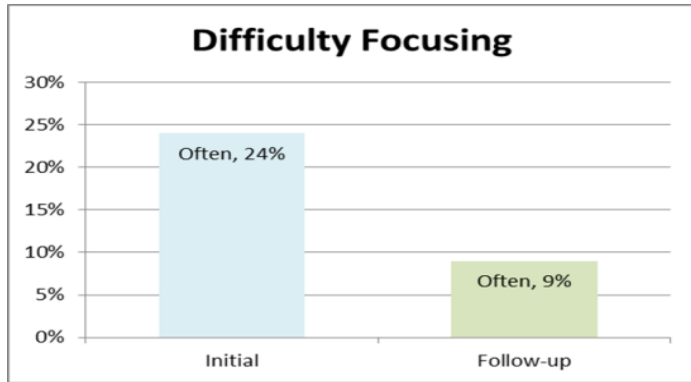
Initial Data Collection (March 2015 – December 2016)

- **N=221**
- 94% had at least 1 trauma symptom
- 60% had between 4 and 6 trauma symptoms
- The six trauma symptoms we screen for: Difficulty focusing, hyperarousal, sleep issues, re-experiencing, dissociation, and avoidance.



Follow-up Data

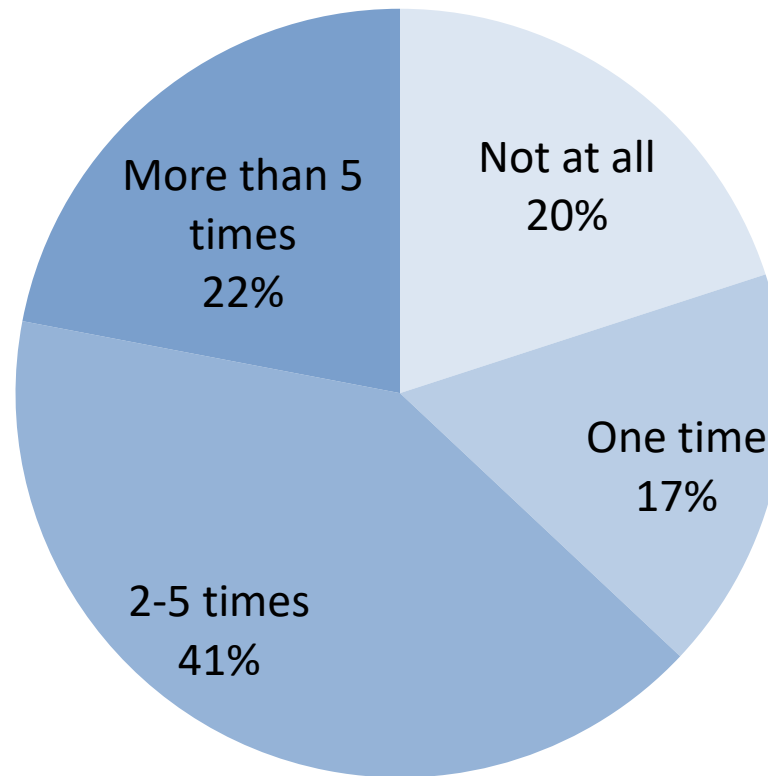
The following decrease in symptoms were reported



- **N=124**
- Age range 14 to 25 years
- 64% identified as Males; 36% identified as Female

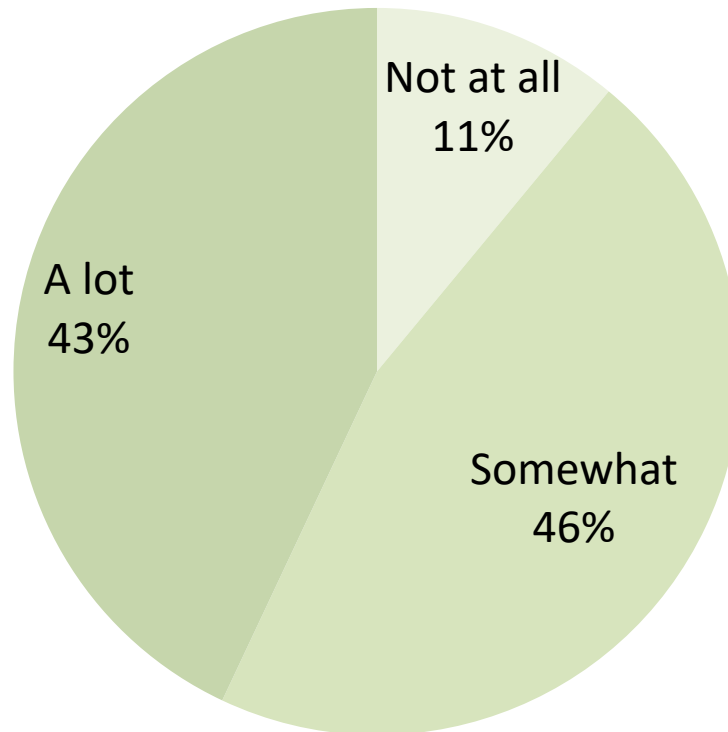
Follow-up Data

Did you use any of the exercises learned?



Follow-up Data

If you did use the tools, did you find the exercises helpful?



Follow-up Data

If you used the tools, will you keep using them?

