

TRAIT-BASED RECOVERY FOR VETERANS

Harnessing Strengths. Restoring Purpose. Empowering Recovery.

Veterans face unique challenges when transitioning to civilian life, including PTSD, depression, addiction, and loss of purpose. The Trait-Based Model of Recovery leverages veterans' natural strengths—resilience, leadership, and determination—to support healing, growth, and renewed mission.

A STRENGTH-BASED APPROACH



WHY IT WORKS:

- » **Builds on Strengths** – Transforms military-trained traits into tools for recovery.
- » **Whole-Person Healing** – Integrates mental, emotional, and physical well-being.
- » **Trauma-Informed Approach** – Reframes past experiences into sources of strength.
- » **Restores Purpose** – Helps veterans apply skills to careers, leadership, and service.
- » **Strengthens Community** – Rebuilds camaraderie through peer support and connection.
- » **Provides Practical Tools** – Covers trait identification, balance, leadership, and career development.



EVIDENCE-BASED & VETERAN-TESTED

Rooted in **proven research** in psychology, behavioral science, and leadership studies, this model **empowers veterans to reclaim their lives** and become leaders in their recovery.



96.1%
COMPLETION
Compared to 47%
in Traditional Treatment

71.5% **58.5%**
Reduction in **DEPRESSION** Reduction in **ANXIETY**



Find out more at the Trait-Based Data Archive.

Roop, D. J. (2025). Trait-Based Data Archive [Data set]. Zenodo. <https://doi.org/10.5281/zenodo.14711457>



LEARN MORE AT THE CENTER FOR TRAIT-BASED TRANSFORMATION

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