



# Bounce Back & Thrive!

Highlights – 5-YEAR Evaluation Results (2010-2016)

**Bounce Back & Thrive! (BBT)** is an evidence-based 10-session resiliency skills training program for parents based on the **Reaching IN...Reaching OUT Resiliency Skills Training Program** for service providers working with young children. BBT focuses on families with **children under 8 years**. (More information at [www.reachinginreachingout.com/programs-bb&t.htm](http://www.reachinginreachingout.com/programs-bb&t.htm))

**BBT was piloted from 2010 to 2012** by **Reaching IN...Reaching OUT (RIRO)** in partnership with 16 family-serving organizations. The evaluation focused on 119 parents experiencing significant challenges who lived in 16 diverse communities in Canada. From 2012 to 2016, **three additional formal evaluation studies** were conducted with 442 parents.

Results from these four studies are combined here because the **three evaluation studies confirm key findings from the pilot study** despite differences in group demographics. Taken together, **561 parents attending 84 BBT groups** completed the formal evaluation. (For details about the pilot project and ongoing evaluation studies, go to [www.reachinginreachingout.com/effectiveness-bb&t.htm](http://www.reachinginreachingout.com/effectiveness-bb&t.htm).)

## After attending BBT, parents ...

- showed a significant **positive change in attitudes associated with resilience, their children and parenting** [BBSS resilience sub-scale,  $p < .001$ ]
- who had the **least 'resilient' attitudes to start showed the greatest positive change** by the end
- reported being significantly **less stressed and "down"** and those who scored most poorly on depression and stress scales to start showed the greatest improvement [DASS-21 Depression and Stress subscales, all  $p < .001$ ]
- **know more about building resilience** in their children and themselves [both  $p < .001$ ]
- learned to **pause and "respond" instead of "react" to challenges** (understanding link between thoughts & reactions)
- found **new ways to handle problems**
- were **calmer, more patient and empathic** with others
- could better **appreciate the positives** in life.

## Nearly all of the parents said they...

- **use what they learned at least once a week** (about 60% use it daily)
- **model the skills regularly** with their children (like calming, looking for positives).

## And this has already led to changes in about 75% of the children such as being...

- **calmer**, more **patient** and **empathic**
- more **perseverant** and **able to try new things**
- better able to **handle anger** and **frustrations**
- more **confident** and feeling better about making mistakes.
- About **50% already use the skills with other children and adults**.

## And now parents say they...

- have a **better understanding of their children's emotional needs**
- are **looking more for strengths and positives** in their children
- have a **closer relationship**
- feel **better able to bounce back** from life's challenges
- are **more confident and optimistic** about the future
- are **very satisfied with BBT** and 95-100% would recommend it to other parents.

