



# Bounce Back & Thrive!

Brief Summary – Ongoing Evaluation Study #2 (Fall 2013 - Fall 2014)

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

This is a **brief overview of the findings** from the **second formal evaluation study** of BBT groups subsequent to the initial pilot project groups. It focuses on 234 parents enrolled in 27 BBT groups demographically similar to the pilot and the first ongoing BBT evaluation in 2012-13. 153 parents participated in the full evaluation. For details about the pilot project and formal ongoing evaluation studies, go to: [www.reachinginreachingout.com/effectiveness-bb&t.htm](http://www.reachinginreachingout.com/effectiveness-bb&t.htm).

**BBT was originally piloted in 2010-12** by **Reaching IN...Reaching OUT (RIRO)** in partnership with 16 family-serving organizations. 161 parents experiencing significant challenges enrolled in 18 groups in diverse communities in Canada. Results from this second ongoing evaluation study, as well as those from the first, confirm key findings in the pilot study.

## After attending BBT, parents ...

- Showed a significant **positive change in attitudes associated with resilience, their children and parenting** [BBS resilience sub-scale]
- Who had the **least 'resilient' attitudes to start showed the greatest positive change** by the end
- Were **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]
- Learned to **pause and "respond" instead of "react" to challenges** (understanding link between thoughts and reactions)
- Found **new ways to handle problems**
- Were **more empathic and patient** with others
- Could better see and **appreciate the positives** in life.

## At least 96% of the parents said they...

- **Use what they learned at least once a week** (62% use it daily)
- **Know more about building resilience** in their children
- **Model the skills** with their children (like calming, looking for positives).

## And this has already led to changes in 84% of the children such as being...

- **Calmer** and more **patient**
- Better able to **handle frustrations**
- More **perseverant** and **able to try new things**
- More **confident** and feeling better about making mistakes
- Able to **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**
- Are **more confident and optimistic** about the future.
- Are **very satisfied with BBT** and would recommend it to other parents.

