



Bounce Back & Thrive!

Brief Summary – Ongoing Evaluation STUDY #3 (Winter 2015 - Spring 2016)

Bounce Back & Thrive! (BBT) is an 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. BBT focuses on families with young children under 8 years (<http://www.reachinginreachingout.com/programs-bb&t.htm>).

BBT was developed between 2010-12 by **Reaching IN...Reaching OUT (RIRO)**. It was piloted in partnership with 16 family-serving Canadian organizations. The results were very promising. So, RIRO continues to look at the effect of BBT on parents and children. Two previous studies replicated the findings of the pilot. This third study also looked at the impact of BBT on 21 groups of parents (261 parents, 170 parents completed full evaluation, 490 children). Here are some highlights.

After attending BBT ...

- parents showed a significant **positive change in attitudes associated with resilience, their children and parenting** (on BBS resilience sub-scale)
- those who had the **least 'resilient' attitudes to start showed the greatest positive change** by the end
- they were significantly **less stressed and "down"** (on DASS-21 Depression & Stress subscales)
- those who were **most stressed and down in the beginning showed the greatest improvement.**



Parents learned to...

- **pause and "respond" instead of "react" to challenges** (understanding link between thoughts & reactions)
- find **new ways to handle problems**
- be **more empathic and patient** with others
- better see and **appreciate the positives** in life, and
- they reported being **very satisfied with BBT – 99% would recommend it to other parents.**

They said they...

- **know more about building resilience** in their children
- are **calmer and more patient** with their children
- have a **better understanding of their children's emotional needs**
- are **looking more for strengths and positives** in their children
- have a **closer relationship** with their children
- are **more optimistic** about the future.



95% of the parents reported they...

- **use what they learned at least once a week with their children – nearly 60% use it every day**
- **model the skills** with their children (like calming, looking for positives, challenging thinking).



And 73% of the parents said this already has led to changes in their children such as being...

- **calmer** and more **patient**
- more **perseverant** and **able to try new things**
- better able to **handle frustrations**
- more **confident** and feeling better about making mistakes
- able to **use the skills with other children** (46%) and with adults (53%).