



Bounce Back & Thrive! (BBT)

Overview: Results of Ongoing Evaluation

(September 2012 - June 2013)

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).

BBT was 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; 119 completed the evaluation. **This is a brief overview of the findings** from the first evaluation of BBT groups subsequent to the pilot groups. It focuses on 194 parents enrolled in 18 BBT groups demographically similar to the pilot groups; 119 participated in the evaluation. For details about the participants, measures and analyses from the pilot and formal ongoing evaluation, go to: www.reachinginreachingout.com/effectiveness-bb&t.htm.

After attending BBT, parents said they felt...

- Less stressed and “down” (on DASS-21 Depression and Stress subscales)
- Less bothered by challenges and mistakes
- More “in control” and “I can do it”
- More able to see and appreciate the positives in life

And the more sessions parents attended...

- The more knowledge they have about building resilience
- The more “resilient” their thinking becomes (on BBSS resilience subscale)

More than 90% of the parents said they were...

- Using what they learned at least once-a-week (58% daily)
- More knowledgeable about building resilience in their children
- Modeling the skills with their children (like calming, looking for positives)
- More patient with their children
- Looking more often for strengths and positives in their children (and themselves)

And this has already led to changes in 72% of the children such as being...

- Calmer
- More patient
- More perseverant and able to try new things
- Able to handle frustrations better
- More confident and feeling better about making mistakes
- Better able to ask for help, when needed
- Able to use the skills with other children and adults

And now parents say...

- They have a closer relationship with their children
- They feel more confident about their parenting
- They are more optimistic about the future
- They are very satisfied with BBT and would recommend it to other parents.

