

**"Resilient Parents – Resilient Kids"**  
...a community mental health promotion project



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Reaching IN...Reaching OUT  
[www.reachinginreachingout.com](http://www.reachinginreachingout.com)

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RESILIENCE is the ability  
to steer through a significant challenge  
and bounce back, even thrive!

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The natural capacity to develop  
resilience is in all of us!



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**Resilient Parents... Resilient Kids**



**Project Overview**

- 3-year project
- Adapt evidence-based RIRO resiliency skills training for professionals
- Recruit parents experiencing significant challenges
- Create new resilience resources for parents of children under 8 years (website, videos and more)

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**Bounce Back & Thrive! (BBT)**



- **Two parts**
  - parent skills
  - child applications
- **10 sessions x 2 hrs.**
- **Delivered by RIRO trainers**
- **18 pilots in diverse Canadian communities**

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**Bounce Back & Thrive!**



**Part One**

Focus on enhancing caring relationships & role modeling skills that build resilience by...

- Exploring how caring relationships, positive role models & a strengths-based approach help build resilience
- Building self-regulation skills
- Learning key thinking skills

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**Bounce Back & Thrive!**



**Part Two**

Help parents use resiliency-building strategies & behavior guidance with their children by...

- Using empathy to build close relationships
- Helping children develop emotional literacy skills
- Helping children develop a "CAN DO" view
- Building an environment of "positivity"

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**BBT Pilot Results**



**Parent Attitudes**

- Significant positive change in attitudes
  - associated with greater resilience
  - more positive about parenting
  - more positive attributions about children
- "Least" resilient attitudes to start → greatest change
- More sessions → more attitude change → more use of skills with child

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**BBT Pilot Results**



**Parent Behavior**

- **Significant knowledge gain about resilience-building**
  - More sessions attended → more knowledge → greater positive change in attitudes
- **Regular use of content** (97% >once a week; 61% daily)
- **Use skills with their children**
  - 95% model skills
  - 92% practice calming
  - 93% look for positives

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**BBT Pilot Results**



**Parents' Personal Gains**

- Reduce stress level
- Find positive things to appreciate in life
- Believe more in themselves and their abilities
- Feel more optimistic about the future

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**BBT Pilot Results**



**Parenting Gains**

- More patience
- More confident about parenting abilities
- Look more for strengths/positives in their children
- Improved relationship with their children

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**BBT Pilot Results**

**Children's Gains**

- Calmer
- Handle frustrations better
- More patient
- Persevere, try new things
- More confident
- Better able to ask for help
- Use the skills with other children & adults



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**Free Online Resources (RIRO)**

[www.reachinginreachingout.com](http://www.reachinginreachingout.com)

- **Parent website**
  - Parent videos & success stories
  - Children's booklists
  - Posters & tip sheets
  - Links to fun activities
- **Website for professionals**
  - Guidebook
  - Skills videos
  - Newsletter
  - Articles/resources
  - Resilience activity modules (RAMs) (in Sept.'12)



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**Reaching IN...Reaching OUT (RIRO)**  
...promoting resilience in children & adults around them

- Skills training & resources for **parents (BBT)**
- Skills training & resources for **professionals & others** working with children under 8 (**RIRO**)
- "Reflective" leadership training to help organizations create "cultures of resilience"
- Knowledge exchange to help organizations & communities adopt resilience approaches



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**Our Supporters**

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- YMCA of Greater Toronto
- Child Development Institute
- University of Guelph
- George Brown College

**PROJECT FUNDER**

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