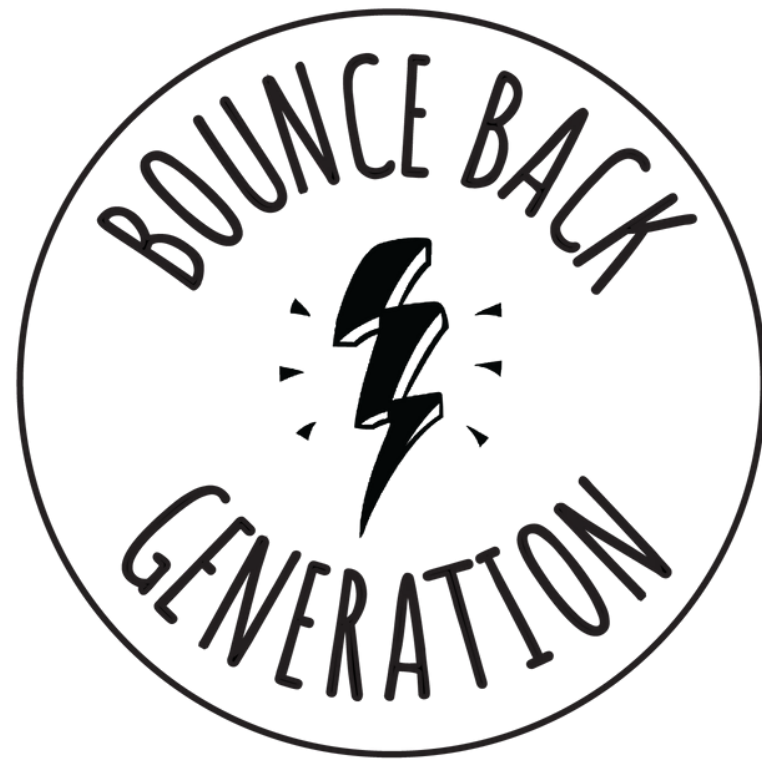


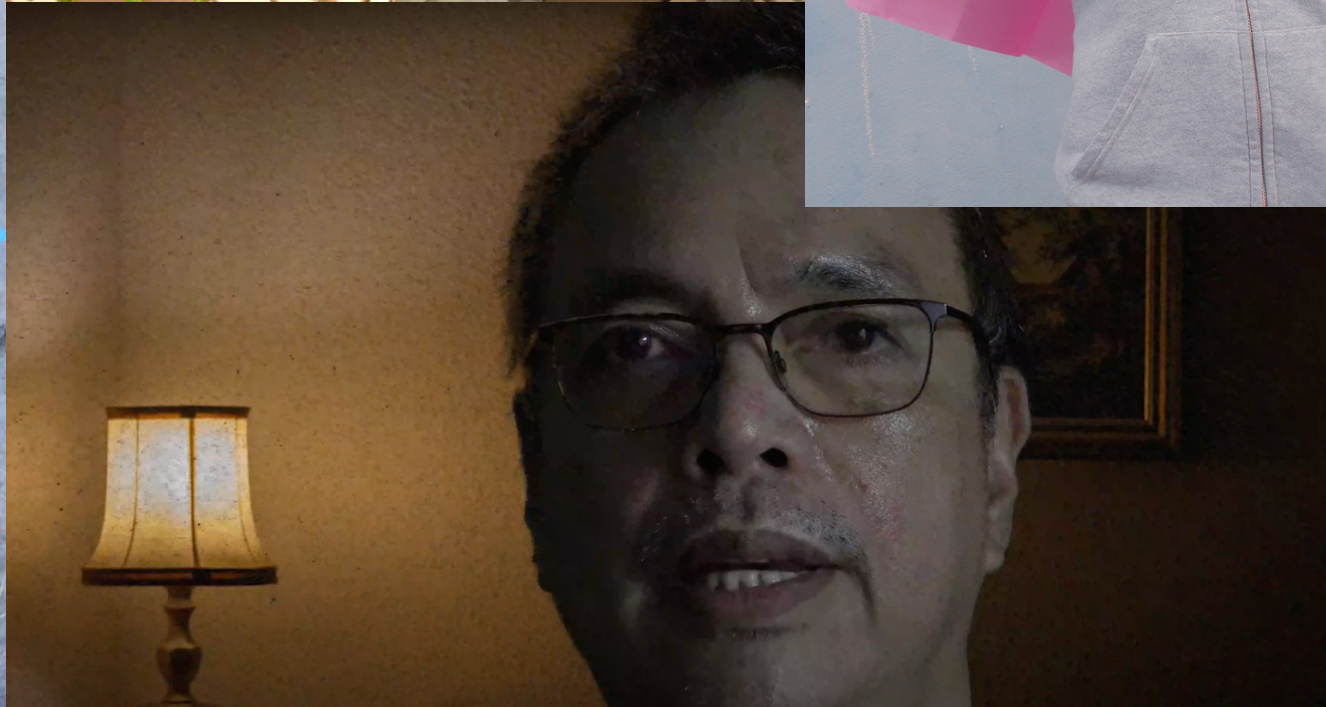


A Pilot Project Research Findings

Jennifer Dhillon
Founder & CEO
Bounce Back Generation



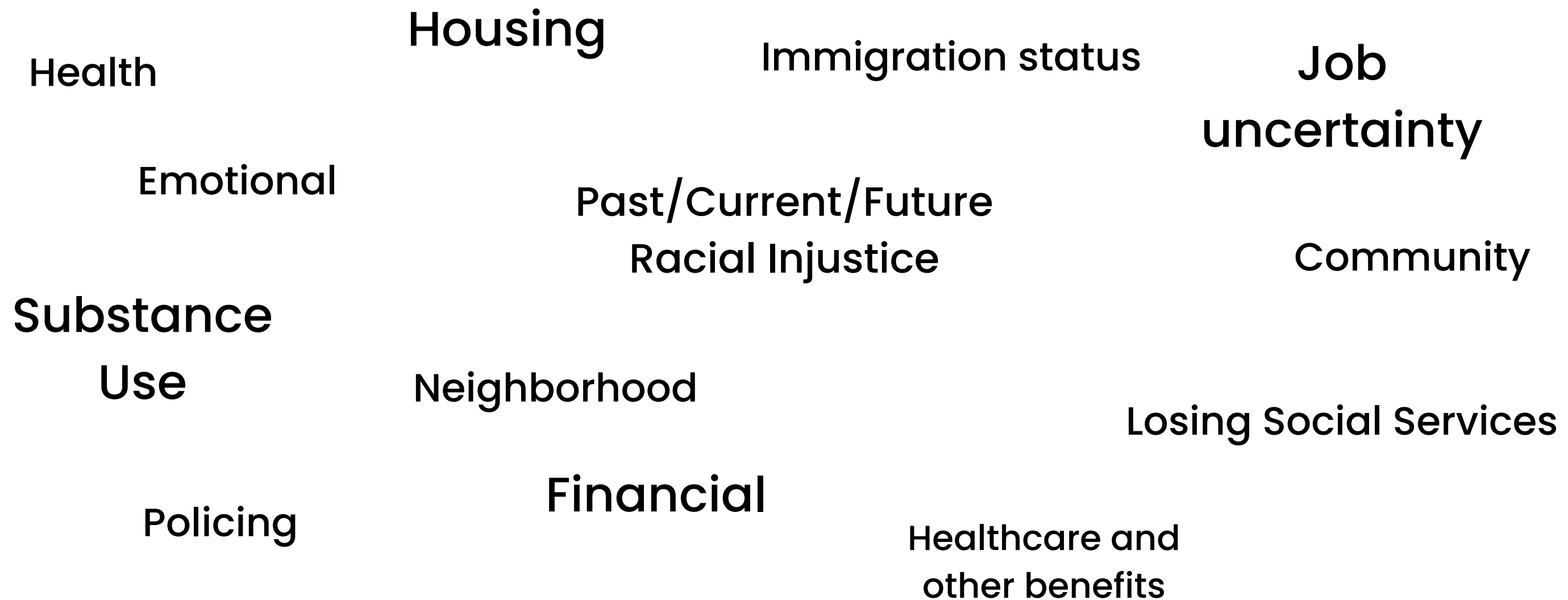
- We create and share tools the build mental and emotional resilience skills for youth and those who care for them.
- Founded in 2011 – with initial support from a project with Dr. Mary Burke Pediatric Environmental Health Specialty Unit (PEHSU)
- Founded to “find something to help the kids” HOPE SF Rebuild of the Potrero Terraces & Annex public housing site. Healthy Generations Project ACES
- My background – Development studies (political economy of the developing world), law – Environmental Justice Attorney. Nonprofit leader and Program developer since 2004.



Climate & Vulnerable Communities

Calling for Climate Resilience in Stressed Communities

“You are most at risk to suffering from the effects of climate change”





Instead

1. Pilot Project 8- weeks
2. 12 Participants - paid
3. Help us create the curriculum
4. Your emotional preparation and resilience is AS IMPORTANT as physical resilience/prep.
5. Why we care about the environment
6. How you can be prepared
7. How your preparation will help you feel emotionally better
8. If you get emotionally ready, will get you Climate Ready and Resilient



PROTECTION
Emotional safety
&

Planning, Prep, Go bags and
Apps



RELATIONSHIPS
At least one relationship you can count on
to help with emotional life.

&
Your In Case of Emergency Person
(preferably outside cell area).



COPING SKILLS
Know what works for you to get through life
&

What are 2-3 things that will help you get
back on your feet and engaging with life
again?



CONFIDENCE
Try, practice and don't give up 'til you get it
&

What skill can you provide to your
community?



BELONGING
Where is your tribe, find the like minded
&

Build a community of disaster preppers in
your neighborhood.



STORYTELLING
Tell your story, share your wisdom,
ask for help
&

Advocate, raise your voice, speak truth to
power.

OUR RESEARCH QUERIES

WE WERE THE SUBJECTS OF THE RESEARCH!

methods



TEACHING METHODS
PROVIDE
INFORMATION IN
COGENT &
ACCEPTABLE
MANNER, AUDIENCE
APPROPRIATE?

information



ARE WE PROVIDING
TOOLS NECESSARY
TO ADDRESS CLIMATE
ANXIETY?

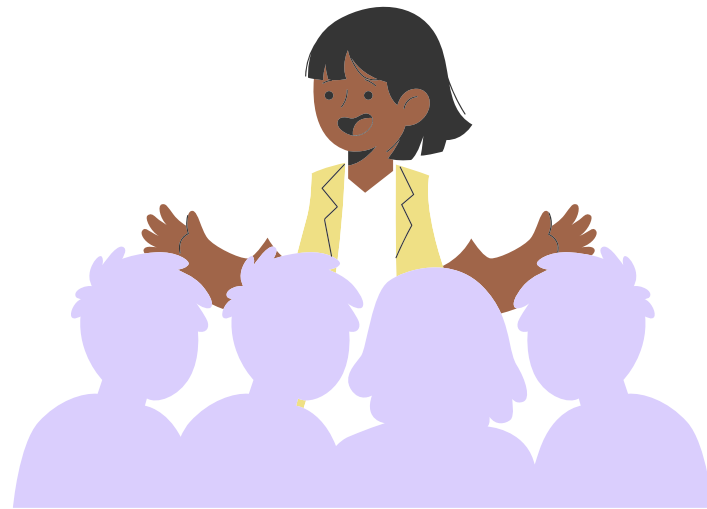
tools



ARE THE TOOLS WE
PROVIDED USEFUL
FOR PREPARING,
RESPONDING TO CLIMATE
AND TO OTHER LIFE
STRESSORS?

OUR RESEARCH FINDINGS

methods



PARTICIPANTS FELT THE TEACHING WAS
MOSTLY ENGAGING. NO
SYNCHRONOUS LEARNING.
REQUESTED
FUTURE COURSES BE PROVIDED
ONLINE – MOBILE DEVICES.

information



SATISFIED WITH THE
INFORMATION PROVIDED
ENJOYED VIDEO, STORYTELLING
METHODS FOR EXPLAINING
COMPLEXITIES OF CLIMATE
SCIENCE. SUSTAINABILITY!

tools



PARTICIPANTS EXPRESSED
THEIR APPRECIATION FOR
THE TOOLS AND THE
RECOGNITION OF TRAUMAS
AND TOXIC STRESSORS.
COPING SCALE IMPROVED.

RESEARCH REPORT





**SAMPLE CREST MOBILE ONLINE
MINI COURSE**

Q & A



**CLIMATE RESILIENCE & ENVIRONMENTAL
SUSTAINABILITY TRAINING**



Feel Good. Learn More. Bounce Back.

*Thank
you!*



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