A Pilot Project Research Findings

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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

Climate & Vulnerable Communities

Calling for Climate Resilience in Stressed Communities

“You are most at risk to suffering from the effects of climate change”
You must get training in Climate Resilience because Bad Things are going to Happen.

Get Ready!

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.
SAMPLE CREST MOBILE ONLINE MINI COURSE
Q & A