

About

Bounce Back Generation



Mission

Bounce Back Generation's mission is to help individuals, families, and organizations to bounce back from the negative effects of toxic stress and trauma by creating and sharing practical tools, training, and media that foster resilience for this generation and the next.



Vision

Bounce Back Generation is creating a free, accessible wellness space for those who need it most, reaching the poor, systemically and historically oppressed.



Equity

We provide historically oppressed communities a voice in their own healing process with recognition of the strengths that exist in their communities.

Agenda

BBG's 2021 to 2022 Report



1. Introductions and Program Description
2. How We Address Chronic Disease
3. Program Impacts
4. What was added to BBG's Services through SDDT Grants
5. Evaluation Challenges and Successes (staff, funding, capacity changes etc.)



"Sweet Communities"

2019



6 BUILDING BLOCKS for RESILIENCE

The 6 Building Blocks for Resilience pinpoint the essential things that help us face hard times. They are the foundation upon which we build our resilience muscles.

1 Protection
 A sense of safety from trauma and toxic stress. Protection can be a physical place, a reliable person, an emotional boundary, or a moment of rest in the midst of chaos.

2 Relationship
 Someone who is there for you providing care, affection, safety, or support. This is vital for children. One caring person can make all the difference.

3 Coping Skills
 Tools and techniques to handle difficult situations and emotions. A sustainable coping skill is one that feels good today, and makes us stronger for tomorrow.

6 Storytelling
 We define what happened to us, draw our own meaning from our stories, and when we're ready, share how we bounce back so we can be a light to others.

4 Can-Do
 Building confidence comes by doing things we love and are good at. Every time we accomplish things, even small achievements, we remind ourselves we're capable.

5 Belonging
 A place where we are accepted and valued for who we are. A reminder that even if we are different, we can be different together.

bouncebackgeneration.org
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BBGTV.ORG
 Feel Good. Learn More. Bounce Back.

What are the greatest impacts of COVID-19?

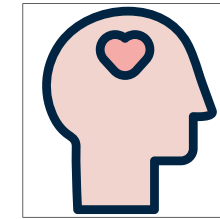
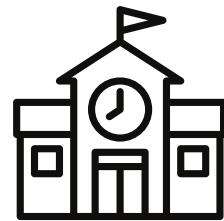
Covid Illness & Death



**Cessation or delays
in regular doctor visits**



Educational drops



**Mental Health
Challenges**



Resilience-building factors
Healthy habits including food and coping

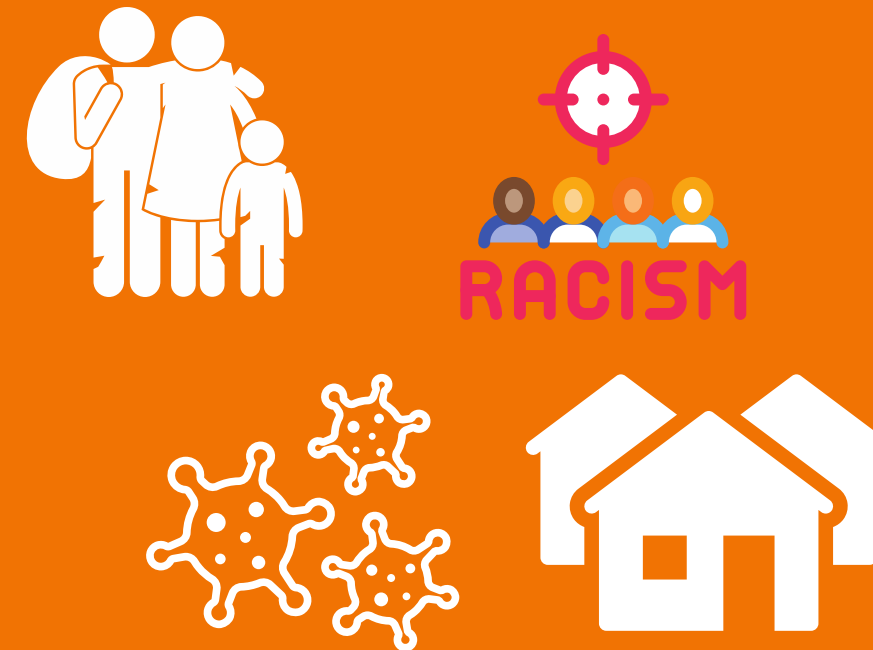
Vaccine uptake

Trauma, Toxic stress & Adverse Childhood Experiences



Individual and Child

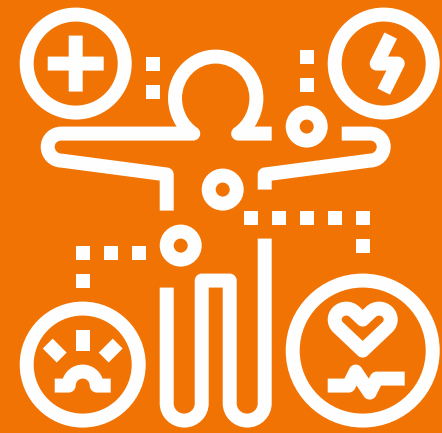
Abuse, neglect
household dysfunction,
missing parent, drug
use, incarceration



Shared Traumas

systemic racism, poverty,
uncertain
immigration status, **pandemic.**

How we address Chronic Disease



Untreated

Trauma, toxic stress
and chronic stress conditions



Heart disease, diabetes,
pulmonary disease, renal
failure, some cancers,
suicides, STDs, accidents,
broken bones
weakened immune response
mental health problems
now and in the future.

Resilience is

- **Awareness of how toxic stress and trauma affect us.**
- **The realization that building resilience is a process and available to us all.**
- **How to build resilience for ourselves and others (especially children) to support and prevent effects for the next generation.**



Our Accomplishments

This year we focused on creating a social media presence to share ways to cope through COVID and adopt habits that make us stronger. Our peer content creators show us how they and their friends, family, and communities are building resilience, "One Block at a time".

BBGTV.org is the place to go for a curated experience to walk through the building blocks videos and learn more about how to build resilience with our community.



Small Powerful Things Podcast is a monthly podcast where we interview people who tell us about the "Small Powerful Things" they do manage stress, feel good about themselves and make them feel they are on a journey to realize their fullest potential.



My Journey - 2022 Journal. Each month of 2022 we focus on an aspect of building resilience including BBGs 6 Building Blocks for Resilience.



Products and Services - offered at no cost



CLASS - online and in person training and support spaces to address various topics related to recognizing trauma and building resilience. Informs and creates community belonging.



Media - online on-demand tools including social media "hits" of information, Youtube learning resources, and Podcast. Also provides connection and community-building.



Product Giveaways - promote, build awareness and trust, provide additional take-home tactile experiences.

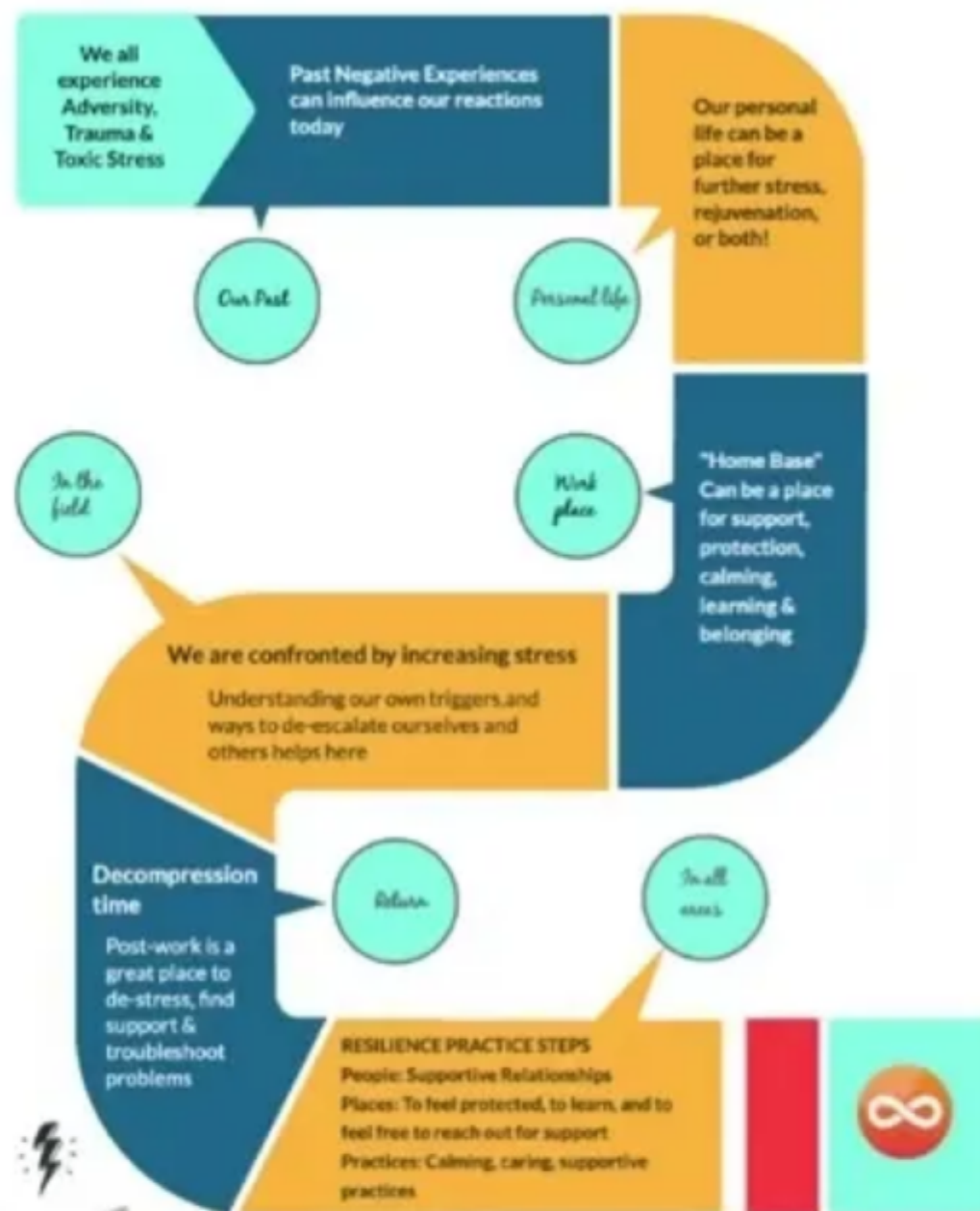


WITH WELLNESS TOOLS & SUPPORT SPACES

Roadmap to Resilience

requires

people, places & practice



Bounce Back Generation's Resilience Quiz for Adults

Circle your answer for each question. At the end, add up how many "Yes", "Sometimes", and "No" answers you have.

1. Do you have a place you can go to where you can express your emotions, relax, and feel safe?	Yes	Sometimes	No
2. Do you feel you have a good plan for how to care for yourself and loved ones during a crisis?	Yes	Sometimes	No
3. Do you have at least one friend or close relation you can call upon to help you if you are under distress?	Yes	Sometimes	No
4. Do you feel your loved ones "get" you on an emotional and intellectual level?	Yes	Sometimes	No
5. Do you have a group or community you are involved with that is like you, understands you, or is interested in the same things you are interested in?	Yes	Sometimes	No
6. Do you have a place or event you frequent where you would be missed you if you weren't there?	Yes	Sometimes	No
7. Do you get a chance to talk about events that happen to you in a way that allows you to process your experiences?	Yes	Sometimes	No
8. Do you feel like you have a cogent "life story"? For example, if someone were to ask you what were the important events in your life do you think you have a way of explaining your life in a meaningful way?	Yes	Sometimes	No
9. When you are tired, worried, anxious, or angry do you have things you do that help you to get calm and comfortable?	Yes	Sometimes	No
10. Are the tools you use to feel calm and comfortable safe to do and help you feel better in the long run?	Yes	Sometimes	No
11. Do you have a routine or practice you use to get in touch with yourself and your emotions?	Yes	Sometimes	No

The 6 Building Blocks for Resilience



\$194,000

SDDT 2020 to 2021 Income

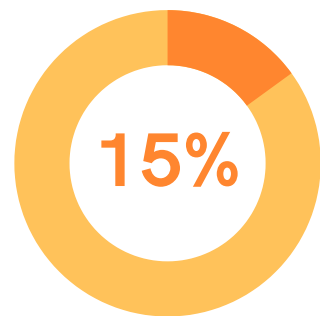
Plus Capacity Building Grant 2019" - \$74,850



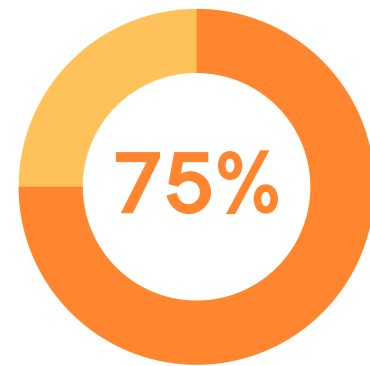
At A Glance

Key Goals for 2021

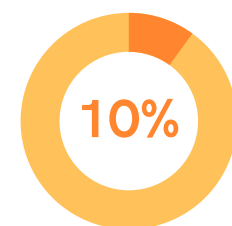
- Managing organizational and programmatic shifts due to the pandemic.
- Expanding our Online and Social Media teaching community spaces and improving outreach and participation.
- Retaining peer leaders/employees.



Program
supplies
and services



People and
benefits



Overhead Costs



Program Impacts*

Top 3 Instagram Posts			Views	Top 3 Instagram Reels			Views
https://www.instagram.com/p/CUyVHW1j2E4/			184	https://www.instagram.com/reel/CVtUigHBkvb/			3285
https://www.instagram.com/p/CScoMNJhWp-/			136	https://www.instagram.com/reel/CWRWUxpBK7/			2580
https://www.instagram.com/p/CV6N-WjBUHd/			278	https://www.instagram.com/reel/CS8JmKwBzuG/			1675
Youtube				Top 3 Youtube Video Views			Views
3.8K Views total			last 365 days	https://www.youtube.com/watch?v=OAHzlvNO-sM			85
58.5 watchtime hours			last 365 days	https://www.youtube.com/watch?v=BBPmGJLrgMI			201
https://www.youtube.com/watch?v=xv4SoQ2kIV8							74
Website Visits				Facebook reach			
BBGTV	341			Reached	6101		
BBG	689			Audience	78.7% Women	21.3 Men	
Podcast Episodes			128 views	NYCL			
building library				August		79	
				September		20-30	
				October		20-30	
				November		20-30	
				December		20-30	

85-95% of all online demographics are in SF

*Rami & Associates (Paige showed us how to collect analytics and data re: usage online)



“BBG is showing me how lifestyle changes impact many parts of people's lives, and helps us rise above in times of stress or crisis.”

Something I really enjoyed doing is watching the videos that talk about the building blocks.

**I really liked the calming nature of the video, almost ASMR like.
These videos are inspiring!**

The 6 Building Blocks are an easy-to-follow list of things that build resilience.

**Loved the games..what a great way to connect with other colleagues!
I've enjoyed this time (in CLASS) a lot and have always learned something useful.**

Something I really enjoy about this CLASS is the process of the building blocks and how they all relate to one another.

One skill I learned during this class was that building resilience has many stages.

I appreciated the breakdown of the 6 building blocks and the idea to highlight all 6 and centering the human experience for work.

Wow, this was so cool!



Challenges and next steps



Amplification online - advice on ways to get our CLASS and videos to even more specific audiences (parents, youth, caregivers, teachers).



Peer staffing - online and during covid payments

Thank you!

