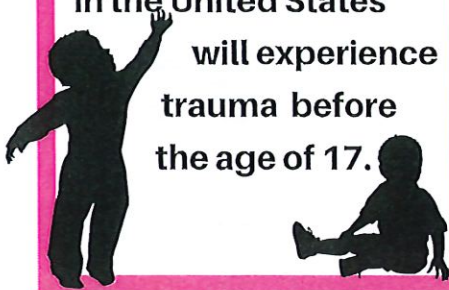


According to SAMHSA,
46% of children
in the United States
will experience
trauma before
the age of 17.



Most educators are not
prepared to work with
children who experience
trauma or other common
childhood mental disorders
like adjustment disorder,
depression,
or anxiety.



Rebound & Recovery is
designed to help educators
and those working with
children teach cognitive
behavioral skills. Rebound &
Recovery removes common
barriers for vulnerable young
populations receiving
mental health support by
removing the need for
mental health diagnosis or
clinical delivery.

REBOUND & RECOVERY

A Cognitive Behavioral Resiliency Program

Rebound & Recovery is a cognitive behavioral intervention
comprised of professional certifications and curriculums
that focuses on early childhood through adolescence.
With Rebound & Recovery, children and teens learn about
what their emotions are, how they are connected to their
thoughts and actions, and how to regulate their emotions
while understanding and reframing their thoughts; and
improving their ability to achieve academic success.
Rebound & Recovery is a three-prong approach where the
focus is placed on building teacher skills in the classroom,
supports for caregivers at home, and the child's resiliency
strengthened by using cognitive behavioral skills.

REBOUND & RECOVERY

is an evidence-informed social-emotional resiliency
program endorsed by:



DIVISION OF
Early Learning
LEARN EARLY. LEARN FOR LIFE.

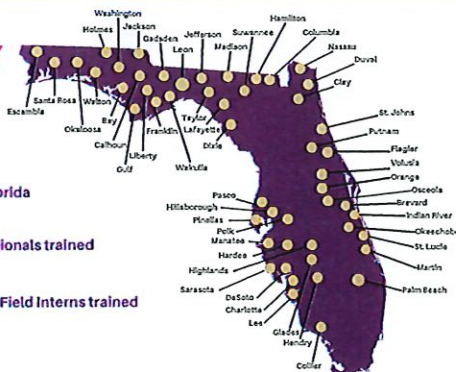
flaeyc



FLORIDA DEPARTMENT
OF CHILDREN AND FAMILIES

REBOUND & RECOVERY in Florida

More than
3,100 Children Served in Florida
328 Educators and Professionals trained
30 Master of Social Work Field Interns trained
4 Research Studies



Check out more about
Rebound & Recovery



Florida State University
College of Social Work



Florida State University
Center for the Study and Promotion of
Communities, Families, and Children

For more information, contact
Tai Cole at tcole@FSU.edu

What are the educators who implemented Rebound & Recovery saying?

Ease of Implementation

9.7 / 10

Interesting/Varied Elements

10 / 10

Likelihood to Use Program in Future

10 / 10

Overall Positive Impact on Children

10 / 10

Responses on a scale of 1-10, 10 being best or most likely

REBOUND & RECOVERY

"This is an amazing program that significantly helps the children in recognizing and managing their emotions...My favorite part about the program is how interesting and captivating it is for the kids. They love getting to talk and learn about their emotions."

~ Perisa W.,

How do we know Rebound & Recovery has been effective?

Pre-assessment score measuring knowledge and understanding of emotions and emotion regulation

67.9%

Post-assessment score measuring knowledge and understanding of emotions and emotion regulation

91.4%

Research shows cognitive behavioral skills improves academic success and classroom behaviors

96% of the students showed improvement in their emotional identification and regulation skills.

34.6%

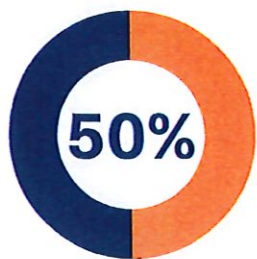
INCREASE in social-emotional identification and social-emotional development knowledge

Check out
Rebound & Recovery
on the Florida Channel



I want to give a big
THANK You to Rebound & Recovery.
We have been trying to work with our child on expressing feelings. Last week, he came home and was able to articulate his emotions. He said that he learned about emotions, "Emotions are happy, sad, and worried, and when I get upset, I need to calm down and think!" I really appreciate the breakthrough, It's a work in progress. I have seen a change in him since he has been in Rebound & Recovery. I greatly appreciate Rebound & Recovery.

CHILDREN'S MENTAL HEALTH



of all cases of mental illness begin by age 14



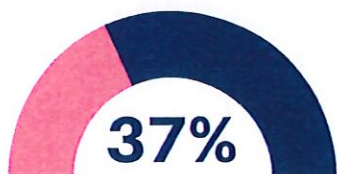
1 in 6 children ages 6 - 17 has a treatable mental health disorder

**Depression
Anxiety
&
ADHD**

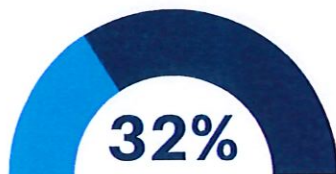
are the most commonly diagnosed mental health disorders in children



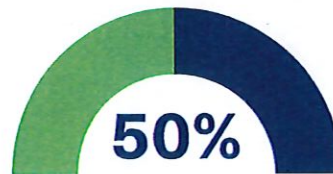
Only 20% of children receive specialty care for mental health disorders



of students with a mental health condition age 14 and older drop out of school



of adolescents report having an anxiety disorder at some point between ages 13 and 18



of children with mental health disorders do not receive treatment



1 in 4 parents find it difficult to get their child mental health services

3rd

Suicide is the 3rd leading cause of death in youth ages 10 - 24

90% of those who died by suicide had an underlying mental illness.



Emergency department visits for children with mental health emergencies rose in 2020 and 2021

Children who receive mental health supports:



Improve academic success through college

Have fewer school absences



Improve social skills



Decrease suicidal thoughts by 68%

70% of youth in the juvenile justice system have a mental illness.



\$13 billion

Total annual treatment cost of childhood mental health disorders in U.S.