

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 cognitive behavioral resiliency program endorsed by:



DIVISION OF  
**Early Learning**  
 LEARN EARLY. LEARN FOR LIFE.



FLORIDA DEPARTMENT  
 OF CHILDREN AND FAMILIES

## REBOUND & RECOVERY in Florida

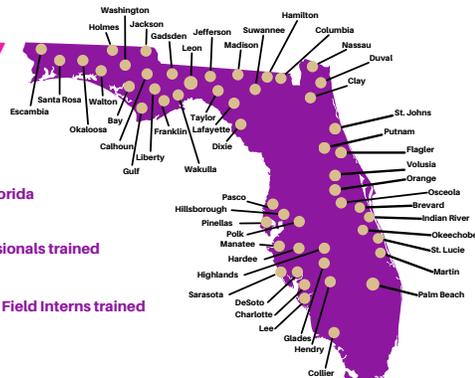


More than  
**3,100** Children Served in Florida

**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  
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# REBOUND & RECOVERY

What are the educators who implemented Rebound & Recovery saying?

Ease of Implementation



Interesting/Varied Elements



Likelihood to Use Program in Future



Overall Positive Impact on Children



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

"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



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

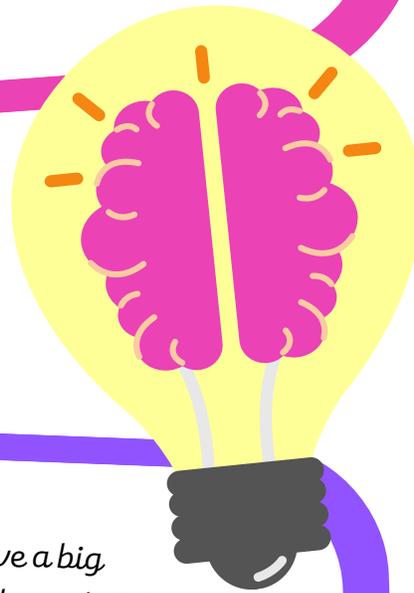


Research shows cognitive behavioral skills improves academic success and classroom behaviors

34.6%

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

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



*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.*

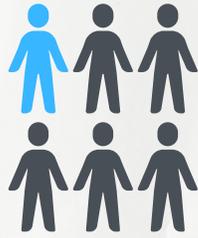
Check out Rebound & Recovery on the Florida Channel



# CHILDREN'S MENTAL HEALTH



of all cases of mental illness begin by age 14



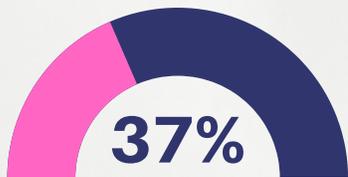
1 in 6 children ages 6 - 17 has a treatable mental health disorder

Depression  
Anxiety  
&  
ADHD

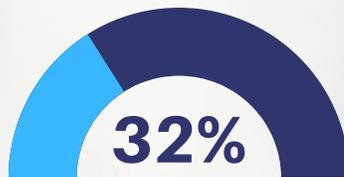
are the most commonly diagnosed mental health disorders in children



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

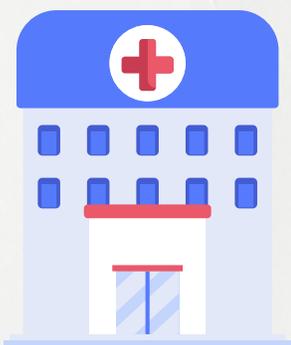
3<sup>rd</sup>

Suicide is the 3<sup>rd</sup> 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.