



COUNTY OF WELLINGTON

Committee Report

To: Chair and Members of the Social Services Committee **CEYD-23-08**
From: Mandy Koroniak, Director of the Children's Early Years Division
Date: Wednesday, October 11, 2023
Subject: **Reaching IN... Reaching OUT and Bounce Back and Thrive Update**

Background:

In 2020, the County of Wellington acquired Reaching IN...Reaching OUT (RIRO) and Bounce Back and Thrive (BBT), which are two evidence-based resilience skills training programmes for those working in the child care and early years sector as well as parents, respectively.

RIRO and BBT are Canada's only evidence-based training programmes for teaching resiliency thinking and coping skills for children under the age of 8 years. They are designed to reach young children by training professionals and parents to model and share the skills with the children in their lives. Substantial evidence confirms that thinking and coping skills that promote resilience can be learned. More than 30 years of systematic research on preventing depression and promoting resilience at the University of Pennsylvania and other university centres has shown that these resiliency skills can effectively be taught to children 8 years and younger.

The County has been involved with RIRO since 2002 when Willowdale Child Care and Learning Centre participated in the initial pilot project, with RIRO principles and skills being subsequently embedded in our directly operated programmes policies. RIRO and BBT align with Ontario's pedagogy for the early years, *How Does Learning Happen?* as well as Wellington's dedication to creating a resilient community for children to grow and learn. RIRO is offered to all new hires of our directly operated programmes, and is also consistently offered, at no cost to participants, to all staff of member agencies of our local early years' community planning table, as well as to all licensed child care programmes and EarlyON Child and Family Centres in our service delivery area.

To learn more about RIRO and BBT, please visit: [Reaching IN Reaching OUT - CEYD - Wellington County](#)

Update:

Since the County's acquisition of RIRO and BBT, the Community Services team of the Children's Early Years Division has delivered and overseen all aspects of this training to the child care and early years sector in our service delivery area as part of its capacity building functions through the division's Early Years Professional Resource Centre. In addition to providing RIRO and BBT trainings to the community, the team provides RIRO and BBT Trainer Intensive programmes which provide trainers with the necessary knowledge, and on-going training support to successfully deliver RIRO and/or BBT resiliency skills training within their organizations or communities. Only trainers authorized by the County's Resiliency Lead Trainer can deliver RIRO and/or BBT resiliency skills training programmes.

Since 2020, the County has trained 775 individuals in RIRO and 187 in BBT. Additionally, 94 individuals have been trained as RIRO trainers, 84 as BBT trainers resulting in resiliency skills being modelled to young children by many people who frequently engage with them.

Given the popularity of RIRO and BBT across the world, the County committed to provide training sessions for individuals outside of our service delivery area at the time of acquisition. This training has been delivered on a cost-recovery basis with two cohorts being offered on an annual basis.

To continue to bring this important programme to those working in the early years sector and parents across Canada, and internationally, the Early Years Professional Resource Centre plan to implement user fees beginning January 1, 2024, for those accessing the RIRO and BBT Intensive Programmes or the Mentor-Intern Model from outside of our service delivery area. A Children's Early Years' User Fee Report is also included on this agenda for Committee's approval.

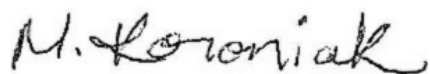
Financial Implications:

It is the intent of the Children's Early Years Division that access to these programmes by individuals outside of our service delivery area will continue to be delivered with the same frequency and that user fees will be based on a cost recovery model resulting in no municipal tax levy impact. Priority access will continue to be provided to those within our service delivery area.

Recommendation:

That the report Reaching IN... Reaching OUT (RIRO) and Bounce Back and Thrive (BBT) Update be received for information.

Respectfully submitted,



Mandy Koroniak
Director of Children's Early Years