



# The Building Resilience Program: Integrating SEL, Occupation and Mental Health in Under-Resourced Communities with Early Childhood Learners



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## PROGRAM CONTENT

8-week program with parallel curricula: Preschoolers (3x/week, 40-min) & Caregivers (3 sessions, 60-min)

### Preschooler Sessions:

- Identifying & verbalizing emotions
- Sensory-based coping strategies
- Breath awareness & mindfulness
- Self-regulation techniques

### Caregiver Sessions:

- Adaptive coping & stress reduction
- Family resilience building
- Community resources & advocacy
- Supporting emotional regulation

## OT'S DISTINCTIVE CONTRIBUTION

*Integrating sensory processing, emotional regulation, and mindfulness within meaningful occupations, this program showcases occupational therapy's distinctive contribution to trauma-informed practice and childhood mental health promotion in community settings, aligning with the profession's commitment to health equity.*

## KEY RESULTS (N=32)

**87%**

Emotional Regulation Goal Achievement

**71%**

Behavior Goal Achievement

**94%**

Participation/ Engagement Achievement

## SIGNIFICANT FINDINGS

- **Very large effect sizes** across all GAS domains (Cohen's  $d = 1.06-2.69$ )
- **Engagement/Participation:** +22.86 point improvement ( $p < .001$ )
- **Resilience:** +15.00 point improvement ( $p = .003$ )
- **Behavior:** +13.57 point improvement ( $p = .002$ )



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