

Resiliency Skills Training for Staff (Reaching IN...Reaching OUT (RIRO))

Course Description:

Target Audience: Training is primarily intended to support interprofessionals working with children 0 to 7 years, but other staff and students will benefit from the concepts taught.

Part 1 Adult Skills introduces *adults to key resiliency research and skills* that promote a resilient perspective and flexible approach to handling conflict, problems and everyday challenges.

Part 2 Child Applications helps adults *apply the resiliency skills directly with children* by:

- increasing their understanding of children's thinking and behaviour
- supporting children's development of seven critical abilities associated with resilience
- introducing child-friendly approaches using children's literature, puppets and resilience-building activities.

Please note: Adult Skills is a pre-requisite for the Child Applications.

Objectives:

Reaching IN...Reaching OUT (RIRO) is an evidence-based skills training program designed to *help adults help young children develop a resilient view about life's inevitable bumps in the road*. The training uses a cognitive-behavioral and social problem-solving approach based on an adaptation of the world-renowned Penn Resilience Project (PRP) to prevent depression and promote resilience. Research shows that children as young as two years begin to copy how adults in their lives think about and handle daily stress, frustrations, change and challenges. Once adults begin to use the skills in their own lives, *they become role models for children* by demonstrating resilience in everyday situations.

For more information about RIRO please visit www.reachinginreachingout.com

Date: Adult Skills (Part 1) October 5 & 12, 2011
Time: 12 pm To 4:30 pm

Date: Child Applications (Part 2) November 2 & 9, 2011
Time: 12 pm To 4:30 pm

Location: Holland Bloorview Kids Rehabilitation Hospital

Course Instructors:

Valerie Lusted is currently a community-based Social Worker on the *Family Support Service* of Holland Bloorview's Brain Injury Rehab Team. She has over 25 years of clinical experience in various rehab settings. Her practice includes individual, family and community resource counseling as well as group work and systemic advocacy around unmet client/family service needs. She was first introduced to RIRO's evidence-based skills training through an adoptive parent group to which she belonged. She immediately saw RIRO's potential in creating a culture of resilience with the clients, families and staff at Holland Bloorview. She has been a Certified RIRO trainer since June 2008, and hopes to offer the skills training to interprofessional clinical staff on an annual basis for years to come. Her long term goal is to eventually provide skills training for Holland Bloorview Centre parents, following a current funded research trial.

Nancy Searl is the supervisor of Holland Bloorview Nursery School at the Play and Learn site. An Early Childhood Educator with over 25 years experience in integrated multidisciplinary settings, Nancy is passionate about the vital role adults play in shaping and influencing children to become happy, resilient and motivated people. As research continues to highlight the important overlap health care and education plays in long-term well being, Nancy believes that the skills offered at this training will be useful for all those delivering intervention. She is excited about the possibilities this training will offer to staff, both personally and professionally, and is looking forward to continuing collaboration with RIRO on their current research regarding skills training programs for parents.

