

Announcement (February 2017)



NEW DEVELOPMENTS: Changes in RIRO Skills Training Program & Our Trainer “Intensives”

2016 was a very exciting and productive year for Reaching IN...Reaching OUT on several fronts. Here are THREE new developments in RIRO's training programs.

➤ RIRO Resiliency Skills Training Program has been updated

RIRO's training coordinator/program developer, Jennifer Pearson, updated and revised the two-part RIRO Resiliency Skills Training Program in collaboration with 23 RIRO trainers from child- and family-serving sectors in Canada, United States and United Kingdom.

Over six months, these trainers developed activities, reviewed or piloted three rounds of revisions and provided invaluable feedback. Feedback from pilot participants and trainers was very positive. The final version, launched in September 2016, also has been well-received by trainers and participants alike. Preliminary follow-up evaluation shows the impact of the updated training on participants and children is comparable or better than the original skills training program.



The heart of RIRO Skills Training remains the same

We boost adults' resilience first. Next, we support service providers to provide a caring, responsive relationship with young children. Then, we help them learn to role model resilient thinking and coping strategies in their everyday interactions with them. Finally, we provide relevant research, theory, and child-friendly approaches to build children's resilience.

What's NEW in how we DO this?

- **Adult Skills & Child Applications**
 - Research has been updated in both the Adult Skills and Child Applications training. Links are made to the Ontario Ministry of Education's *How Does Learning Happen?* and *Think, Feel, Act* documents as well as other significant documents on supporting social-emotional development, mental health and resilience in young children.
 - Content on *self-regulation* has been enhanced in both parts of the skills training.
- **Adult skills training** – there is greater focus on the adult and supporting the development of RIRO's “3 R Skills” – *Relax, Reflect, Respond*. We've added:
 - New videos to support adults' development of the 7 *Critical Resiliency Abilities* (emotional regulation, impulse control, causal analysis, self-efficacy, empathy, realistic optimism and reaching out) as well as the 3 R Skills

- more interaction and “community of practice” discussions
 - more group activities to practice the thinking skills and concepts that define RIRO training.
 - more user-friendly language to make skills and concepts easier to use and remember
 - more reflective activities to increase self-awareness and reflective practice.
- **Child Applications Training** – it’s now more “hands-on” with concrete strategies and resources for boosting each of the *7 Critical Resiliency Abilities* in young children. We’ve added:
 - content about the effects of stress on early brain development, the subsequent behaviours that ensue as well as how to support children’s resilience despite exposure to traumatic events
 - more concrete strategies for supporting children with anxiety and depression
 - more content on working with children’s emerging thinking styles and how to support “resilient” thinking patterns in young children.

The Child Applications Training maintains an emphasis on supporting cultural competence and a sense of belonging in children as well as providing opportunities for mastery and building a surround of “positivity” for them.

Our thanks go to these RIRO trainers for their support with the skills training revisions...

Joanne Boyd, Melissa Campbell, Lilly Clattenburg, Cheryl Cruikshank, Krista Edgley, Connie Edwards, Sandra Ellis, Julie Gaskin, Jacquie Gill, Minodora Grigorescu, Lee Hinton, Paola Hohenadel, Melanie Lelièvre, Julie Male, Laurie McPherson, Liz Mineo, Caroline Mitchell, Lori Nichols, Carmen Parsons, Laurel Penney, Heidi Perryman, Tracey Webster and Jess Woods

The next RIRO-hosted Skills Training held in Toronto will be on April 3 & 4, 2017. For a registration form, go to <http://www.reachinginreachingout.com/skillstraining.htm>.

➤ **Combined RIRO-BBT Trainer “Intensive” offered**

In October 2016, we launched a combined RIRO-BBT Trainer “Intensive” with very positive feedback from participants. The combined intensive was developed to provide **cost-effective training, improve sustainability** and **help build a “culture of resilience”** in communities. New trainers now return to their communities **authorized to offer both of our evidence-based resiliency skills training programs...**

- **RIRO Resiliency Skills Training Program (RIRO)** for **service providers** working in a wide range of sectors serving children and families;
- **Bounce Back & Thrive! (BBT)** program for **parents** and other caregivers who live with young children.



Our goal is to “surround” young children with adults at home and in the community who understand that caring relationships and role modeling resilience in daily interactions are central factors in building children’s capacity for resilience.

The recent revisions to RIRO Skills Training facilitate the combined RIRO-BBT Trainer “Intensive.” Terminology in the RIRO training was changed to match the language in BBT, thereby providing congruence between both programs.

Two successful RIRO-BBT Trainer “Intensives” have been held so far...

Manitoulin Island, in Northern Ontario was the first training site. Participants came from five First Nations working in a range of sectors supporting mental health, child welfare, parent support, etc. The second, in Toronto, was attended by child- and family-serving service providers from places far and wide – the United Kingdom, Egypt, northern Quebec, northern Saskatchewan, rural Illinois and various communities in Ontario.

Participants attending the combined RIRO-BBT Trainer “Intensives” said...

“Five full days was intense and full. This was a great experience. The advantage of having the two trainings together allows the trainer to “tie it all together” as the information is so interconnected. This builds confidence in the new trainer to present independently from a strength-based perspective.” L.S. (E.D., early childhood intervention)

“The programme is excellent, the resources are extensive, extremely well organized and presented. The training scripts are invaluable.” S.W. (Speech/language pathologist)

“It was interesting and captivating. Though there was a lot to take in, I did not feel depleted, but rather energized, knowing how much this would help me in my professional and personal life.” A.D.B. (Community organizer)

The next combined RIRO-BBT Trainer “Intensive” will be held in Toronto, October 23-27, 2017. For more information and a registration form, go to:

<http://www.reachinginreachingout.com/becometrainer.htm>

➤ RIRO Resiliency Skills Training is being translated into FRENCH!

For years, we’ve wanted to make RIRO Resiliency Skills Training available to Francophones. And, now we finally have funding to do the work thanks to Julie Gaskin (Program Manager - Early Learning, Durham Region Children’s Services) and the Ontario Ministry of Education. **We plan that the translation will be ready by August 2017.**



Julie had requests from the Francophone community for RIRO skills training. Durham Region has eight Francophone child care centres and Julie received funding from the Ontario Ministry of Education for capacity building.

Betsy Mann, a professional writer, skilled translator and experienced RIRO trainer, has been engaged to do the translation. Betsy’s understanding of the program concepts coupled with her knowledge

of what is needed to ensure congruence between the English and French editions of the RIRO Skills Training Program make her an ideal person for this challenging work. We are very fortunate to have her on our team.

Although the initial piloting of RIRO materials in French will use French subtitles on current video clips, once the service providers in Francophone child care centres participating in the pilot have been trained, further funding will be pursued to video adult-child interactions in these settings. We are pleased that video editor, Michael Burshtyn, will be handling the subtitling. Michael has worked with us on RIRO and Bounce Back & Thrive! (BBT) program materials.



We plan to **pilot the RIRO Trainer “Intensive” for the RIRO French-language Resiliency Skills Training on August 21-23, 2017**. This training is for bilingual service provider-trainers serving francophone communities in Durham Region as well as other parts of Canada. Trainers outside Durham will be asked to complete an application form and will be chosen based on their capacity to sustain dissemination of the RIRO program in their communities and surrounding area.

For more information about the upcoming Trainer “Intensive” for the RIRO French-language Resiliency Skills Training Program on August 21-23, 2017, please contact Jennifer Pearson after March 15 at: jennifer@reachinginreachingout.com.