

## RIRO-2 POST-TRAINING FOLLOW-UP SURVEY: Summary of Results

**Research Question: What is the uptake of RIRO's Resiliency Skills Training in the workplace and the impact on participants and the children they serve?**

*From November 2005 to February 2006, a "Post-training Follow-up Survey" was mailed out to all professionals completing RIRO Skills Training between September 1, 2004 and December 1, 2005. In all, 240 surveys were sent to participants to the work address given at the time they completed RIRO skills training. Based on 77 responses (return rate 32%), these professionals report using the resiliency skills in their work and elsewhere resulting in positive outcomes for themselves and the children they serve.*

Here are some highlights of the follow-up survey results:

- 95% of participants report use of the resiliency skills in their work either once a day or at least once a week (64% report daily use).
- Participants rate the "usefulness" of the skills to their work as 4.2 (on 5-point scale).
- 100% report they would recommend RIRO training to colleagues
- "Top 3 Ways" that the skills training helped participants are:
  - Reducing their own stress (77%)
  - Understanding and being more empathic with children (77%)
  - Challenging their own beliefs about stress and challenges (74%)

When asked whether they believe the resiliency skills training had an impact on the children they work with:

- 95% frontline workers answered "Yes" (who received training three months or more before the survey, while 65% of the newest trainees (those receiving the training less than 3 months before) said "Yes."

The "Top 5 Changes" observed in the children were increases in:

- Problem solving & generating alternatives (84%)
- Reaching out to others when child needs help (66%)
- Helping others/increased empathy (64%)
- Ability to see mistakes as OK & willingness to try new things (60% & 58%)
- Ability to calm themselves (58%)

When asked whether they observed children use the resiliency skills with their peers:

- 49% said "Yes" (while 62% of those receiving training more than 3 months before survey said "Yes")
- They observed the children using the following skills:
  - Problem solving (helping themselves/ others generate alternatives)
  - Using calming/ focusing strategies to soothe themselves and others

And frontline ECEs reported they introduced the resiliency skills to the children by:

- Role modelling 82%
- 1-on-1 57%
- Group activities 41%

**Summary:** Results from this survey support findings from the original pilot project in RIRO-1. ECEs and other child-serving professionals are able to use these skills in their daily work with children, and they find them useful personally and professionally. They also report the skills have impact on the children they serve consistent with RIRO's previous research. And the greater the time since the training (presumably the longer participants are using the skills), the greater the number of positive outcomes they report in themselves and the children.