



Reaching IN...Reaching OUT

A resiliency-promotion program sponsored by

- The YMCA of Greater Toronto
- The Child Development Institute
- The University of Guelph
- George Brown College

RIRO Training Programs

.....introducing children to resiliency skills that help them bounce back

The importance of resilience

Resilience helps us handle stress, overcome childhood disadvantage, bounce back from trauma and reach out to others and opportunities. Resilience contributes to healthy child development and is associated with better health and greater success in school, jobs and relationships. Researchers have found that we can become more resilient by learning skills that help us change how we think about stress and adversity.

Reaching IN...Reaching OUT (RIRO) is an **evidence-based skills training** program designed to *help adults help young children* develop a resilient approach to handling life's inevitable stresses and challenges. RIRO helps adults and children "reach in" to respond more resiliently about challenges they face and "reach out" to others and opportunities.

Research shows that children as young as two years begin to copy how adults in their lives think about and handle daily stress, change and challenge. Once adults begin to use the resiliency thinking skills in their own lives, they become role models for young children by demonstrating resilience in everyday situations. They can also introduce selected skills through child-friendly activities with children 3-1/2 years and older.

RIRO's skills training program was piloted and evaluated with more than 350 Early Childhood Educators & child-serving professionals working with children from birth to 7. Ongoing evaluation has confirmed the original pilot results. More than 3,500 professionals have participated in the training delivered by more than 175 RIRO trainers in Canada. The skills training can be used by professionals as a framework for relationship-based reflective practice to create a "culture" of resilience in programmes serving children.

RIRO "Train-the-Trainer" Program

This five-day "intensive" program is the first stage of preparation for experienced trainers to deliver the **RIRO Resiliency Skills Training Program** in their own organizations and communities. Trainers will participate in an "advanced" version of RIRO's two-part skills training program and work with a comprehensive set of materials that will equip them to market and provide RIRO training and information sessions through a variety of piloted delivery models.

Participants will be supported in their future training activities through ongoing consultation with RIRO.

RIRO Skills Training Program *

RIRO's training program is a fully-researched developmental adaptation of the world renowned *Penn Resilience Program*, a resiliency promotion and depression prevention program based on 30 years of research designed for children eight years and older.

RIRO's 12-hour skills training program is divided into two parts.

- Part 1 – Adult Resiliency Skills
- Part 2 – Child Applications

* Training & resource materials are adapted from Reivich & Shatté. (2002). *The Resilience Factor*. New York: Broadway Books.

Part 1 introduces adults to key resiliency research findings and resiliency skills including:

- **Seven Critical Abilities** associated with resilience;
- **Calming and Focusing** – learning strategies to calm ourselves and leave behind thoughts that interfere with what we are trying to accomplish;
- **The ABC Model** – exploring how our thoughts about a situation can either help or hinder how we handle stress and challenges;
- **Challenging our Beliefs** – learning to challenge non-resilient “thinking habits” and generate alternative thinking for a more resilient response to conflict, problems and stress;
- **Detecting Iceberg Beliefs** – discovering that deeply-rooted beliefs can cause unnecessary conflict in our relationships *and* prevent us from taking opportunities.

Part 2 helps adults apply the skills directly with children – putting children on the road to resilience by learning about:

- Protective factors – depression/aggression prevention and coping;
- Strategies to help children develop the seven critical abilities associated with resilience;
- Use of the resiliency skills to increase our understanding of children’s thinking and behavior;
- Resilience-building activities for children – using children’s literature, puppets, and activities for assessment/intervention planning and introduction of selected resiliency skills to young children.

What trainers say about RIRO’s Trainer “Intensives”

This ranks as the most effective training I've received. Most enjoyable and informative and useful.
– CLN (Social Worker, children’s mental health)

The RIRO materials and program are fantastic. The information can be used in so many ways, professionally and personally. – RA (facilitator trainer-early learning)

This is training that every person, whether working with children or parents, needs in their lives. The adult skills are so important. Maybe the conflicts in the world will reduce if future generations get these skills taught very early in their lives. –HS (professional development coordinator)

What participants say about RIRO Skills Training

RIRO is the fertile seedbed in which all other ‘best practices’ can grow. –LD (programme supervisor)

The resiliency training has helped me refine my observation skills. I’m not only looking to see – does this child have the fine motor skills to print or the self-regulation skills to calm himself during a transition? It is also helping me see – Is this child resilient? When faced with an obstacle or frustration can s/he get on with the day or is this a child whose whole day is ruined because this one thing happened? – AB (ECE kindergarten room)

The skills have had positive effects on both me and the children. The skills help me to de-stress, put my thoughts together and think more clearly. And when the children see me calm and relaxed, they pick up on that vibe and feel calm and relaxed too. – MS (ECE preschool room)

FOR MORE INFORMATION

For more information about the RIRO Resiliency Skills Training Program, including video clips about the resiliency skills, please visit RIRO’s website: www.reachinginreachingout.com or contact the project coordinator, Darlene Hall at info@reachinginreachingout.com.