

Reaching IN...Reaching OUT

Creating a "Culture of Resilience" thru
research to practice

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Reaching IN...Reaching OUT

is an innovator in researching and promoting resilience on various levels...

skills training for adults who work with children, 0 - 7 years

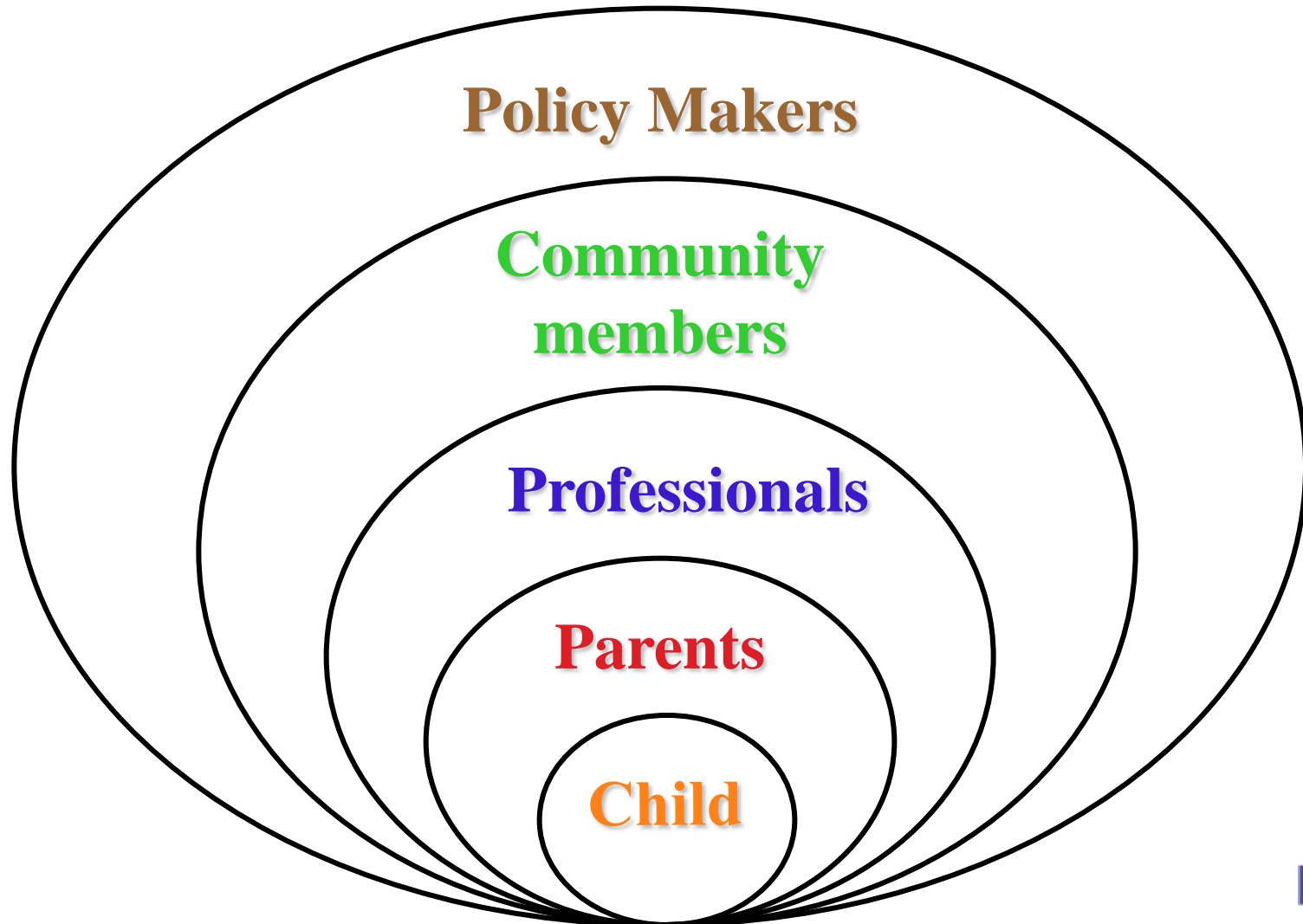
skills training & resources for parents

leadership training to help organizations create “cultures of resilience”

knowledge exchange to help organizations & communities adopt resilience approaches



Creating a Culture of Resilience

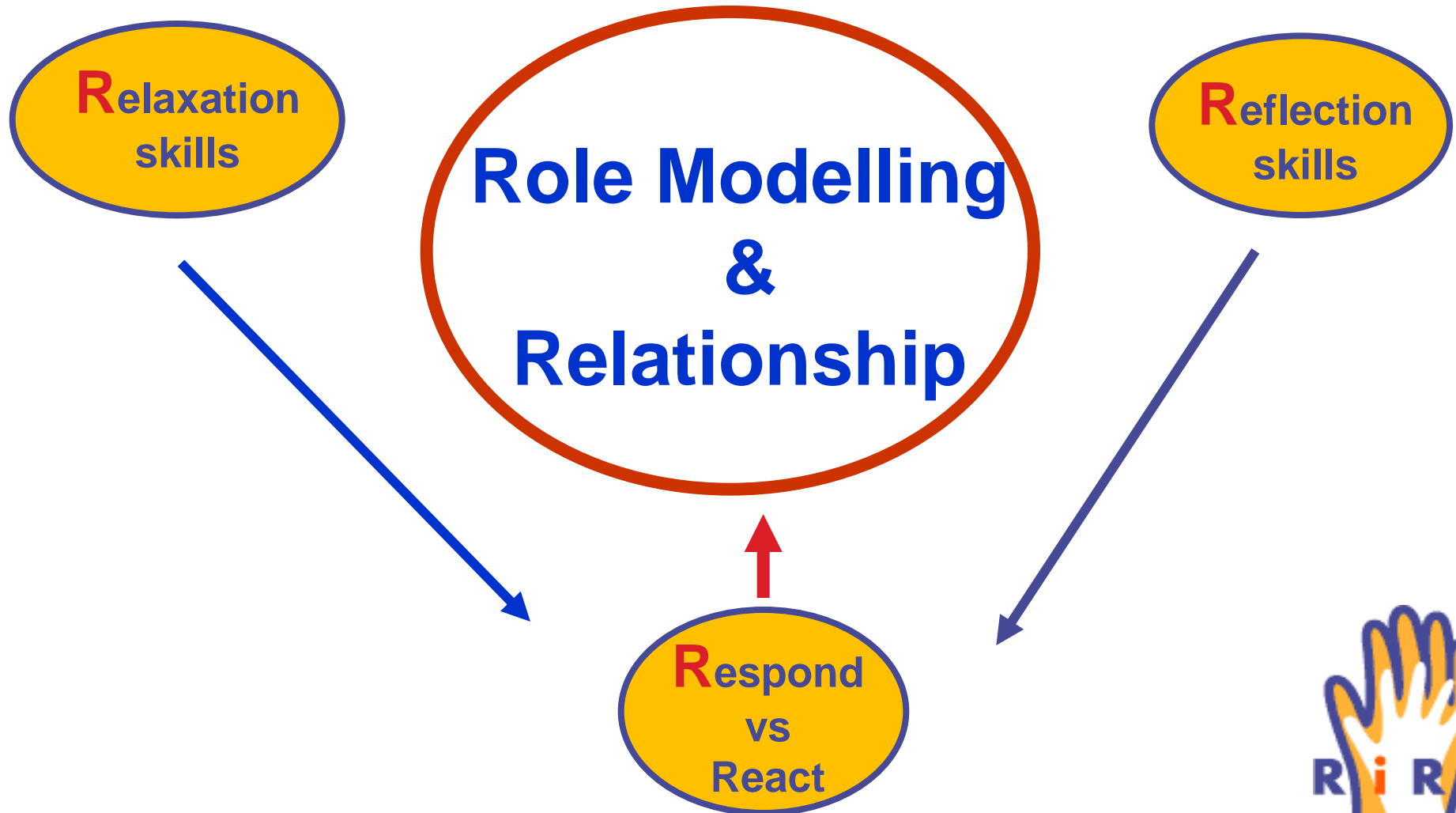


Reaching IN...Reaching OUT (RIRO)



Reach IN to face life's challenges
Reach OUT to others and opportunity

Resiliency Skills → 3Rs framework



Impact of skills training on ADULTS

- Use training at least once a week (73 -100%); > half use daily
- Have greater understanding of self, kids, other adults
- See positive changes in self including...
 - ❖ Better perspective on life challenges
 - ❖ Calmer, less stressed
 - ❖ Improved social problem-solving
 - ❖ More confidence
 - ❖ More positive view of child and optimistic (parents)
 - ❖ Better teamwork/morale (professionals)
- Role model skills with kids (96 -100%)
- Ask kids about their thoughts, as well as feelings



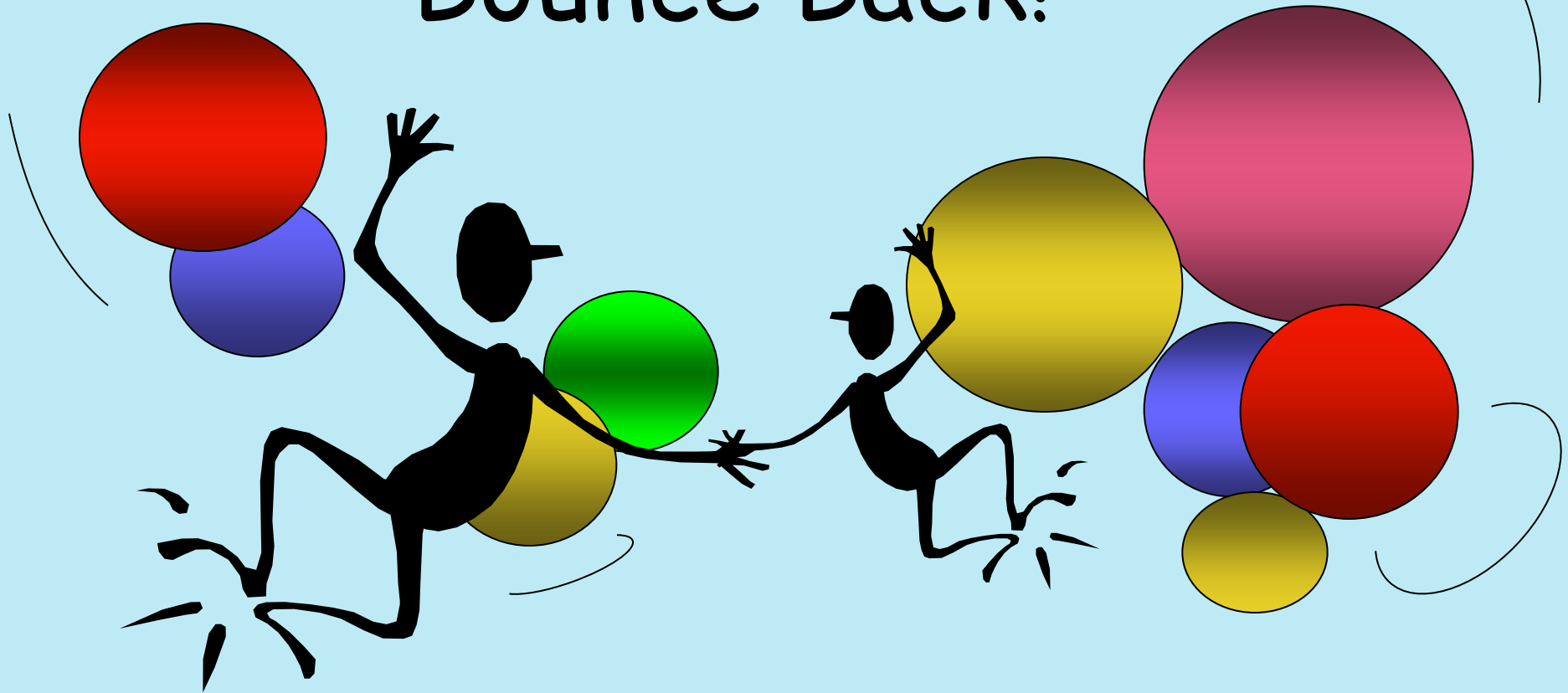
Impact of skills training on KIDS

Adults report...

- Positive changes in kids as result of training (91 -100%)
 - ❖ Self-regulation – calming
 - ❖ Perseverance
 - ❖ Confidence
 - ❖ Patience
 - ❖ Problem-solving
 - ❖ Helping others
- Kids use skills with other kids (59% profess., 91% leaders, 37% parents) (within 4 months of adult training)
 - ❖ Using calming/ comforting strategies (e.g., deep breathing)
 - ❖ Challenging kids' negative statements (e.g., “always/ never”)
 - ❖ Finding other ways to resolve challenges



Bounce Back!



"Resilient Parents - Resilient Kids"

A pilot program from Reaching IN...Reaching OUT (RIRO)

for parents facing significant challenges

A close-up photograph of a person's hands holding a topographic map. The map shows a region with green hills, a river, and several towns including Geeren, Eibrecht, and Reharp. The person's left hand is at the top left, and their right hand is at the bottom right, pointing at a specific location on the map. A silver ring is visible on the right hand. The map is placed on a dark, textured surface, possibly a stone wall or table.

Skills to:

- **Bounce back from troubles**
- **Steer thru hard times**
- **Find new ways to handle conflict, challenge & change**

“Resilient Parents - Resilient Kids”

Activities & Resources for Parents

15 Resiliency Hubs over 3-year project

- Skills training for parent groups
- Resiliency Activity Modules (RAMs)
- Parent resource sheets
- Public awareness sessions
- Parent sections in website & newsletter



RIRO's Free Online Resources

- “Resiliency Guidebook”
- Resiliency skills videos
- Quarterly e-newsbrief – “ResilienC”
- Curriculum modules for college/university students
- Children’s annotated booklists
- Parent resources
- Articles & reports on resilience



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