



Reaching IN...Reaching OUT

...promoting resilience in adults and young children since 2002

RIRO Resiliency Skills Training Program Description

Life skills to help us steer through adversity and make use of opportunity

RIRO Resiliency Skills Training is an evidence-based, two-part skills training program for service providers who work with young children from birth to 8 years and their families. The training is designed to *help adults help children* develop the skills necessary to effectively handle life's inevitable bumps in the road and make use of opportunities that promote health, well-being and optimal development.

RIRO skills training uses a relationship-based, cognitive-behavioral and social problem-solving approach adapted from more than 35 years of research at the University of Pennsylvania and the Penn Resilience Program to prevent depression and promote resilience in older children and youth.

Research shows that children as young as two years begin to copy how adults in their lives think about and handle daily stress, frustrations, challenges and opportunities.

The RIRO training program enhances self-regulation skills and promotes a “resilient” perspective and flexible approach to handling stress, serious problems and everyday challenges. When service providers role model RIRO skills in the context of a caring relationship in their daily interactions, the children they work with learn effective ways to respond to adversity and opportunity.

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 relax our body, calm our mind and focus our attention.
- **the CAR 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 how 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 and aggression prevention and coping
- **strategies to help children develop seven critical abilities** associated with resilience
- **use of the resiliency skills** to increase our understanding of children’s thinking and behaviour
- **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.