



RAP NEWSLETTER

Volume 6 Issue 2

November, 2008

Special points of interest:

- RAP-T Program to promote school connectedness ready for Distribution!!

See our order form:

<http://www.hlth.qut.edu.au/psyc/rap/resources.jsp>

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RAP-T

Our RAP-T Program to promote School Connectedness is now READY for distribution! See page 2 for program details.

See our order form on the web for details on how to purchase the program.

RAP-T with First Year Teachers

By Sharon Rush

Learning Services (North-West) in Tasmania has implemented RAP-T this year with our first year teachers (first year of professional practice). Connectedness and Resilience are two of the core values on which the curriculum in Tasmania is based. Teachers, principals and managers recognise that nurturing school connectedness is part of our core business. The second aim of RAP-T: managing teacher stress is also a very welcomed focus area. Being a teacher is difficult at the best of times and there are the added anxieties and pressures of being new educators.

The first year teachers meet in three separate groups based on geographic areas. The first two sessions were facilitated in term 1 and term 2, with our final session to be conducted in November. The teachers appreciate the opportunity in the sessions to focus on relationship building with students, to look at their own strengths as teachers and share their ideas as colleagues.

RAP-T newsletters have been a big hit. They are sent out electronically and feedback has been positive. As teachers are extremely busy the newsletters provide a reminder to help keep their focus on school connectedness, self-care, and provide new ideas and information.

The OWL (On-going WISE Liaison) model is being implemented at Mountain Heights District School, which is one of our more isolated schools. There are 12 new educators at this school, and individual consultations are offered in between group sessions. Next year, we are planning to offer the OWL to all school staff at Mountain Heights.

RAP-T and the WISE framework are growing in familiarity across our schools in North-West Tassie. There is increasing recognition of the importance of the two key aims of RAP-T: school connectedness and managing teacher stress. Learning Services will continue to make RAP-T a part of the on-going professional support for new educators in the future.

RAP-T

Information on the Resourceful Adolescent Program for Teachers

School Connectedness is...



"The extent to which students feel personally accepted, respected, included and supported by others in the school and classroom"

(Goodenow, 1993).

Students who feel connected are **MORE** likely to:

- ❖ Achieve academically.
- ❖ Co-operate in the classroom.
- ❖ Have positive adolescent development and positive mental health.
- ❖ Be resilient.

Students who feel connected are **LESS** likely to:

- ❖ Participate in juvenile crime.
- ❖ Engage in health risk behaviours such as smoking and drug use.
- ❖ Truant or display other conduct problems.

Teachers will find that School Connectedness contributes to job satisfaction for the following reasons:

- ❖ Classes are easier to manage.
- ❖ Opportunities for more meaningful contact.
- ❖ Students are more responsive and warm to teachers.
- ❖ It enables teachers to be more real.
 - ❖ Increased classroom cooperation and reduced complaining.
 - ❖ Teachers get to have "money in the bank" so when things go wrong, there is a heap of goodwill to draw on.

There is
approximately a
40% overlap between
School Connectedness and
adolescent mental
health.

RAP-T is a program designed for teachers to explore and promote School Connectedness. This is a 3-6 session program, by the end of which you will be able to:

- ❖ Define School Connectedness and its importance.
- ❖ Identify and build on the things you are doing to promote School Connectedness.
- ❖ Know how to manage stress and how to pass that information on to your students.
- ❖ Devise a Personal Action Plan for promoting School Connectedness in your school.



RAP IN CHERBOURG QLD

Parents reckon RAP will help

Article from the South

Burnett Mail; October 28 2008

Cherbourg parents and community members are turning to RAP to help solve problems with adolescents in the town. The Cherbourg Community Health department received \$17,700 from Golden Casket to run the Resourceful Adolescent Program (RAP). Manager of Cherbourg Community Health Services, Christine Stewart said the program has been introduced due to incidents of petrol sniffing.

"The program aims to prevent teenage depression and other factors," she said. "We want to build resilience and promote positive mental health among teenagers." Ms Stewart said everyone is excited about the program as we protect our children for the future. "We had a problem and didn't know what to do to solve it." she said.

"Now we have this program which is for our children to better their future." On October 20 and 21 community members and staff from government and non government organisations participated in a RAP training program at the Cherbourg Council Training rooms. About 20 members of the Cherbourg community and surrounding organisations participated in the two day program. The training was conducted by national coordinator of RAP training and program development, Astrid Wurfl. The organisations represented included Safe Haven, CTC Youth Services, QLD Health, Lifeline, Cherbourg Community Health, Education QLD, Barambah Medical Centre, Murgon State High School, Relationships Australia, the Department of Communities and general community members.

Ms Wurfl said the program is about developing the skills adolescents need to overcome stress and other problems. She said the training was fantastic and she enjoyed teaching community members about the program. "It is all about training facilitators to run programs in Cherbourg and Murgon," she said. "This is such an energetic group of people who are enthusiastic about getting things up and running."

Representatives from Murgon and Cherbourg Community organisations participated in a RAP training session at Cherbourg Council October 20 and 21. Participants included from left, Wendy John, Raimone French, Kim Rasker, Amanda May, Martha Harrison, Danny Kenafacke, Sharon Lock, Deborah Pennington, Cheryl Vacchini, Robyn McIntosh, Gareth Lock, Kathryn Hunt, Cynthia Button, Bessie Arnold, Felicity Evans, Emma Conlon, Gaye OSullivan and Kate Hams (in front) were put through their paces by QUT RAP training coordinator, Astrid Wurfl.



TRAINING FUN IN TASMANIA

RAP Training Participants building their RAP House during a recent training day in Queenstown, Tasmania. The day was run by our trainers, Sharon Cowles and Sharon Rush



QUT is on the Move.....

The RAP office will be closing early this year as we are moving campuses! Our home is still with QUT and our phone numbers will remain the same.....however our physical location will be changing....



Our new address will be:

Resourceful Adolescent Programs
School of Psychology and Counselling
QUT Kelvin Grove Campus
Victoria Park Road
Kelvin Grove QLD 4059

Last day for orders to go out will be Thursday 4th of December 2008, all orders that are needed for January 2009 must be received prior to 10am on this day. Any orders received after this time will not be processed until our return to the office, at our new location, on Tuesday 27th January 2009.

**RAP OFFICE WILL BE CLOSED
FROM 4TH DECEMBER 2008
THROUGH TO JANUARY 27TH 2009!**

**REMEMBER LAST DAY FOR ORDERS
TO BE RECEIVED BY 10AM
4TH OF DECEMBER 2008!**

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Resourceful Adolescent Programs

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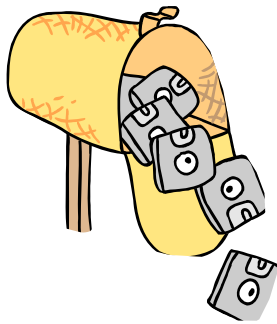
SA

Pam Lehman

INTERNATIONAL

Anne Lazarus

Emile Rivet



We Want to Hear From You!!!

Do you have any tips for implementing RAP?

What changes have you made to RAP to suit your population group?

What ideas have you got on recruiting parents for RAP-P?

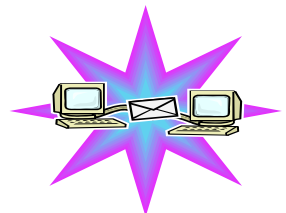
How did you get your school staff interested in RAP?

What success have you had in "whole school" implementation?

What questions do you have regarding RAP?

We want your input for the next newsletter.

Email or fax your stories and questions.



Next edition due June 2009.

