

RAP NEWSLETTER



Volume 5

December, 2006

Special points of interest:

- New Resilience Building Program for Adults—PAR
- Public Lecture on Building Resilience in Teens

Building Resilience in Teenagers

Last Month Ian Shochet gave a public lecture entitled “Building Resilience to Prevent Depression in Teenagers.”

If you are interested in hearing it you will find it, together with the accompanying Powerpoint Presentation, on the QUT School of Psychology Website;

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

You will find it on the bottom left of the page under News and Events.

The RAP Team

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Wishes you all the Best Over the Festive Season and a Very Happy and productive 2007.

Many of you will have come across, Kyran Hynes, our new and very efficient Administration Officer. We would like to take this opportunity to formally welcome her to the RAP Team.



A NEW PROGRAM;

Promoting Adult Resilience (PAR) Program

Organisations increasingly recognise the vital importance of work-life balance and emotional well-being for their employees. PAR is a workplace program that has been created to promote adult resilience to foster wellbeing. The program aims to enhance positive coping resources to deal more effectively with everyday stressors and challengers. The main goals of PAR are to:

“ I have found PAR to be a valuable and worthwhile program that challenges the way you are and how you approach work and personal life”

- increase positive mental health, well-being and work-life integration for adults in the workplace
 - improve stress management skills
 - promote positive coping skills (e.g. positive self talk)
- improve communication and relationship skills

Overall, PAR aims to increase an individual’s sense of well-being in both the workplace and in life in general.

PAR participants offered many examples of how they have put the skills learnt from the program in practice including:

“Challenging my negative thoughts has helped me in dealing with situations out of work – I have realised that I was constantly falling into negative thought traps so now I see things in a more positive way”

“Using deep breathing to calm myself before important meetings”

“I have stopped procrastinating and started to write up something that was long overdue”

“Increased focus on the family time and better planning for time out activities and holidays”

The PAR group reported decreased levels of stress and depression, increased levels of coping self-efficacy, and a higher satisfaction with the balance between work and personal life.

PAR was developed with the assistance of a grant from the Australian Rotary Health Fund .

The PAR Team consists of:

Associate Professor Ian Shochet

Dr. Poppy Liopsis

Dr. Maria Donald

Dr. Bert Biggs

Astrid Wurfl

Rebecca Hoge

Prue Millear

Resilience does not require rare or special qualities, rather this ‘ordinary magic’ is in the minds, brains and bodies of all of us.
(Masten, 2001).

What are the Statistical Findings?

Statistical analyses were conducted to examine the impact of the PAR program on a range of measures taken before and after the program. The PAR participants were examined in relation to a comparison group that did not receive the program and simply completed the measures

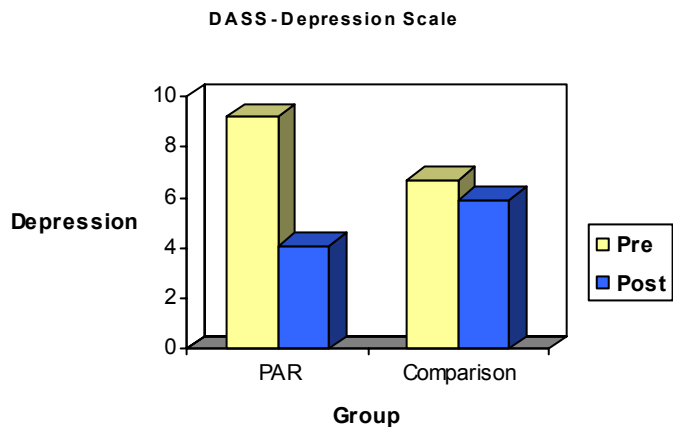
over the same time span. Overall, the analyses revealed a significant difference between the two groups indicating that the PAR program had a positive impact on the participants.

Specifically, the PAR group reported

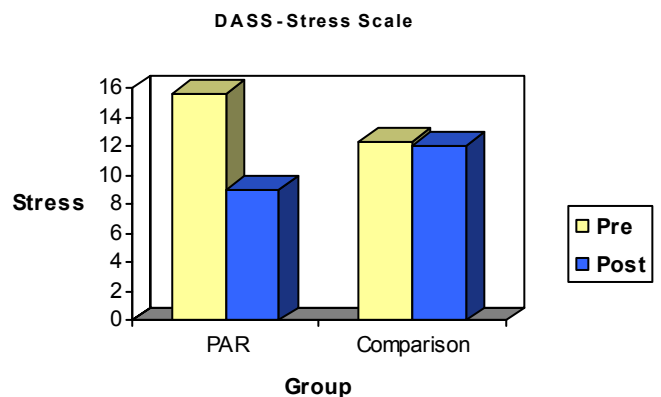
decreased levels of stress and depression, increased levels of coping self-efficacy, and a higher satisfaction with the balance between work and personal life.

These results can be seen in the following graphs.

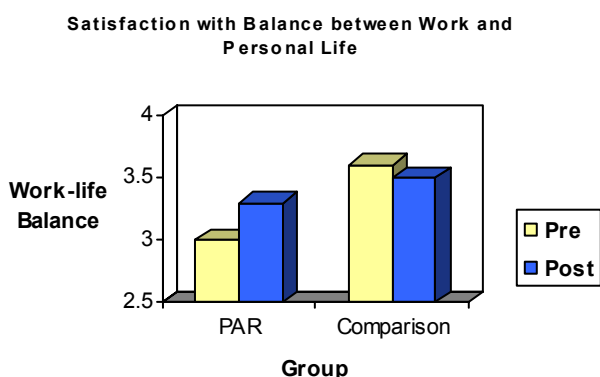
PAR Participant's Depression Levels Decreased



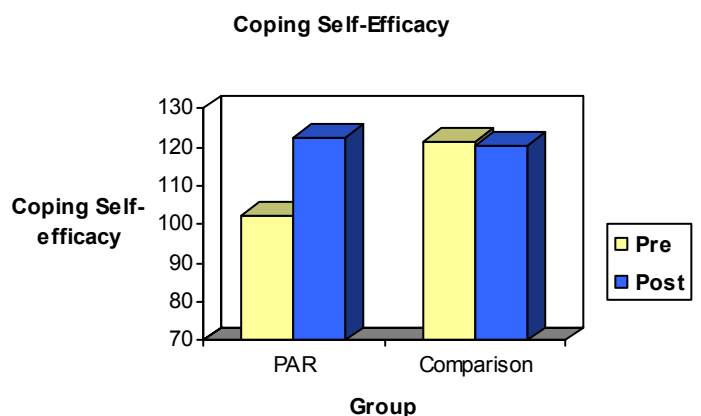
PAR Participant's Stress Levels Decreased



PAR Participant's Felt their Lives were More Balanced



PAR Participant's Ability to Cope Increased



Resourceful Adolescent Programs

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Resourceful Adolescent Program

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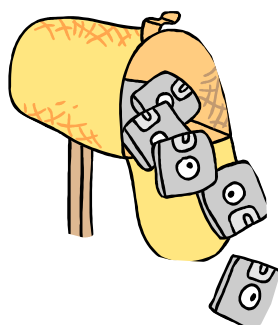
SA

Pam Lehman

INTERNATIONAL

Lorraine Cushing

Emile Rivet



We Want to Hear From You!!!

Do you have any tips for implementing RAP?

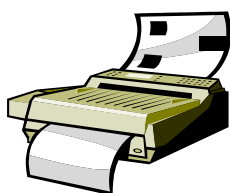
How did you get your school staff interested in RAP?

We want your input for the next newsletter.

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

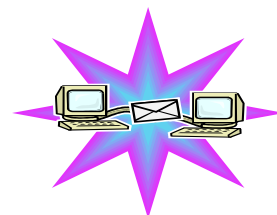
What success have you had in "whole school" implementation?

Email or fax your stories and questions.



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

What questions do you have regarding RAP?



Next edition due June 2007.