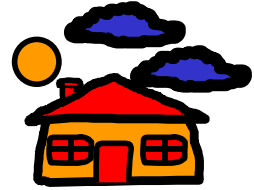


# RAP NEWSLETTER

Volume 3 Issue 1

October, 2004



## RAP HAS MOVED

*Special points of interest:*

- Update on ARC Grant to evaluate RAP-T
- Resource manual for Indigenous RAP-A now available

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We are very happy to announce that RAP is now quite settled in our new home at the Queensland University of Technology — QUT. Ian Shochet, the director of the program has taken up a position as an Associate Professor in the School of Psychology and Counselling and RAP has moved across with him.

We will continue to do all the same things we were doing— organising training events and providing materials and updates on new research as it comes to hand.



Our new contact details are:

Ph: 07 3864 4956

Fax: 07 3864 4957

Email: [A.Wurfl@qut.edu.au](mailto:A.Wurfl@qut.edu.au)

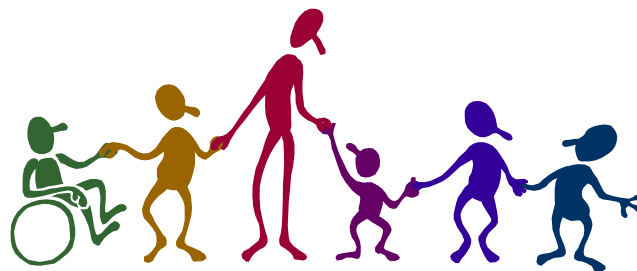
Website: [www.rap.qut.edu.au](http://www.rap.qut.edu.au)

# Update on RAP-T

You may recall last year we were fortunate to be awarded an ARC grant to evaluate the Resourceful Adolescent Program for Teachers (RAP-T). This project implements a program (RAP-T) to resource year 7 and 8 teachers to reduce their own stress and promote school connectedness. School connectedness, where students feel included and valued by the school, is a vital protective factor for adolescent well being. RAP-T has been running in 2 schools this year, in Tasmania and NSW, with teachers of year 7 in Tasmania and year 8 in NSW. They have undergone the 3 session RAP-T Program and have been participating in individual consultations to discuss the best way to improve school connectedness for students. The teachers have been very responsive to the WISE Model (see Vol. 2.1 of the newsletter) and have come up with some very creative ways of enhancing school connectedness. One thing that the schools have been doing that has been working very well has been to institute a “weekly connectedness challenge”. All staff members receive the challenge and this has proven to be a very effective way of keeping the concepts in the forefront of teachers minds. One example of this challenge is “When walking through the school grounds today, stop for a few minutes and talk to a group of students. Ask them what they did on the weekend, what they plan to do over the upcoming school holidays ... Really listen to, and respond to, what the students say.”



Next year the wait-list school will become the intervention school which will allow us to compare the two intervention schools as well as to compare the school with itself.



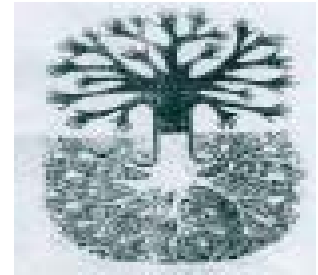
# Indigenous RAP-A Resource Manual

“The RAP-A Indigenous supplement is now available for purchase from the RAP office.”

*Guidelines for the Adaptation and Implementation of the RAP Program for Indigenous Adolescents* is now complete and available for purchase from the RAP Office, at a cost of \$35.00. As you may remember from the previous newsletter we spoke to many people from around Australia who had adapted the

program for Indigenous Youth. We collated all this information and have put it together in such a way as to make it easy for you to see what adaptations or additions have worked for each activity in the RAP-A manual. It has been designed to be used in conjunction with the RAP-A Group Leaders Manual. Many

thanks to those of you who gave us your time and your ideas. Thank you also to our cultural consultants, Greg James, Greg Smith and Deborah Jackson.



## Farewells and Welcomes

Unfortunately we have to say goodbye to Georgia Ash who has been with us for 2 years. She has completed her Masters of Clinical Psychology and is off to pursue some clinical work. We wish her all the best for the future and are very sorry to lose her indeed.



In our next newsletter we will let you know who has replaced Georgia.



We would like to welcome Danielle Montgomery who has joined the RAP-T team and is doing a great job helping us coordinate this project.



## Resourceful Adolescent Programs

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[www.rap.qut.edu.au](http://www.rap.qut.edu.au)



**Resourceful Adolescent  
Program**

Newsletter compiled by Astrid Wurfl

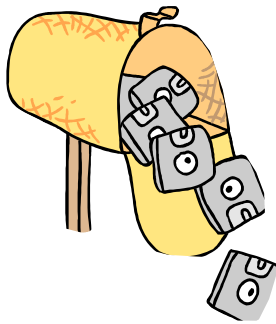
### RAP Team

Ian Shochet Director  
Astrid Wurfl National Co-ordinator of Training  
and Development  
Georgia Ash Admin Support



### RAP TRAINERS

<b>NSW</b>	<b>NT</b>
Ros Montague	Morris Bastian
Naomi Moreton	<b>QLD</b>
Tracy Robinson	Hayley Stevenson
Richelle Horscroft	Astrid Wurfl
<b>WA</b>	<b>TAS</b>
Marcelle Cannon	Sharon Cowles
Maree Dawes	<b>SA</b>
Trish Travers	Pam Lehman
Lara Teakle	<b>INTERNATIONAL</b>
	Lorraine Cushing
	Emile Rivet



## We Want to Hear From You!!!

Do you have any tips for implementing RAP?

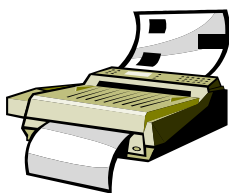
How did you get your school staff interested in RAP?

We want your input for the next newsletter.

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

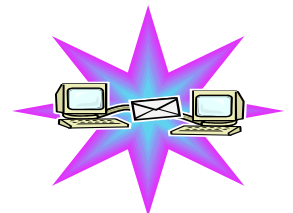
What success have you had in "whole school" implementation?

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  
May 2005.**