

**School Practice Promoting & Enhancing Resilience:** A three hour workshop which examines: what is resilience? What are strategies which can be implemented in schools and classrooms which will promote and enhance resilience in students and staff?

*(Suitable for: Staff.)*

**Responding Effectively to Those Affected by the Trauma of Sudden Death and Suicide:** A six hour course designed for those persons who may be called upon to provide care and support for persons affected by the trauma of sudden death and suicide. This course explores: the impact of sudden death on individuals, families and communities; Postvention and the role it plays in suicide prevention; Suicidality; The dimensions of grief and loss and its impact/expression; Values/beliefs about sudden death and trauma and the impact of these when working with bereaved persons; Skills and strategies to assist those persons impacted upon by sudden death.

*(Suitable for: Staff, School Leadership Teams, Parent groups.)*

In addition to the courses outlined in the preceding pages, RICO can provide assistance in the design, implementation and evaluation of processes and strategies for:

- Vision and Mission
- Strategic Planning
- Team development
- Mediation
- Coaching/Supervision of leaders
- Tailored training/education

**Raising Resilient Children:** A two hour workshop which explores: What is Resilience?; Strategies for promoting and enhancing resilience in children.  
*(Suitable for: Parent groups.)*

**The Forty Developmental Assets of Youth:** A two hour workshop which explores the building blocks of healthy development that help young people grow up healthy, caring, and responsible. Based on the research of the SEARCH Institute.  
*(Suitable for: Staff, Parent groups.)*



For further information regarding course content, cost and availability, please contact Gloria Claessen.

**RICO Training, Processes & Strategies**

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# Product/Service Information for Schools

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## *Training, Processes & Strategies*

Director: Gloria Claessen

- ♦Applied Suicide Intervention Skills Training
  - ♦Conflict Resolution Education ♦Group Facilitation ♦Leadership Development ♦Life Skills Education ♦Myers Briggs Type Indicator
- ♦Mental Health First-Aid Training
  - ♦Organisational Change & Development
- ♦Resilience Education ♦Strategic Planning
- ♦Suicide Awareness & Prevention ♦Supervision
  - ♦Team Development ♦Team Management Index. ♦Management Team Roles Indicator

# Currently Available to School Communities

**RICO (Resilient Individuals, Communities & Organisations)** has been established to research, develop and provide training (education), processes and strategies that will promote and enhance resilience in individuals, communities and organisations.

There are many different definitions of what resilience is. Some of the most consistent aspects of those definitions refer to the individual's capacity and ability to cope with changes and challenges, and to bounce back during difficult times. They identify an innate capacity to deal with adversity without becoming overwhelmed by it.

The literature tells us that there are three key characteristics that describe people who are considered to be resilient. These people have experience of:

1. Caring relationships;
2. High, positive and realistic expectations (made of them by others and themselves);
3. Meaningful and routine opportunities to participate and contribute, and;
4. A sense of meaning and purpose.

These characteristics appear consistent across contexts and across the age span.

Although resilience is innate, it can also be nurtured in an environment which fosters the above three characteristics. Specific programs, training, actions and interactions can be put in place to encourage resilience in individuals, communities and organisations.

The following outlines some of the training and processes available to school communities which have proven benefits to individuals, organisations and communities in promotion and enhancement of resilience.

**Applied Suicide Intervention Skills Training:** A two day course which enables individuals to provide an appropriate intervention to someone who is thinking of completing suicide. This training is internationally recognised and is currently the most frequently taught and used framework for suicide intervention in the world. Its aim is to equip individuals with the skills and strategies necessary to prevent the immediate risk of death and self-harm.

*(Suitable for: Staff, School Leadership Teams, Parent groups.)*

**Suicide Talk:** a 1.5—2 hour exploration which focuses on suicide awareness. It provides a structure in which participants can safely explore some of the most challenging attitudinal issues about suicide. It is organised around the question: "Should we talk about suicide?". Its goal is to help make direct, open and honest talk about suicide easier.

*(Suitable for: Staff, School Leadership Teams, Parent groups.)*

**Conflict Resolution Education:** A 5 x 2.5 hour course which focuses on: Effective skills to manage conflict; advanced techniques for interpersonal communication; basic negotiation skills; practical problem-solving skills for personal effectiveness. This course offers a practical approach to developing better relationships, both at work and at home.

*(Suitable for: Staff, School Leadership Teams, Parent groups.)*

**Myers Briggs Type Indicator:** The MBTI can enhance relationships and team performance, success in work and your ability to know and understand yourself. Typical applications of the MBTI include: Communication Skills, People Management; Change Facilitation; Team Building; Stress Management and Reduction; Leadership Development; Organisational Culture Development; Career Transition; Coaching and Supervision; Teaching and Learning Styles; Parenting skills.

*(Suitable for: Staff, School Leadership Teams, Parent groups.)*

**MTR-i (Management Team Roles Indicator):** A six hour workshop which focuses on how individuals

behave in a work or team situation as a result of cultural factors, employment expectations and job demands. This indicator provides a sound basis for: identification of potential strengths and weakness of a team; reduction and resolution of team role conflicts; increased self-awareness and self-management; improved team interactions and team performance; identification of type vs role dynamics such as causes of stress.

*(Suitable for: Staff, School Leadership Teams.)*

**Mental Health First Aid:** An internationally recognised 12 hour course developed by the Centre for Mental Health Research. It is designed to improve Mental Health Literacy and provide skills and information to respond effectively to persons who may be developing mental illness or experiencing a mental health crisis. Participants will learn the signs and symptoms of: Depression, Anxiety Disorders, Schizophrenia and Bipolar Disorder. They will also learn where and how to get help and what sort of help has been shown by research to be effective.

*(Suitable for: Staff, School Leadership Teams. Parent groups, Senior Students.)*

## **Youth Mental Health First Aid:**

*New from Orygen Research!*

This 14 hour course which has been designed specifically to address Youth Mental Health Issues. The delivery format is flexible. In addition to increasing the mental health literacy of individuals and communities, the content covered focuses on helping young people in mental health crisis situations and/or in the early stages of mental health problems. Participants will learn the signs and symptoms of adolescent: Depression, Anxiety Disorders, Psychosis, Substance Use Disorders, Deliberate Self-Harm, Eating Disorders. They will also learn where and how to get help and what sort of help has been shown by research to be effective.