

“It is possible to
develop insights
and skills that allow
us to be more
resilient.”

RESILIENCY

Red Deer Public Schools
and our partners are
continuing with a research
project to enhance the
emotional and mental
well-being of all students

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PROJECT PARTNERS

Resiliency Project Partners Include:

- Red Deer Public Schools
- Alberta Health Services - Strategic Clinical Network
- Alberta Health Services - Mental Health and Addictions
- Red Deer Primary Care Network
- University of Alberta



ABOUT THE PROJECT

Targeting students in grades 6-12, we have the opportunity to assess and develop programming to enhance the health and wellness of our students. This project involves screening using a series of questions to all students in grades 6-12 in the areas of emotional health and wellness. Screening occurs in September and October and then will be repeated in the spring.

Parents will be made aware of any areas identified in the screening of your child. As a part of the research project, some students will be asked to participate in online interventions. Students that would benefit from additional supports in grades 6 to 12 will be offered online modules.

PROJECT OUTCOMES

- Increased positive feelings and self-esteem.
- Positive youth interactions in our community.
- Increased high school attendance and completion rates.
- Improved coping skills and resiliency.
- Decreased use of alcohol, tobacco and drugs.

WHAT IS EXPECTED TO BE LEARNED

There are many school-based wellness programs offered, but very few identify and demonstrate specific results. Through this research project, we want to learn which interventions work at addressing and preventing mental health issues in youth. The Resiliency Project will allow us to see what effect universal screening, resiliency programs, as well as various

supports and interventions have for youth mental health and wellness. In the long term, we will examine what impact the program has on various measures including: student graduation levels, use of hospital and emergency medical services and mental health and addiction rates.

For more information contact the Resiliency Coach at your school.

Life includes a variety of ups and downs that we all go through - sometimes these are more challenging when we are youth.