

The Options

The Resilience Academy is designed to be most effective when delivered over 6 weeks.

But sometimes time is scarce. So, in addition to the full Resilience Academy programme we offer an abridged version that introduces some of the concept in a single one hour session.

Here's an overview of each:

	Short version	Full version
• Student Foundation Course	✓	✓
• Student Foundation Course handouts	✓	✓
• Students select their own modules		✓
• Four weeks of interactive classes		✓
• Weekly resources and handouts		✓
• Delivered by accredited therapists		✓
• Opportunity to develop a rapport with presenters		✓
• Weekly Q&A sessions		✓
• Coping Consolidation session		✓
• Teacher Support Session		✓
• Teacher Support Session handouts		✓

The Feedback

The feedback from teachers and students has been overwhelmingly positive:

Here's what some of them had to say:

Teachers

Having suffered from anxiety myself in the past, it really struck a chord with me

An inspirational session!

I had time to reflect - a rarity in our working life!

It was nice to have time to stop and acknowledge the stress in my own life

Students

You listened to our opinions and talked to us about our situations

You could really speak your mind

I felt comfortable and safe

Everything that was said explained me and how I feel

Everything was understandable and relatable

To Book

To reserve a place for the next roll out of the Resilience Academy either:

- Email: TrainingAndEducation@pieta.ie
- Complete our online booking form at www.pieta.ie/training
- Or call our Training & Education Coordinator at **01-621 9205**

RESILIENCE ACADEMY

**Building Resilience
Building the Future**

Pieta House

The Problem

We all know that teenage years are a challenge, but not everyone knows the following:

- There were nearly a thousand presentations to Pieta House by teenagers last year due to suicide or self-harm
- Ireland has the highest rate of death by suicide among teenage girls in Europe and the second highest rate among teenage boys
- There has been a 163% increase in the number of under 18's presenting to Pieta House due to suicide or self-harm in the past five years

We expect teenagers to be able to cope without ever explicitly teaching them how. As parents and teachers, we can't remove every obstacle from their lives, but we can provide them with the knowledge, skills and tools they need to respond to these challenges in a healthy and constructive manner.

The Resilience Academy

There's no other programme like ours in Ireland. Here are six reasons why:

1. It's all about the schools:

We met with school principals, teachers, guidance counsellors, and most importantly, second year students to identify and address the issues they reported.

Also, each time the Resilience Academy is delivered, students get to choose the modules they would like to take.

2. We've had help from the best:

We have built on our in-house expertise in therapy, research, and training by consulting specialists in a range of areas.

We had help from the lovely people at BeLonGTo and BodyWhys, Dr Colman Noctor of St Patrick's Mental Health Services and Occupational Therapist Orla Sullivan from DCU.

We had amazing animators from Push Media and Colaiste Dhulaigh, with extra guidance from Paper Panther Productions, and fantastic voice actors and post-production crews at Screen Scene.

3. Our facilitators are therapists:

All sessions are delivered by Pieta House therapists who not only have years of experience in promoting mental health, but are also fully accredited by the Irish Association for Counselling and Psychotherapy.

4. It builds rapport:

Because the same facilitators deliver every session, the students get to know them, to build rapport, and gain the confidence to ask the questions that they wouldn't normally ask.

5. 6 week duration:

Research has shown that short programmes have limited impact. Long lasting change requires prolonged support, so our programme covers a range of areas over 6 weeks.

6. We can prove it works:

Comparing levels of student resilience before and after completing the programme, we have established a statistically significant increase in levels of resilience, as well as increases in levels of hope for the future, an ability to handle upset feelings, and an increase in connection with their school.

How it Breaks Down

Week 1	Weeks 2 to 5	Week 6
1.5 hour Teacher Support Class & 1 hour Student Foundation Class	4 x 30 minute modules selected from a list of 8 by the students	30 minutes Consolidation and Q&A Class