



## ***Resilient Scholars Project***

### **Benefits and Facts**

*"If I wasn't in this group, I'd probably be runnin' around up to no good."*

*-DC High School Freshman*

*"I didn't like this at first. Now I'm glad that these feelings can get out of me."*

*-DC Elementary School 3<sup>rd</sup> Grader*

The ***Resilient Scholars Project (RSP)*** is funded through grants from the Department of Health and other private funders. RSP is a component of the **C.H.I.L.D.** (Child Healing to Improve Learning and Development) Program of the Wendt Center for Loss & Healing. During the 2014/2015 academic year, RSP participants reported an 85% reduction in trauma symptoms.

#### **The *Resilient Scholars Project* is community-based:**

RSP provides group and individual therapy for children and adolescents who attend partner sites within the District of Columbia. Partner sites include: DC Public Schools, DC Public Charter Schools, and other community and residential sites.

#### **The *Resilient Scholars Project* is trauma and bereavement sensitive:**

RSP clinicians are experienced in understanding and responding to the expectations and needs that a young person who has experienced or witnessed trauma and/or loss may have. RSP clinicians ask: "What happened to you?" versus "What's wrong with you?" A trauma/bereavement-sensitive perspective is weaved throughout the RSP curriculum.

#### **The *Resilient Scholars Project* is free of charge:**

All services provided by RSP are free of charge to its community partners.

#### **The *Resilient Scholars Project* is collaborative:**

The goal of RSP is to collaborate with young people, their caregivers, and partner staff to develop new coping skills that are healthy and practical. Weekly sessions allow participants the space to process their experiences and highlight existing resilience and supports. This is a strengths based perspective that helps to improve the participants' emotional and psychological well-being long after RSP services have ended.

#### **The *Resilient Scholars Project* is for youth:**

RSP is open to youth ages 6 to 21 who have experienced or witnessed a traumatic event(s), including, but not limited to, abuse, neglect, divorce, community violence, death, and homelessness.

**Referrals for the *Resilient Scholars Project* are web-based:**

Once a community partner completes the MOU process, they will be able to refer scholars using our web-based referral form on the Wendt Center website.

**The *Resilient Scholars Project* provides trauma-sensitive group and individual services:**

RSP provides group and individual services that are based on trauma focused cognitive behavioral therapy (TF-CBT), an evidenced-based treatment model proven to reduce symptoms of anxiety, depression, and post-traumatic stress disorder and to improve behavior and social skills in students who have experienced traumatic events. Students and their parents/ caregivers learn new coping mechanisms to regulate emotions and process thoughts. Some of the topics covered include: psychoeducation around trauma, relaxation, emotion regulation, cognitive processing, trauma narrative, in-vivo exposure to trauma reminders, personal safety, and future growth. RSP clinician(s) will facilitate a minimum of 12-18, 45-minute sessions at child-serving locations.

**The *Resilient Scholars Project* provides bereavement-sensitive group and individual services:**

RSP provides group and individual services that are based on a strengths based perspective, cognitive behavioral therapy, and mindfulness to reduce symptoms of anxiety and depression and to improve behavior in students who have experienced a loss. Students learn new coping mechanisms to regulate emotions and process thoughts. Some of the topics covered include: psychoeducation around grief and loss, feelings, coping skills, memories, and goodbyes. RSP clinician(s) will facilitate a minimum of 6-8, 45-minute sessions at child-serving locations.

**The *Resilient Scholars Project* provides training and consultation:**

RSP has a menu of trainings with concrete goals and objectives aimed at supporting and building on our community partners' existing strengths and knowledge. Each training is designed to provide our community partners with resources and/or practical strategies they can use immediately following the training. RSP clinicians are available to partner staff to provide clinical consultation on trauma and/or grief and loss as well.

**The *Resilient Scholars Project* provides a manual:**

RSP has developed a Caregiver Project Manual as well as a Community Partner Project Manual for the trauma-sensitive group and individual therapy that clarifies the details and logistics of RSP. These manuals also offer specific details on the TF-CBT curriculum. Our project manuals are designed to encourage our community partners and parents/caregivers to follow along as their scholars move through the curriculum.

