

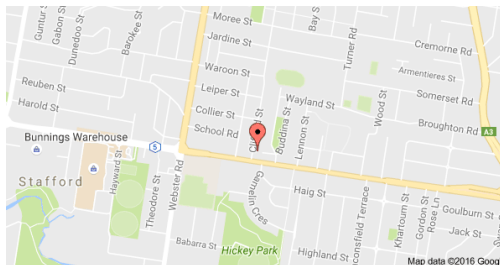


Resourceful Adolescent Program

The Resourceful Adolescent Program (RAP) is designed to help adolescents between the ages of 11 and 15 navigate challenges during a time of considerable change.

The aim of RAP is to help adolescents learn coping strategies that build resilience. These life skills equip participants with the means to deal with the stress, anxiety and depression that may arise during this period of growth or in the future.

Participants learn strategies to help them recover their self-esteem in stressful situations and enhance their ability to bounce back.



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The RAP Model

The RAP program builds resilience in pre-teenagers and young adolescents by enhancing individual strengths. It integrates elements of cognitive-behavioural therapy (CBT) and Interpersonal Therapy.

The cognitive-behavioural components teach techniques in relaxation and stress management, the relationship between thoughts, feelings and behaviour and problem solving skills.

The inter-personal component stresses the importance of promoting harmony, building personal support networks and being able to understand the perspective of others.

RAP is a positively focused program suitable for ages 11-15. YoungMinds Health & Development Network offer the program in six 60-minute sessions. Sessions are facilitated in small groups and are generally held on a weekly basis.



Program Outline

Session 1

I'm ok, I'm building on my strengths - An introduction to the program, setting ground rules & reviewing strengths.

Session 2

Body clues and self-talk - Explore body signals relating to positive & negative feelings and learn strategies to relax.

Session 3

I am what I think - Examining how thoughts affect feelings & behaviour and skills in cognitive restructuring.

Session 4

You can change your thinking - Challenging risky negative thoughts & promoting positive self-talk.

Session 5

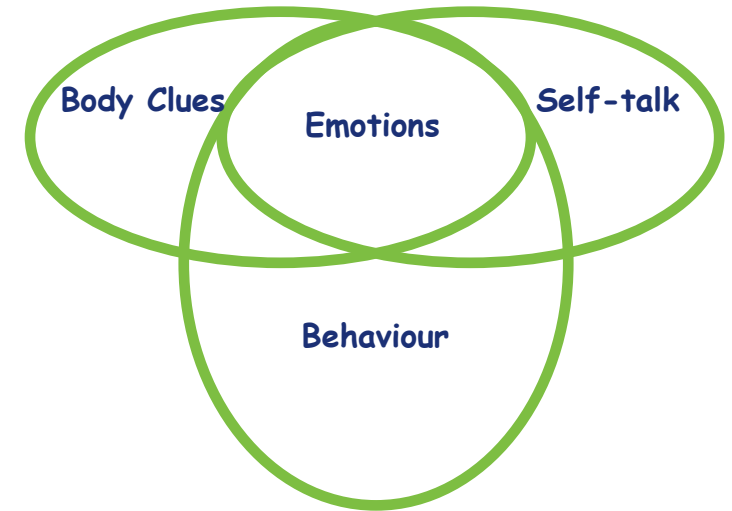
There are solutions to my problems - Developing skills to identify how others may be experiencing interpersonal situations.

Session 6

Keep the peace & make the peace - Strategies to avoid or manage conflict. Review personal RAP house and celebrate new friendships.

Each week participants develop their own personal resources by discovering their personal strengths, learning to stay calm and developing problem solving skills.

Components of the RAP Model



How to Register

RAP workshops are held at both The Gap and Stafford clinics several times a year.

The program is run in groups of 5 to 10 students and is suitable for ages 11-15 years.

You can register your interest or book a place on the RAP program by contacting us at YoungMinds Health & Development Network.

Phone: 3857 0074
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YoungMinds
Health & Development Network