



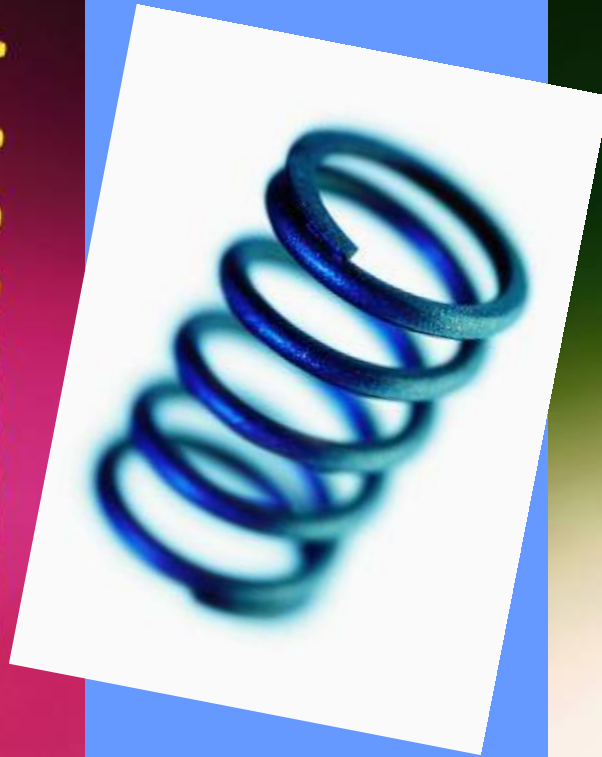
The Leadership and Resiliency Program

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What is Resilience?



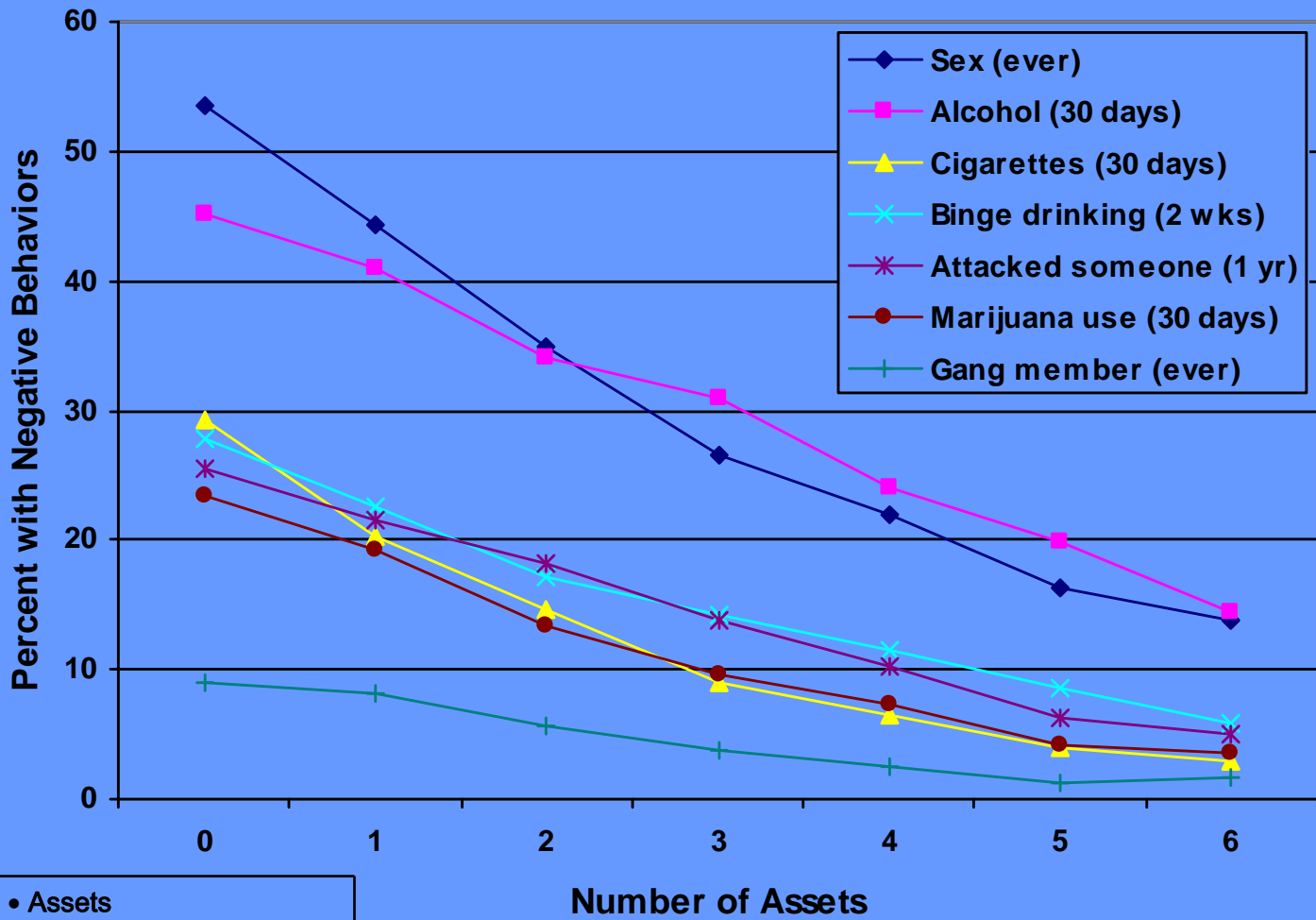
Resilience:

- **speedy recovery from problems:** the ability to recover quickly from setbacks
- **elasticity:** the ability of matter to spring back quickly into shape after being bent, stretched, or deformed

What We All Need...

- Skill
- Locus of Control
- Hope/Faith
- Altruism
- Anchor





- **Assets**
- Good Grades
 - Involved in decision-making
 - Lots of adults in my neighborhood to talk to
 - Parents notice when doing a good job
 - Involved in extracurricular activities
 - Involved in community service

Three To Succeed

What is LRP?

School and community-based substance use prevention and mental health promotion program for high school students.

LRP Targeted

Risk and Protective Factors

Protective Factors

to increase...

Individual

- empathy, optimism, social/emotional competence, bonding to institutions, future orientation

Family

- identification of values

School

- bonding
- high expectations from staff

Peer

- positive association with healthy peer group
- peer-refusal skills
- healthy peer boundaries

Risk Factors

to decrease...

Individual

- favorable attitudes, conduct problems, external locus of control, high sensation-seeking, emergent mental health concerns

School

- academic failure
- poor morale

Peer

- substance use
- association with delinquent peers
- negative peer pressure

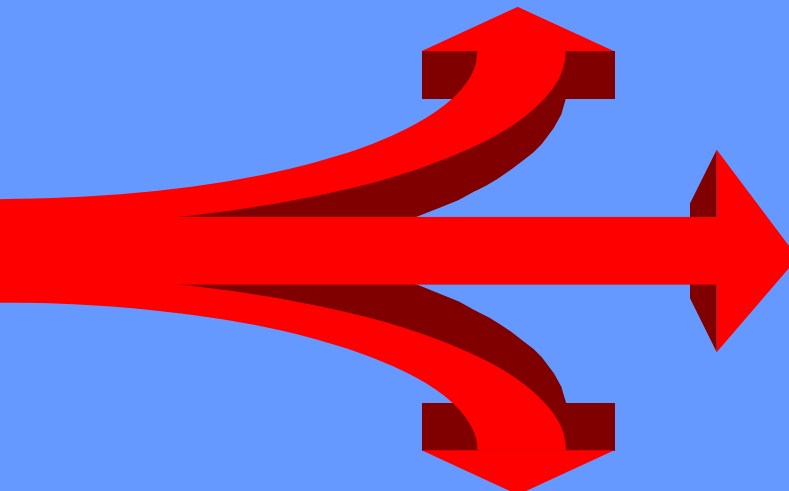
Three Key Areas

- Goal-setting
- Healthy Relationships
- Coping Strategies



LRP Program Components

1: Resiliency Groups, 1x week
During school with focus on process,
problem-solving, and peer leadership.



2: Alternative/Adventure Activities, 1x month
Including: ropes courses, kayaking, camping, fitness,
fishing, yoga, ice skating, rock climbing

3: Community Volunteer Experiences, 1x Month
puppet project, animal rehabilitation, river clean-up, senior centers

Weekly Groups



Sample Program Activity

Ritual – Event/Celebration

Character – Superhero

Personal – Who you are

**Transformation – Change in
your life**



Mask Making



Community Volunteer Experiences



Puppet Show



Adventure Activities



Participant Outcomes

Participants reported/demonstrated:

- less susceptibility to peer pressure related to: having a party without parental permission, stealing, cheating on a test, drinking beer, graffiti;
- a significant increase in doing something good for others;
- significant increases in the use of “I messages” at pre and post;
- significant increases in the frequency with which they think about how their decisions may affect others’ feelings;
- increases of having one good friend; and
- increase in number who reported having a non-parent adult that they can count on.

65% reduction in school absences

60% reduction in school disciplinary reports

.8 increase in grade point average on a 4.0 scale

Close to 100% graduation rates

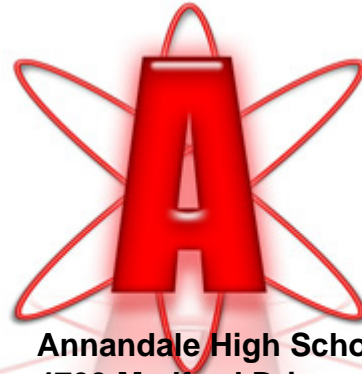
LRP Recognition

- Achievement Award, Virginia Municipal league, 2005
- OJJDP Promising Program, 2003
- SAMHSA Model Program, 2000
- Virginia Governor's Recognition, 2000
- JC Penney Volunteer Award, 2000
- Best Practice in Science-Based Programming, Washington Metropolitan Council of Governments, 1999
- National Association of Counties Award, 1999

Video



Student Q&A



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