

RHIP MINI-GRANT PROJECT SUMMARIES

Resiliency Ready

Organization: Crook County Kids Club

Reviewed by: Behavioral Health: Access and Coordination

Summary of Results

- **Hired a licensed therapist to facilitate resiliency education, problem solving skills and connect with kids that are in crisis or experiencing struggles.**
- **Taught school-aged kids how to recognize what they were feeling, be able to communicate that to themselves and peers and provided them with tools to use to build resiliency and problem solving skills.**
- **Accomplishments included:**
 - **1) education on resiliency**
 - **2) kids gaining confidence and a more positive self image as a problem solver**
 - **3) kids using the tools that they had learned**
- **At the start, 70% of kids said they did not know what it meant to be resilient. At the end of the project, 65% of kids surveyed answered they were confident with resiliency.**

Story

Two members were in disagreement about who was to go first in a game of checkers. One of the members has a history of struggling to communicate feelings, jumping to anger. As staff were observing from the sidelines, they watched as the member took a deep breath and asked how they could both figure out a fair way to make the decision on who was first. He suggested they Rock, Paper, Scissors. Both agreed. He did lose the game of Rock Paper Scissors, but carried on with the game of checkers.