TARGET AUDIENCE
This program is for youth who are 9 to 14 years old.

SUMMARY
The Penn Resilience Program (PRP), formerly known as Penn Resiliency Program, a cognitive-behavioral, school-based or medical setting prevention and early intervention program, is designed to teach skills that reduce depressive thinking patterns and promote positive coping styles. This program is delivered to youth with risk factors for depression, such as elevated symptoms (i.e., targeted delivery), or it may be provided to all youth in a setting (i.e., universal delivery).

EVIDENCE
PRP has been evaluated in a number of randomized and quasi-experimental trials with varying results. A well-designed meta-analytic study of PRP examined findings across 17 studies and revealed a small but consistent effect size for PRP's effectiveness in preventing or reducing depressive symptoms in young adolescents at the 6- and 12-month follow-up time points. Two studies conducted since the meta-analysis found effects on depressive symptoms at posttest, but those effects were not sustained at follow-up assessments. Evidence suggests that the lack of sustained effects in these studies may have been related to lower quality of implementation. Therefore, quality of implementation is considered crucial to achieving and sustaining effects with this program.

COMPONENTS
PRP is based on the idea that our beliefs and thoughts about events determine how those events impact our feelings and behavior. The program presents a variety of skills to help youth manage challenging experiences and combat feelings of depression.

- **Cognitive skills** involve recognizing and evaluating inaccurate, unhelpful, or negative thoughts and countering those thoughts with alternative interpretations that are more positive and helpful.
- **Behavioral and social skills** include assertiveness, negotiation, decision-making, problem-solving, and relaxation.

This program is typically conducted in schools but has been implemented in other settings, such as primary care. Skills are taught and practiced in multiple ways: skits, role-plays, short stories, cartoons, and discussion. Youth are encouraged to use these skills in their everyday lives through weekly homework assignments.

PREVIOUS USE
PRP has been used primarily in research contexts with over 5,000 youth from a variety of geographic, socio-economic, and cultural backgrounds. Developed in the 1990s at the University of Pennsylvania, the program has also been used in Australia, China, England, India, and the Netherlands.
Penn Resilience Program (PRP)

TRAINING
This program is delivered by group leaders who are usually school teachers. Training is strongly recommended because PRP research suggests that program outcomes are related to the degree of training and supervision group leaders receive. Training lasts from 1 to 8 days depending on the needs of the group. Once implementation begins, leaders participate in group supervision every 1 to 2 weeks. For additional information on training, please visit https://ppc.sas.upenn.edu/resilience-programs/resilience-services

CONSIDERATIONS
Considerations for implementing this program include understanding that high-quality implementation appears to be critical for achieving positive outcomes; realizing that effects appear to be more likely among targeted rather than universal populations; obtaining buy-in from school or organization administration and participants and their parents; and recruiting motivated, committed group leaders.

The Clearinghouse can help address these considerations. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

IMPLEMENTATION
If you are interested in implementing PRP, the Clearinghouse is interested in helping you! Please call 1-877-382-9185 or email Clearinghouse@psu.edu

PRP is delivered in 12 90-minute lessons or 18 to 24 60-minute lessons. Youth complete weekly homework assignments between lessons.

No implementation cost information was located. To request the program or a workshop, please visit the website in the Contact section.

EVALUATION PLAN
To move PRP to the Effective category on the Clearinghouse Continuum of Evidence at least one external evaluation must be conducted that demonstrates positive outcomes sustained one year from program completion. This study must be conducted independently of the program developer.

The Clearinghouse can help you develop an evaluation plan to ensure the program components are meeting your goals. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

CONTACT
Contact the Clearinghouse with any questions regarding this program.
Phone: 1-877-382-9185 Email: Clearinghouse@psu.edu

You may also contact Peter Schulman by email schulman@sas.upenn.edu or visit http://ppc.sas.upenn.edu/resilience-programs/contact-us

SOURCE
http://ppc.sas.upenn.edu/services/penn-resilience-training; Challen, Machin, and Gillham (2014); and Gillham et al. (2012).