Resourceful Adolescent Program - Adolescent (RAP-A)

TARGET AUDIENCE
This program is for adolescents who are 12 to 16 years old.

SUMMARY
Resourceful Adolescent Program – Adolescent (RAP-A) is a universal, school-based program designed to prevent depression and promote positive development and coping skills among adolescents.

EVIDENCE
One randomized controlled trial and two quasi-experimental investigations of RAP-A were identified. The results from these studies are mixed. For the outcome of depression, one study found sustained treatment effects, one found immediate but not sustained treatment effects, and one found no treatment effects. For hopelessness, one study found sustained treatment effects, while another found immediate but not sustained effects. Two studies found treatment effects for coping. One study reported effects immediately post-intervention and at a 6-month follow-up, and the other showed a sleeper effect at 3-years post-intervention. The mixed results may be due to differences in implementation. In the investigation with the most sustained results, psychologists implemented the program. In the investigation with the less consistent results, teachers implemented the program.

COMPONENTS
This program uses cognitive behavioral and interpersonal approaches to assist with increasing participants’ coping skills and abilities to develop resilience. Seven major topic areas are covered during class sessions:

- Acknowledge and support one's strengths and resources;
- Utilize self-management and self-regulation skills during times of stress;
- Practice cognitive restructuring;
- Develop a personal problem-solving model;
- Create and utilize a psychological support system;
- Reflect upon other people's viewpoints; and
- Create and maintain harmony and calm.

The program is best implemented in small groups of 8 to 16 students per group. A Group Leader's Manual is provided to assist with program implementation, and each adolescent receives a participant workbook. Group leaders should be in the educational or mental health field (e.g., psychologists, social workers, occupational therapists, psychiatrists, mental health nurses, school counselors, chaplains, teachers, community workers).

Programs are also available for parents (RAP-P)* and for teachers (RAP-T)* of adolescents. These programs can be implemented concurrently or independently.

* Separate Fact Sheets are available for these programs.

PREVIOUS USE
RAP-A has been implemented in Canada, China, England, Figi, Germany, Holland, Mauritius, Mexico, Morocco, New Zealand, Serbia, Sweden, South Africa, Switzerland, Tanzania, and Zimbabwe.
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TRAINING

Group leaders should be mental health workers or in the field of education. A 1-day training session is required to facilitate RAP-A groups. Regular training sessions are offered in Brisbane and Sydney and by request throughout Australia. The RAP training team will travel to various locations based on the number of requests received. Past training participants have found it helpful to also attend the 1-day Resourceful Adolescent Program for Parents (RAP-P) training course. Participants attending the RAP-A and RAP-P training courses receive a discount and are given priority over those registering for one training course. Costs per participant for regularly scheduled trainings are $320 to $370 for RAP-A and $590 to $690 for RAP-A and RAP-P combined. For more information on training, please visit [www.rap.qut.edu.au/training.jsp](http://www.rap.qut.edu.au/training.jsp).

CONSIDERATIONS

Considerations for implementing this program include recruiting facilitators who have a suitable educational background, ensuring facilitators receive training, acquiring administrative support and student buy-in, and finding space to hold sessions. The Clearinghouse can help address these considerations. Please call 1-877-382-9185 or email [Clearinghouse@psu.edu](mailto:Clearinghouse@psu.edu).

IMPLEMENTATION

If you are interested in implementing RAP-A, the Clearinghouse is interested in helping you! Please call 1-877-382-9185 or email [Clearinghouse@psu.edu](mailto:Clearinghouse@psu.edu).

TIME

Eleven sessions are offered once a week for 40 to 50 minutes each. Fewer sessions may be offered for longer periods of time (e.g., six sessions can be offered once a week for 1 1/2 hours each).

COST

The RAP-A Group Leader’s Manual and DVD cost $82, and the RAP-A participant workbook costs $18 each. Please contact RAP using details in the Contact section for overseas shipping costs.

EVALUATION PLAN

To move RAP-A to the Promising category on the Clearinghouse Continuum of Evidence, evaluations should be performed demonstrating consistent positive effects lasting at least six months post-intervention. 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](mailto:Clearinghouse@psu.edu).

CONTACT

Contact the Clearinghouse with any questions regarding this program. Phone: 1-877-382-9185 Email: [Clearinghouse@psu.edu](mailto:Clearinghouse@psu.edu)

You may also contact Resourceful Adolescent Programs by mail School of Psychology and Counseling, Queensland University of Technology, Kelvin Grove Campus, Victory Park Road, Kelvin Grove QLD 4059, phone 07-3138-4956, fax 07-3138-0322, email [rap@qut.edu.au](mailto:rap@qut.edu.au), or visit [www.rap.qut.edu.au](http://www.rap.qut.edu.au/).

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