



RESILIENCE EDUCATION PROGRAM

A SMALL GROUP VIRTUAL INTERVENTION FOR CHILDREN IN GRADES 4 - 8 EXPERIENCING STRESS, ANXIETY, OR SADNESS

The UW-Madison School Psychology Training Clinic will be providing an intervention called the Resilience Education Program (REP). REP aims to support children experiencing concerns such as anxiety or sadness. The intervention includes a small group that meets for five weeks, individual student mentoring, and connecting with parents.

Cognitive Behavioral Instruction

Virtual sessions

5-weeks; 1x per week (1 hr)

Delivered by mental health clinician

Check-In/Check-Out

Brief virtual check-in's

with a group leader (5-10min)

10-weeks

Resilient Families

Parent education

Flexible, collaborative & supportive

Positive parenting skills

We are looking for children entering Grades 4 through 8 to participate in REP. The intervention would include participation in a virtual small group intervention once a week for five weeks as well as individual mentoring by one of the group leaders during REP and for an additional 5 weeks.

Caregivers of participating children would learn strategies to increase effective communication with their child.

We are looking for children entering grades 4-8 with the following:

- Children who are feeling sad or withdrawn, stressed, or experiencing fears/worries
- Not receiving special education services for behavioral concerns
- No formal mental health diagnosis

If you are interested in your child participating, have any questions, or would like to learn more, please contact Katie Eklund (katie.eklund@wisc.edu or 608-265-8091) or Kortni Dubose (kdubose@wisc.edu or 608-620-5088). Thank you!