

# **FAMILY SERVICE CENTER SUPPORTS STUDENTS Resilience Builder Program®**

**Funded by Village of Northbrook**



**Family Service Center is launching a group-based pilot program for Village of Northbrook students to help bolster their resiliency, especially in response to the impacts of the COVID-19 pandemic. This ten-week program will help youth identify what they do well and build on their strengths. The Resilience Builder Program® (RBP) groups are led by FSC's experienced mental health clinicians.**

**There are five components to this RBP pilot project:**

1. Interactive learning of social and resilience skills
2. Opportunities to practice skills with fellow group members
3. Emphasis on relaxation and self-regulation strategies
4. Guidance and support in using skills in real world situations
5. Parent/Caregiver involvement to support student's learning and growth

**Examples of topics covered:** being proactive, optimistic thinking, personal space, stress management, self-regulation for anxiety and anger, leadership, and perspective taking.

Groups are intentionally small with four to six participants to create a social environment that promotes active participation each week. An intake appointment and completion of intake paperwork are required prior to start of the program.

Groups for the pilot program begin early March 2021 and last ten weeks. All group sessions will be held virtually through Zoom. Specific Day/Time TBD; however, sessions likely to occur during after-school hours.

**If you are interested in learning more about the RBP pilot project groups, please contact FSC's group coordinator, Dr. Carol Feiss, at 847-920-7591 or [cfeiss@familyservicecenter.com](mailto:cfeiss@familyservicecenter.com).**

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SUPPORTS STUDENTS  
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## **FAQs**

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### **What is the Resilience Builder Program®?**

The groups focus on enhancing resilience - the ability to adapt well to life and its challenges. The Resilience Builder Program® enhances youths' social competence and self-regulation. FSC's pilot project specifically targets students that attend schools within the Village of Northbrook. Groups are anticipated to begin the first week of March 2021.

### **What is the process for signing up to participate in FSC's Spring Semester RBP pilot project?**

FSC and Student Services Departments of schools within Village of Northbrook are working together to support student participation. Interested students and/or caregivers are asked to contact their student services department to complete a brief screening. An FSC staff member will then contact you to complete an intake to assess appropriate fit for the program and inform group assignment. FSC and Student Services Dept. staff will collaboratively form groups to enhance each members' experience. Student and parents/caregivers will receive notification of group assignment and schedule.

### **What is the cost?**

Through generous funding from Village of Northbrook, there is no cost to participate in FSC's RBP pilot project groups.

### **What should I tell a student/my child?**

How you explain group therapy depends on a youth's development and symptoms. It is helpful to introduce the idea at a time that they are calm. It can be useful to frame it as wanting to seek resources to help them cope in difficult situations or with uncomfortable feelings. Some youth can become upset, expecting their parents or teachers should know how to help them. You can share that you care and want to help but sometimes you need extra resources, like if they broke a bone you would visit a doctor for extra help.