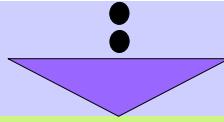




# Resilience & Coping Intervention (RCI)

Strengths-Based  
Group Coping Exercise

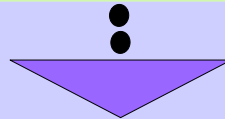
For Children and  
Adolescents  
Ages 7-17



**RCI** is a group coping exercise for children and adolescents to identify thoughts, feelings, and coping strategies to help reduce adverse childhood experiences and promote resilience and positive adaptation.

## POSITIVE ADAPTATION

Enhancing these capacities promotes resilience



Connection



Peer Support



Coping Skills



Self Efficacy



# Resilience & Coping Intervention (RCI)

*Children and adolescents may experience emotional or psychological distress following a traumatic event, disaster, or problematic experience or in the context of developmental challenges and the usual stresses of daily life.*

The Resilience and Coping Intervention (RCI) was developed to assist trained mental health professionals, teachers, parents, caregivers, or other adults in the community in talking with children and adolescents about their feelings, thoughts, and actions regarding problems and stressful events. RCI provides a structured process for children and adolescents to be heard; to validate their thoughts, feelings, and actions; and to explore ways to begin to feel better.

**Format and Context:** RCI is a group interview designed for use with children and adolescents in various settings including classrooms, after-school programs, faith-based organizations, social service agencies, and disaster programs.

**Outcomes:** Positive outcomes reported by children and adolescents after participating in RCI include improved coping skills, a better overall ability to handle emotions and behaviors, and increased hope about the future.

**Session Length:** RCI sessions take approximately 45 minutes. RCI can be administered in a single session with the option for follow-up sessions.

**Group Size:** Groups typically include 5 to 10 participants.

**Training Requirements:** Two facilitators who have been trained to deliver the intervention should lead RCI.

**Consultation or Questions:** To obtain RCI training and consultation, or to ask questions about using RCI, please contact the Terrorism and Disaster Center (TDC) at the University of Oklahoma Health Sciences Center.

TERRORISM AND DISASTER CENTER  
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Terrorism and Disaster Center  
University of Missouri



Terrorism and Disaster Center  
University of Oklahoma Health Sciences Center

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