



The Resilience Project

Gratitude, Empathy, Mindfulness



What exactly is The Resilience Project (TRP)?

The Resilience Project delivers emotionally engaging programs to students, providing practical, evidence-based mental health strategies to build resilience and happiness.

Through presentations, school curriculum, events, The Resilience Project App and Wellbeing Journals, the program shares the benefits of Gratitude, Empathy and Mindfulness, and easy ways to practise these in everyday life.

It also incorporates Emotional Literacy, Connection and Physical Health education and a range of activities, as they are foundational contributors to positive mental health.



Why are we implementing The Resilience Project?

The Department of Education WA has mandated that public schools implement a researched and evidence based mental health and well-being program for students. In Corrigin, many of our students have endured one of the biggest psychological impacts of their lifetime as a result of Covid-19 and we have seen a significant upsurge of student mental health and resilience issues.

Also, our students' capacity to deal with adversity has been diminished further by the Corrigin fires in 2022.

2024 is the second year of implementation.



How do we know this program is going to have a positive affect?



Rest Easy!

The Resilience Project has been independently evaluated by both The University of Adelaide and The University of Melbourne. The 2019 study identified a range of improvements in schools participating in the program, including confidence and self-esteem, improved knowledge, ability to express emotions at school and at home, more supportive classroom environments and a significant increase in daily practice of gratitude strategies.

From 2019 -2021, 83002 students maintained consistent emotional wellbeing and general satisfaction during the height of the Covid-19 pandemic.

CDHS also consulted with schools already implementing The Resilience Project in WA and participate in ongoing training about how the Project works.