



# The Resilience Study: Overview and Design

RESEARCH BRIEF

## What is the Resilience Study?

Many Aboriginal and Torres Strait Islander students from remote communities in Australia have little choice but to attend boarding schools because there are limited secondary school programs available in their home communities.

The Resilience Study is a research project partnership between CQUniversity and the Department of Education Queensland's Transition Support Services (TSS). It was developed in 2014 in response to identified self-harm and suicide risk for TSS students who transition from Cape York and Palm Island to boarding schools across Queensland.

The project was funded by a 5-year National Health and Medical Research Council grant and is under the co-leadership of Professor Roxanne Bainbridge and Associate Professor Janya McCalman, CQUniversity.

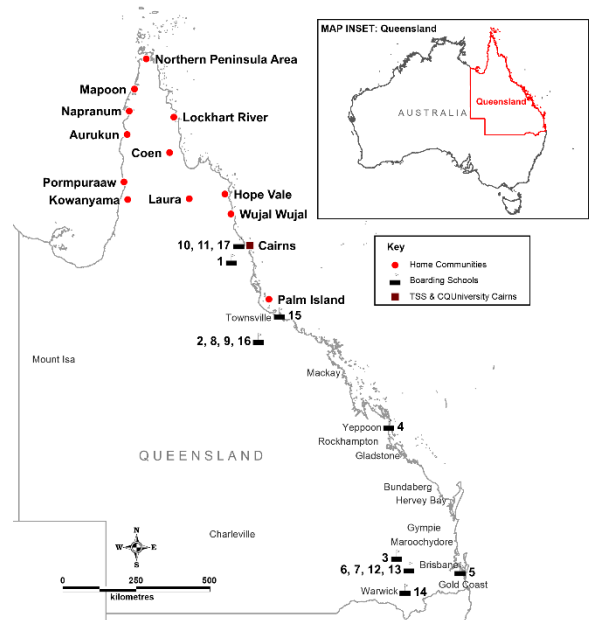
***Aim: To improve the resilience and wellbeing of Aboriginal and Torres Strait Islander boarding school students.***

## How was the research designed?

The project is a mixed-methods research study with a strengths-based and participatory action research (PAR) approach.

## Who has been part of the study so far?

- Transition Support Service**
  - Managers, Transition Support Officers, Student Mentors
- Secondary Students**
  - TSS supported students from Cape York and Palm Island, currently or previously enrolled in boarding
- Primary Students**
  - Primary school (year 6) students from two Cape York communities
- Participating Schools**
  - 17 TSS partnered boarding schools distributed across Queensland
- Community and Family**
  - Boarding students' families, members of remote communities such as Mayors and Council reps
- Education and Health Services**
  - Education Queensland, Apunipima Cape York Health Council, Primary Health Network, Boarding Australia



# Timeline and activities of the Resilience Study:

**2015**

- Funding from NHMRC
- Development of student surveys
- Training with TSS staff (Family Wellbeing, Resilience, Mental Health First Aid)



**2016**

- Piloted (tested) survey with students from 3 schools
- Student Camps (journey mapping)
- Schools and Communities Meeting
- Yarning Circles with students on cultural connectedness



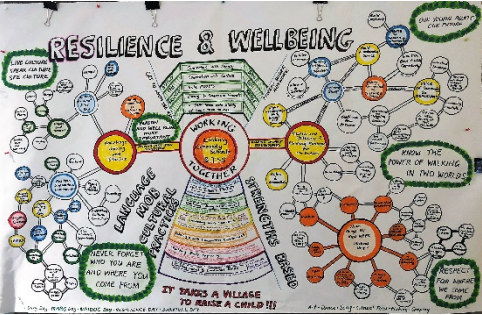
**2017**

- Survey with primary, secondary and re-engaging students
- STEP UP planning (school group 1)
- professional development and online sharing platforms
- Feedback to community and family members
- Schools and Communities Meeting



**2018**

- Survey with primary and secondary students
- STEP UP planning (school groups 1 and 2)
- professional development and online sharing platforms
- Schools and Communities Meeting



**2019**

- Survey with secondary students
- STEP UP planning (school group 2)
- Schools and Communities Meeting
- Final analysis and dissemination of results

