Personal Growth in Youth with Disabilities: The Role of Residential Immersive Life Skills (RILS) Programs

Diana Tajik-Parvinchi, Gillian A. King, Kathleen M. Einarson, Amy C. McPherson, Shauna Kingsnorth, & Jan Willem Gorter

Background

- Young people with disabilities often have limited opportunities to develop life skills and peer relationships.
- Residential Immersive Life Skills (RILS) programs can provide youth with disabilities with opportunities for personal growth and support their transition to adulthood.
- Since 2011, we have investigated the active ingredients and outcomes of RILS programs to understand what works. For a complete list of publications, visit:



hollandbloorview.ca/researcheducation/bloorview-researchinstitute/research-centreslabs/oipr-team/publications

Objective and Methods

- To integrate the findings from 9 articles that captured the perspectives of youth, their parents, and program staff.
- These studies included
 - Interviews and thematic analyses
 - Quantitative outcome measures
 - Mixed-methods research

Collaborators: Thanks to the OIPR Research Team, and to collaborating research sites across Ontario.



Residential immersive life skills (RILS) programs provide opportunities for meaningful, challenging, and supportive experiences that can propel youth on a new trajectory as they transition to adulthood





Key Findings

- RILS programs prepared youth for their futures by providing opportunities to:
 - Acquire essential life skills

 - awareness and increase motivation

 - and autonomy
- RILS establish new mindsets that reflect: •
 - Enhanced self-awareness
 - adult life
 - Increased motivation, initiative, and responsibility
 - Greater community involvement
- Longer-term outcomes for youth post-program varied depending on each person's needs and goals

I would say out of the whole experience, she came back a different kid. She came back confident... Like almost like a take charge kinda personality... I didn't think anybody could change in [X] days like that, but they can.

Conclusions

- Positive changes in one area have the potential to facilitate other adaptive changes
- For some youth with disabilities, residential immersive

Funding: Canadian Institutes of Health Research (CIHR) grant 175058, and the Holland Bloorview Kids Rehabilitation Hospital Foundation.

Develop supportive peer relationships Establish new mindsets that improve self-Increase self-confidence and self-efficacy Fulfil basic needs for relatedness, competency,

Personal growth, increased self-determination and self-efficacy, and enhanced preparation for

life skills programs can act as a life-altering turning point

Reference	Type of Study	
King, McPherson et al.	Observation and interview	
King, Hartman et al.	Interview	
Duff, McPherson et al.	Interview	
Duff, McPherson, & King	Interview	
King, McPherson et al.	Observation and quantitative outcome	
King, Kingsnorth, et al.	Interview	
King, Kingsnorth, & Tajik-Parvinchi	Interview and quantitative outcome	
Tajik-Parvinchi, Kingsnorth & King	Quantitative outcome	
McPherson, King et al.	Interview	

Research Objectives

Observed program opportunities and service providers' perceptions of opportunities

Meaning of after-hours social experiences

The method and practice of teaching in programs

Youth's thinking of their own emotions and other's emotions

Opportunity-experience link and experience-outcome link

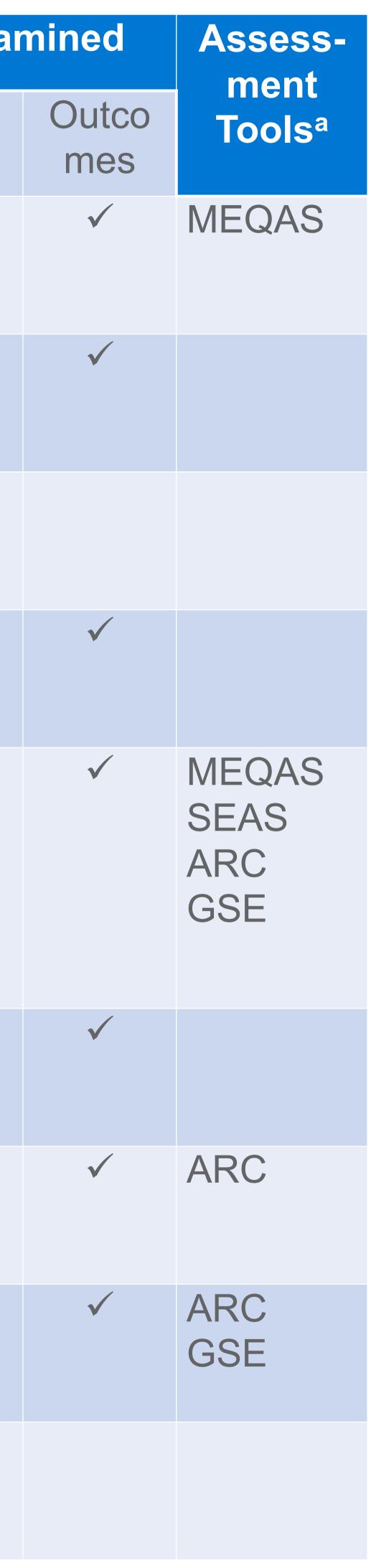
Parents' views of the benefits of programs

Changes in aspects of self-determination over time

Youth changes in self-determination and selfefficacy due to program participation

Parents' expectations and aspirations regarding program participation over time

Components Exa	
Oppor- tunties	Exper- iences
	Oppor-



Main finding in plain language, **emphasize** important words



Holland Blcorview Kids Rehabilitation Hospital **Bloorview** RESEARCH INSTITUTE



Heading Content



Heading Content

Main finding in plain language, emphasize important words









Heading Content

Main finding in plain language, emphasize important words



Holland Blcorview

Kids Rehabilitation Hospital



