CPD partners on series to encourage resilience

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"In many ways, pets can help us to live healthier lives," says CPD Director Matthew Wappett in a resilience tip.

Utah Public Radio listeners may have already noticed a familiar voice from the Center for Persons with Disabilities. Executive Director Matthew Wappett’s tips for resilience are part of a larger project created for anyone hoping to find ways to bounce back.

The CPD at Utah State University has joined with Utah Public Radio in a new community support storytelling program: “Project Resilience: Becoming Resilient by Overcoming Resistance.”

“Resilience is an important part of mental health, and the CPD is proud to be partnering with UPR to help increase awareness of how we build and foster resilience in our homes, workplaces, and communities. The CPD doesn’t just focus on serving people with disabilities, we also have a role in helping to prevent disability and promoting wellness.

“One of our goals over the next five years is to raise the awareness of mental health issues in Utah, to combat the stigma associated with seeking support for mental health concerns, and to develop effective community-based programs to foster resilience in our communities and schools,” Wappett said. “We are especially concerned about issues of mental health and resilience in rural communities, and we are making a concerted effort to address the needs there.”

In addition to the tips, the project shares stories of neighbors and friends who have experienced loss, assault, bullying, mental health challenges, and other tragedies.

UPR’s goal in sharing these stories is to strengthen individuals and communities. “By sharing coping tips and support resources, the project is designed to empower each of us to become more resilient,” Bringhurst said, whether the stressor is a one-time traumatic event or a result of daily pressures.

The Family Place and USU’s I-System Institute are also contributing to the tips, heard on UPR’s statewide radio network and upr.org. Personal stories designed to inspire hope and empower communities and individuals are also being produced by UPR and NPR as part of the project. The project includes an online database of local resources and information.

For more information, visit the UPR website.