

PARENT PROJECT®, Finally a program proven to help families!
THRIVE
is pleased to offer
THE PARENT PROJECT®

Parent involvement, the key to behavior change with difficult, strong willed adolescents:

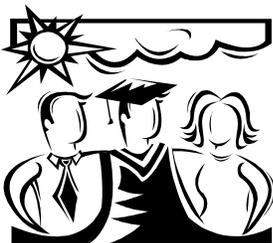
- The **PARENT PROJECT®** curriculum is designed for parents of defiant, difficult and acting out adolescents.
- This program teaches parents to implement boundaries and be consistent with disciplinary interventions.
- Parents practice in class what they learn as facilitators coach parents in developing new skills.
- Program includes self-support groups in which parents work together to develop new parenting strategies

Topics include:

- Reducing family conflict.
- Improving school performance and attendance.
- Identifying and intervening with drug and alcohol abuse.
- Interceding with negative peer associations (including inappropriate dating relationships and/or gang involvement).
- Helping parents set effective, applicable limits.

The PARENT PROJECT® format is highly structured and its goal is to teach a structured philosophy to parents:

- Presented in an educational format, parents are trained by certified facilitators utilizing a 180-page workbook, "*A Parents Guide to Changing Destructive Adolescent Behavior*".
- Parents receive twenty-six hours of instruction and support, all for a modest cost equal to the fee of about two clinical hours of counseling.
- Parents may repeat the course at no charge, allowing them to absorb and practice the information fully.



- Pre registration for classes is required.
- Classes offered throughout Placer County.
- Call for current schedule.

Presented by certified Parent Project facilitators

**You and/or class participants are welcome to contact us at:
916-663-6771**

Parent Project
“Changing Destructive Adolescent Behavior”
Parent Class

- Unit 1 **Understanding Our Children**
Strong-Willed vs. Compliant Children
Influence vs. Control
Influencing and Motivating Children
- Unit 2 **Addressing Problematic Behavior**
Expectations and Feelings
Preparing to Address Problematic Behavior
Threats of Running Away and Suicide
- Unit 3 **A Parent’s Formula for Success**
Active Supervision
Creating Structure
Improving School and Homework Behavior
- Unit 4 **Adolescent Drug Use**
What’s Out There
Recognizing Alcohol and Other Drug Use
Drug-Use Intervention Techniques
Six-Step Action Plan
Finding Help
- Unit 5 **The Out-of- Control Child**
Our Children’s Choice of Friends
Preventing Gang/ Occult Involvement
Out-of-Control Children
- Unit 6 **Developing a Personal Action Plan**
Concept Review
Establishing House Rules
Effective Action Plans
Time to Act
- Unit 7 **Finding Help and Support**
Support for Parents
Help for Children
Working in Support Groups
- Unit 8 **The Dynamics of Change**
“It’s Not Working!”
The Phases of Change
- Unit 9 **Managing Conflict in the Home**
Taking Time Out
Negotiating a Compromise
- Unit 10 **Active Listening**
The Five Steps

Parent Project- “Teen Success” Topics:

Teen Class

Who we are

Session 1 introduces the students to one another and establishes class rules. Students begin to identify their strengths and begin dialogue about self concept. Students will look at their values and what are the components of a healthy family relationship.

Family Dynamics and Self concept

Teens discover what they value and what influences them. Also they discuss how attitude and self concept influences their choices. Students take a look at family dynamics and how change and roles affect the dynamic.

Communication

Students learn the parts of communication, how messages are sent and received. How tone, body language and filters all relate the message. Students begin to practice with “I” messages and work with listening skills.

Anger Management

Student will learn to define conflict, examine the positive and negative associations related to conflict. Students will identify their own personal style for dealing with conflict and practice new skills for managing anger.

More Anger Management/ Communication

Students will learn alternatives for managing their anger. Students will learn to recognize their real feelings behind the anger. Students will practice communication skills.

Drug/Alcohol Use

Guest speakers are brought in and students learn the effects of drug and alcohol use. Peer learning often takes place here as students self identify the consequences of using drugs and alcohol and practice refusal skills.

Destructive Behavior

Students will learn the consequences of their destructive behavior, including poor school attendance, sexual activity, committing crimes, etc. Students will also examine the consequences of poor family relationships. Guest speakers will be brought in.

Stress Management

Students will learn to recognize the stresses in their life and the stresses they can and cannot control. Students will learn techniques for reducing their stress levels.

Goal Setting

Students will work on setting goals for themselves and how to achieve these goals. Students will discuss the process of change in their family.

More Goal Setting

Students will discuss how their goals for the week went and refine their goals. Students will identify short and long term goals. Students will identify who can support them in their goals.

Closing

Students will review what they learned in class and reinforce how they can use it at home and in the outside world.