



NEW HAMPSHIRE

Staying Connected with Your Teen
Parent Education Program offered by NH Teen Institute

About TI

The mission of the New Hampshire Teen Institute is to empower teens to lead healthy lifestyles and create stronger communities through community-focused prevention and leadership workshops. Our vision is for EVERY teenager to have the opportunity to discover the full capacity of their personal power and create healthier schools and communities.

Through TI's comprehensive and dynamic workshops and trainings, youth and adults improve communication skills, build positive relationships, enhance self-awareness, increase personal and social responsibility, and prevent violence, alcohol and other drug use, and high-risk behavior.

Youth Programming

TI's flagship program is the **Summer Leadership Program**: a week-long overnight summer program in which participants increase their knowledge on a variety of topics including substance abuse and addiction, bullying, conflict resolution, peer mentoring, and health and wellness. **Leaders in Prevention** is a 3 day retreat for teams of Middle School students to explore issues that uniquely affect their age group and work together to action plan ways they can address them in their home community. In addition, TI offers workshops on a variety of topics from an hour to a day for schools or after school programs, for the students or the adults who work with them.

Parent Education

TI offers a free parent education program for the parents of pre teens and teens - youth ages 11 - 17. *Staying Connected with Your Teen* is a workshop series aimed at developing important communication skills and family management practices proven to be helpful in promoting positive youth development and preventing negative outcomes in youth such as substance misuse, delinquency, and violence.

This is an opportunity to for parents/caregivers of preteens and teens to

- engage with other parents of teens and learn from each other, problem solve, create community and support
- enhance communication and family management practices
- decrease conflict within the home
- promote bonding during a time of independence

Program details

- Free!
- for the parents/caregivers/mentors of youth 11 -17 years old.
- evidence based, universal prevention program
- 10 hour curriculum - typically divided into five 2-hour workshops
- a TI trainer will come to your community to conduct the workshop

During the workshops, parents/caregivers will learn about

- adolescent development - the context we need to consider to understand our teen's behavior and feelings
- some of the known protective factors that help young people make healthy, positive choices during a time in their life where many less healthy opportunities present themselves
- power sharing - how to involve their teen in the family more - through family meetings, providing input in family management
- tools to help with difficult conversations and situations that will inevitably come up as teens navigate a time of increased independence
- how to guide teens in refusal skills
- how to supervise while maintaining strong family bonds

2018 Updates

In collaboration with local stakeholders, TI hosted *Staying Connected with Your Teen* in 11 communities in 2018: Pittsfield, Keene (2x), Manchester, Northfield, Franklin, Bethlehem, Sunapee, Lebanon, Cheshire County Correctional Facility, Kingston, and Nashua.

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About The Curriculum

Staying Connected with Your Teen is a universal prevention program for families of adolescents ages 12 - 17 developed by Drs. J David Hawkins and Richard F. Catalano. The program is designed to increase protective factors and reduce risk factors for problem behavior through family psychoeducation, skill-building exercises, and generalization to the home setting. Founded on the Social Development Model, *Staying Connected with Your Teen* is designed to help parents provide teens with opportunities to contribute to their families, to acquire skills needed to take advantage of those opportunities, and to increase parental monitoring, reduce harsh parenting, and use reward and recognition to promote bonding.

Session Summaries:

1. Adolescent Development, Risk Factors, Protective Factors
2. Family Meetings, Parenting Styles, Making Decisions, Solving Family Problems.
3. Communication and managing family conflict: identifying roadblocks, active listening, managing anger
4. Creating opportunities to involve teens in the family and building trust; setting family policies on health and safety issues
5. People who influence your teen; refusal skills; supervision that maintains strong family bonds

Research/Effectiveness

The **Staying Connected with Your Teen** program is recognized as:

- *Effective*, Model Programs Guide, Office of Juvenile Justice and Delinquency Prevention
- *Best Practice*, Center for the Application of Substance Abuse Technologies (CASAT)
- *Model Program*, Strengthening America's Families
- *Evidence-Based Program*, United Nations Office on Drugs and Crime
- *Level 2 Program*, Interagency Working Group on Youth Programs (IWGYP)
- *Promising Program*, Office of Justice Programs' CrimeSolutions.gov