

The Parent Project®

Program Awards and Recognition

Distinguished Program of the Year
California Youth Authority

California Governor's Crime Prevention Award

"One of Three Exemplary Programs in California"
- Governor Pete Wilson

Program of Choice
Western Regional Center for Drug Free Schools and
Communities (Portland, Oregon)

An E.R.I.C. Program

The Parent Project is a program of First for the Future
(530) 647-1800 jboltz@fftf.net
Web site: <http://fftf.net>

The Parent Project®

Program Outcomes

- Over 100,000 families have benefited
- Implemented nationwide
- Increased school attendance
- Parents report a significant increase in their range of control

- Independent Research Three Year Study Results:
 - 95% reduction in school expulsions and drop outs
 - 30% decrease in juvenile probation cases
 - 20% in Juvenile drug violations
 - 23% reduction in juvenile detention days
 - 33% reduction in juvenile court petitions; control county had 10% increase during same period of time
 - Estimated savings to the county = \$1.1 million
 - Increased ADA to district = \$100,000

The Parent Project®

A program of *FIRST FOR THE FUTURE*

What is it?

- A 10 to 16-week parent training program designed specifically for parents of strong-willed or out-of-control adolescent children.
- The curriculum teaches concrete identification, prevention, and intervention strategies for the *most* destructive of adolescent behaviors (poor school attendance and performance, alcohol and other drug use, gangs, runaways, and violence).

How does it work?

- Parents attend and learn in a structured setting, to manage teen behavior problems at home.
- Engaging activity based 180-page manual *A Parent's Guide to Changing Destructive Adolescent Behavior* is provided for program participants.
- Parents meet one night per week, two to three hours per night.
- Parent support groups are formed using the UCLA, Self-Help Support Group Model.

Who teaches the program?

- Certified First for the Future trainers.

Why the Parent Project?

- Fourteen years in development, the *Parent Project* was created through parent input. 95% of parents completing the program are successful!
- Over 100,000 families have attended *Parent Project* classes, nationwide.
- The *Parent Project* is the largest court-mandated/juvenile diversion program of its kind in the country.
- The *Parent Project* reduced juvenile crime by 15%, while significantly increasing school attendance and performance. ADA increased 10%.
- The *Parent Project* teaches Parenting skills that are appropriate for typical teen problems

For more information:

First for the Future

(530) 647-1800 email jboltz@fftf.net or visit www.fftf.net

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The Parent Project is unique, because families developed it. The curriculum is a compilation of the answers to questions asked by parents.

- My child refuses to go to school. What do I do?
- My child continually lies. How can I get him to be truthful?
- Our son is irresponsible and disrespectful. We are completely frustrated and have run out of punishments. Can we change his behavior?
- What can I do when my child stays out all night and won't tell the truth about her whereabouts?
- What can I do about the negative peer pressure my daughter experiences?
- What can I do about my son's gang involvement?
- My fourteen-year-old is addicted to crack and is into prostitution. How can I get her back?
- My teenager refuses to be part of our family. What can I do?
- My child is totally turned off to school and is convinced he's a failure. How can I help him get back on track?
- My husband and I constantly disagree about how to deal with our children and their problems. How can we be more effective together?
- What can we do when our child is physically abusive?

The Parent Project offers parents concrete, no-nonsense solutions to even their most difficult questions.

Straightforward, step by step action plans presented by trained professionals allow parents to take immediate steps toward intervention – and hope for their children.

Project Goal

To reduce community and youth gang violence, drug use, high school dropout rate and family conflict by identifying and assisting concerned parents of high risk youth.

Project Objectives

Parents will be able to:

- Describe the importance of demonstrating love and affection.
- Demonstrate and utilize effective discipline methods with their out-of-control or strong-willed children.
- Demonstrate effective methods of reducing family conflict.
- Demonstrate and utilize methods of improving their children's school attendance and performance.
- Recognize, confront and intervene with adolescent drug and alcohol use.
- Recognize, confront and intervene with their children's gang involvement or negative peer association.
- Develop effective action plans to stop any unwanted behavior.
- Explore and practice the UCLA, self-help parent support group model.
- Improve their relationship with their children.

Parent Project Topics

Part One: *Laying the Foundation for Change*

Session I Understanding Our Children

Introduces parents to a parenting model for strong-willed children. Presents and practices key techniques for demonstrating love and affection and the three most effective methods of influencing and motivating children.

Session II Addressing Problematic Behavior

Parents learn and practice strategies to effectively confront problem behavior and reduce family conflict.

Session III Supervision, Structure & Improving School Performance

Introduces parents to active supervision and structure in the home. Parents learn and practice how these parenting techniques are applied to improve school attendance and performance.

Session IV Drug Use: Identification, Intervention and Prevention

Parents learn and practice how to identify and intervene with adolescent drug and alcohol use.

Session V Youth Gangs: Identification, Intervention and Prevention

Parents learn and practice how to identify and intervene with all negative peer associations including youth gangs and the occult.

Session VI Developing Personal Action Plans

Parents learn and practice how to develop and initiate effective action plans to stop unwanted behavior. Parents discuss the benefits of parent support groups.

Part Two: *Changing Behavior & Improving the Parent/Child Relationship*

Session VII Finding Help and Support

This mini-lesson is designed to help direct parents to the community resources available to their families and introduces parents to the utility of the support group process.

Session VIII The Dynamics of Change

Parents explore the process of change and classify which phase of change their families are currently experiencing.

Session IX Managing Conflict in the Home

Parents learn to recognize potential causes of parent/child conflict and practice strategies for reducing conflict in the home.

Session X Effective Communication Skills: Active Listening

Introduces parents to the components of active and reflective listening. Parents discuss potential barriers to listening to their children and methods of overcoming these barriers.

Session XI Communicating Parental Views and Feelings

Parents practice communicating their views and feelings with effective "I Messages."

Session XII Building Positive Self-Concepts

Parents learn to recognize the negative messages that are unwittingly sent to children that damage self-esteem and practice methods of positive self-concepts in their children.

Session XIII Consistency

Parents discuss why it may be difficult to remain consistent with their children and describe some of the negative messages parents send to children when they are inconsistent.

Session XIV Expectations, Standards and Values

Parents recognize the importance of teaching children family values and learn to communicate their expectations to their children.

Session XV Promoting Family Unity

Parents list possible strategies for promoting family unity and discuss methods of helping children recognize their importance to the family unit.

Session XVI Putting It Together and Making It Work

In this final unit, parents discuss the benefits of continuing the support group process and learn to facilitate group meetings. Groups are encouraged to continue meeting on their own using the structured self-help parent support group format. Additional resources and support for individual groups are provided as needed.