



ParentProject®

Transitions-Mental Health Association

Inspiring hope, growth, recovery and wellness in our communities.



WELLNESS • RECOVERY • RESILIENCE

TMHA Youth Family Partners offer Parent Project®, Sr. and Jr. classes, in both English and Spanish, throughout SLO County during Fall, Winter and Spring.

What is Parent Project®?

- The Parent Project® Sr. is a 10 to 16-week parent training program designed specifically for parents of strong-willed or out-of-control adolescent children, ages 11 to 18. Loving Solutions, Parent Project® Jr., is a 7-week program for parents with difficult younger children, ages five to ten. It uses the same successful principles from the Parent Project® Sr., but is adapted to the needs of younger children and includes a unit addressing the special needs of children with ADD/ADHD.
- The Parent Project® Sr. 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 violent teens).

How does it work?

- Parents learn in a classroom setting how to manage teen behavior problems at home.
- An activity based 216-page workbook, "A Parent's Guide to Changing Destructive Adolescent Behavior," is available only to program participants.
- Parents meet once per week, three hours per session, for 10 -16 weeks.
- Parent support groups are formed using the UCLA, Self-Help Support Group model.
- Program orientation: behavior modification, step-by-step action plans for parents, straight forward and practical behavioral interventions.

Who sponsors and teaches the program?

- The Parent Project® is presented by schools, police and probation departments, mental health agencies, churches and other community based organizations.
- There are over 3,500 trained facilitators in 36 states across the U.S., who have successfully completed the 40-hour Parent Project® Facilitator Training.
- Transitions-Mental Health Association has three trained facilitators.

Why the Parent Project®?

- Thirteen years in development, the Parent Project® is the only course of its kind.
- Over 150,000 families have attended Parent Project® classes, nationwide.
- The Parent Project® is the largest court-mandated, diversion program of its kind in the nation.
- With a proven track record, the Parent Project® reduced juvenile crime by 1/3, while significantly increasing both school attendance and performance.
- The Parent Project® was recognized by the American Bar Association as the strongest parent-involvement program for adjudicated youth in the nation. -Excerpt from www.parentproject.com with additional information

For more information:

- Letty Mendoza, SLO & South SLO County: 805-458-6388 (*Se habla Español*)
- Patty Ramirez, SLO & North SLO County: 805-458-2596 (*Se habla Español*)
- Laura Gaisie, SLO & North SLO Coast: 805-503-0009