

Program for Parents of Adolescents & Teens

Lunch & Learn June 29, 2021

PAT Program Landscape Analysis:

Survey Findings Highlights

Parent Feedback:

- Additional credentials beyond simply having parented an adolescent
- Trauma-informed approach
- Access to a set of vetted resources and knowledge of when and how to refer parents to experts

Teen Feedback:

- Youth overwhelmingly not interested in joining groups with parents/caregivers
- Two most pressing challenges with parents identified as
 - Lack of desire to understand, share youth perspective
 - Lack of time (parents too busy)

General Feedback:

- Monthly or bi-monthly (regular) meetings
- Blend of educational resources, idea-sharing, and community-building
- Topic-driven
- Facilitated discussion to keep conversation focused
- Split groups for parents of younger adolescents and older adolescents
- Not hosted in participants' homes

PAT Program Landscape Analysis:

Barriers & Recommendations

Barriers

- Time*
- Privacy/confidentiality concerns
- Language and cultural differences
- Location

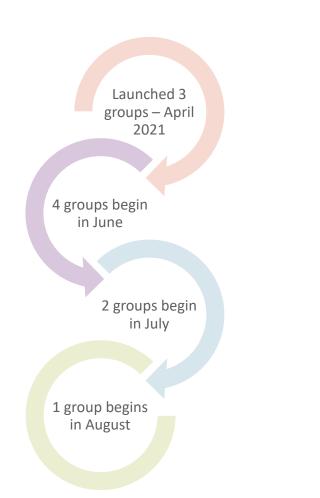
Recommendations

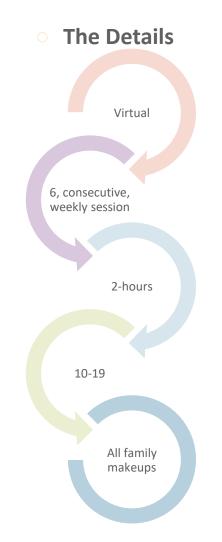
- Provide groups for parents by age of teens early adolescent and later adolescent
- Some groups should be direct service and some partners
 - Service to the East side of Lake Washington and also the Seattle Metro area
 - Work with partner organizations to reach more families
 - Leaders should have a background and/or credentials working with families with adolescents/teens

PAT Pilot Groups

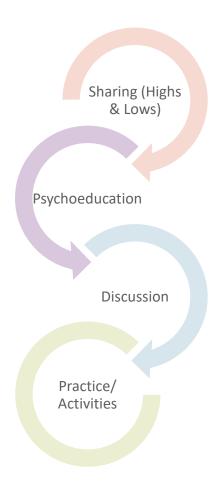


Past/Present/Upcoming Groups





Session Elements



PAT Curriculum



Adolescent Development Adolescent Brain Development Adolescent Identity Development Gender Identity Development

Sexual Orientation

Development





Relationships Social Talking to The Social World Adolescents about of Adolescents Sex & Sexuality The Online World Adolescent of Adolescents Relationships

Navigating the Adolescents & Transition to Substance Use Middle School Navigating the Growing

Transitions

Transition to High

School

Navigating late

Adolescence-the

transition to

college

Independence &

Other

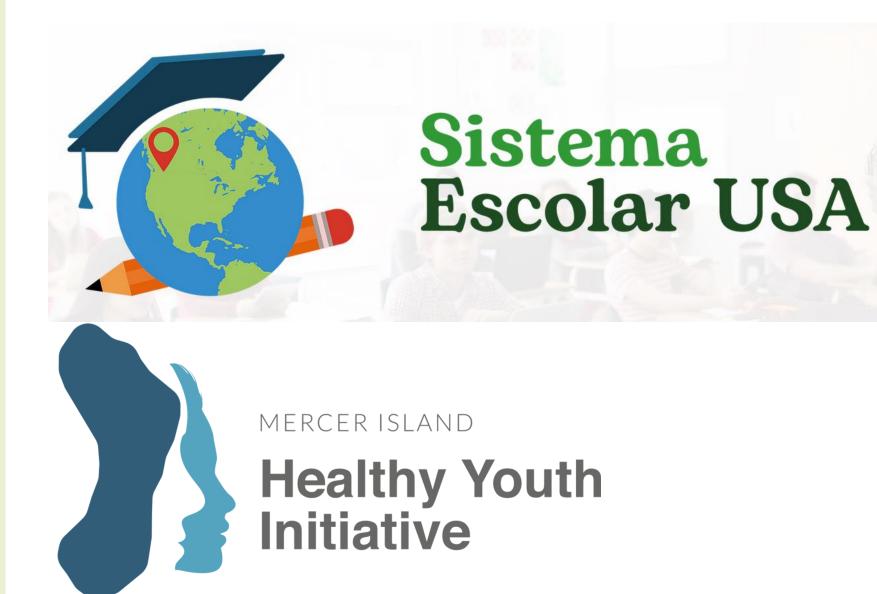
Multicultural Adolescent

Parents Role in an Adolescent's education

PAT Group Leaders



PAT Partnerships



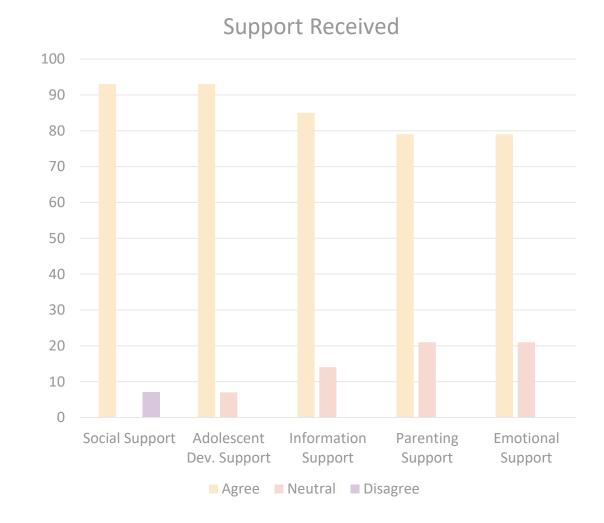
What Have We Learned So Far...

Process for Evaluating Outcomes

- Pre-Survey
- Weekly Feedback Survey
- Post-Survey
- *Data Specialist!

Preliminary Findings

- Longer sessions
 (1.5 hour → 2 hours)
- Caregivers want to choose weekly topics
- + 6-week series



Next Steps

Pilot Groups
Continue to Develop/Revise
Curriculum
Conduct Anti-Bias review of
Curriculum
Finalize Leader Training
Collect/Analyze Data

Analyze Pilot Data
Finalize Curriculum
Pilot Partnership Groups,
Build new partnerships
Develop Registration System
Develop Marketing Strategy
Secure Future Funding

Program Roll Out
Continue to evaluate, iterate
and evolve

Summer/Fall 2021

Fall/Winter 2021

Winter 2022

Opportunities to Stay Engaged

