

**PEPS**

PROGRAM FOR EARLY PARENT SUPPORT

# **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

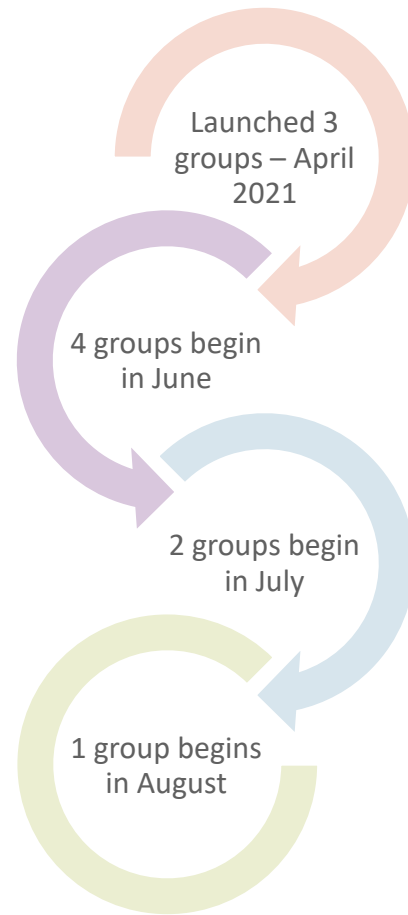
### Recommendations

- 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



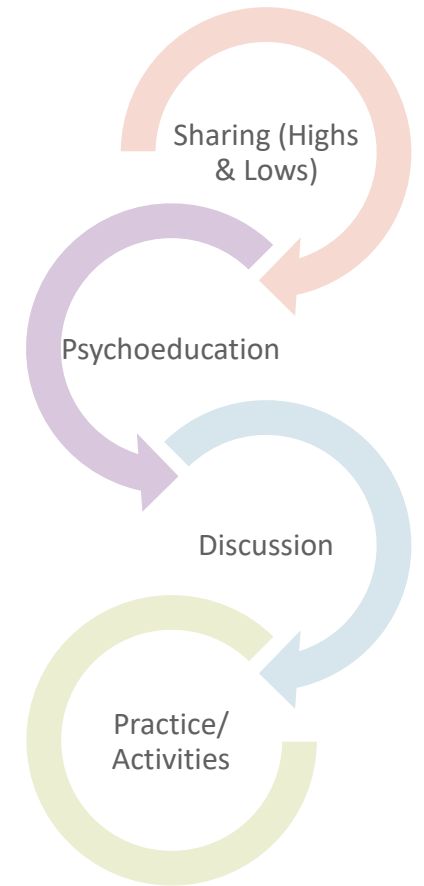
## ○ Past/Present/Upcoming Groups



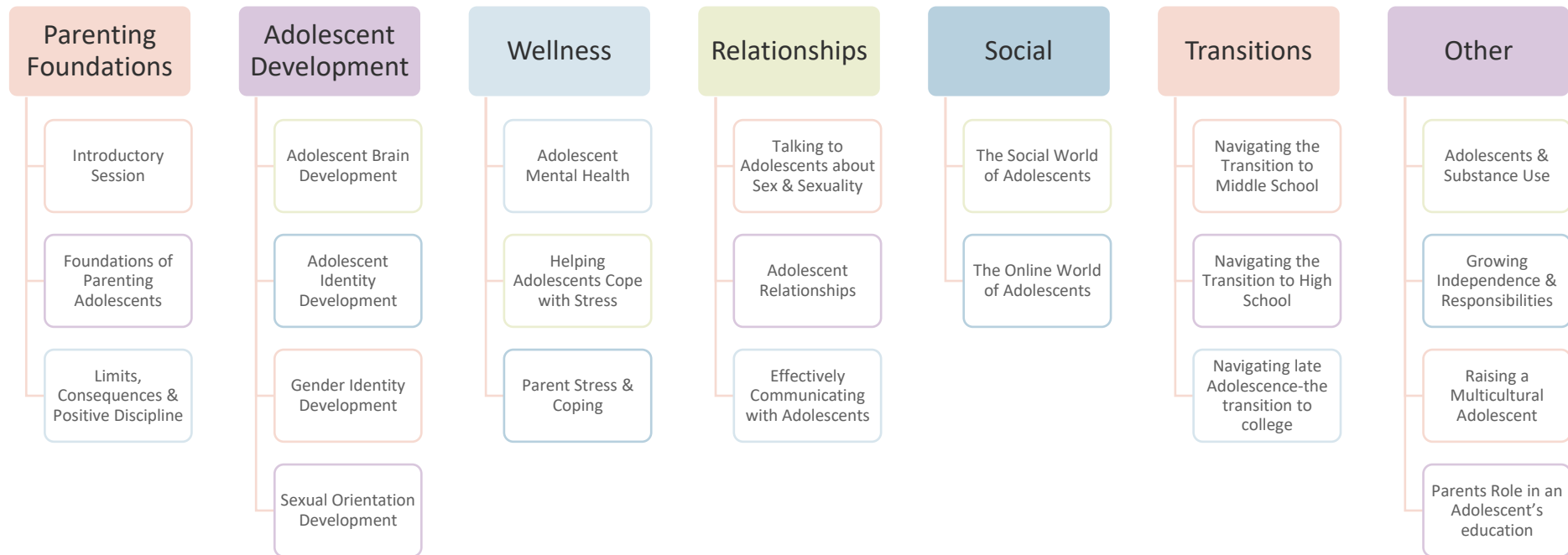
## ○ The Details



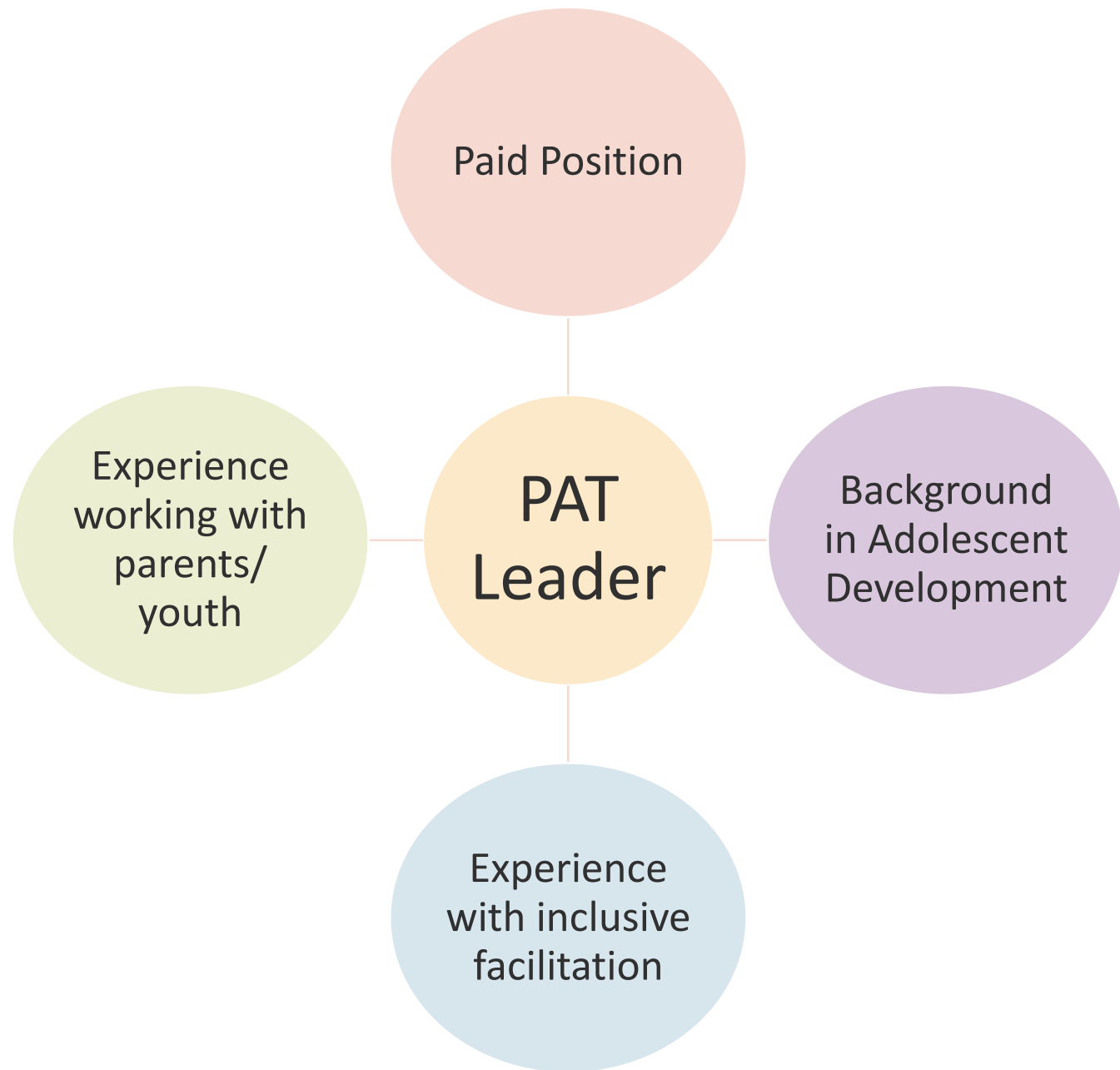
## ○ Session Elements



# PAT Curriculum



# PAT Group Leaders



**PAT  
Partnerships**



**Sistema  
Escolar USA**



MERCER ISLAND

**Healthy Youth  
Initiative**

# What Have We Learned So Far...

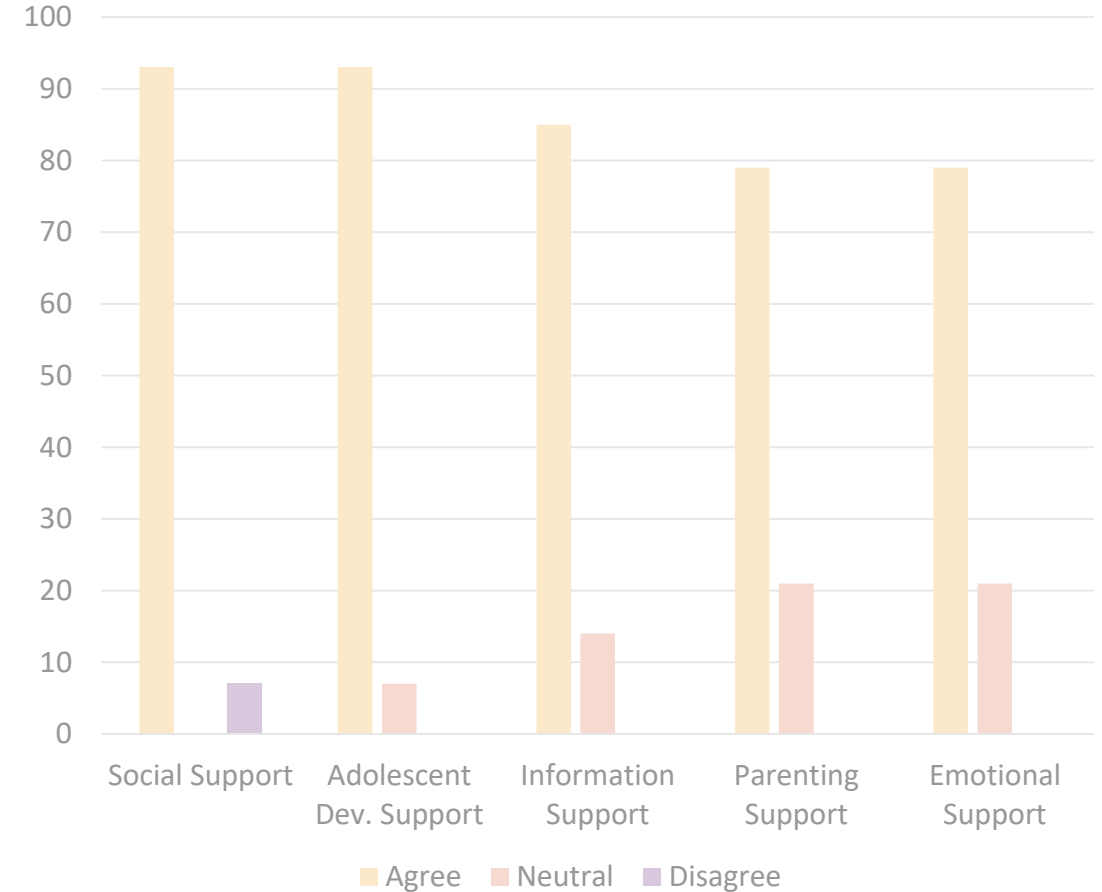
## Process for Evaluating Outcomes

- 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

## Support Received





# Next Steps



# Opportunities to Stay Engaged

Participate in a pilot group

Be a Group Leader

Serve as a PAT Program Advisor

Share about PAT in my networks

Make introductions to potential partners

Write curriculum

Be a PAT Guest Speaker