

## Today's Road Map

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- Introductions
- About PAT
- Get Involved!
- Questions
- Closing & Next Steps

### **Introductions:**

- Name/Pronouns
- Organizational/  
Community affiliation?
- What brought you here today?
- What are you hoping to learn?

# Parents are a powerful influence in the lives of their youth

## FACTORS THAT CAN SHAPE THE MENTAL HEALTH OF YOUNG PEOPLE

Source: Adapted from WHO's Determinants of Adolescent Health Development: An Ecological Model, 2014 and Bronfenbrenner & Ceci (1994)



*These are examples and not a comprehensive list of factors*

“It would be a tragedy if we beat back one public health crisis only to allow another to grow in its place. Mental health challenges in children, adolescents, and young adults are real, and they are widespread. But most importantly, they are treatable, and often preventable.

Our obligation to act is not just medical — it’s moral. I believe that, coming out of the COVID-19 pandemic, we have an unprecedented opportunity as a country to rebuild in a way that refocuses our identity and common values, puts people first, and strengthens our connections to each other.”

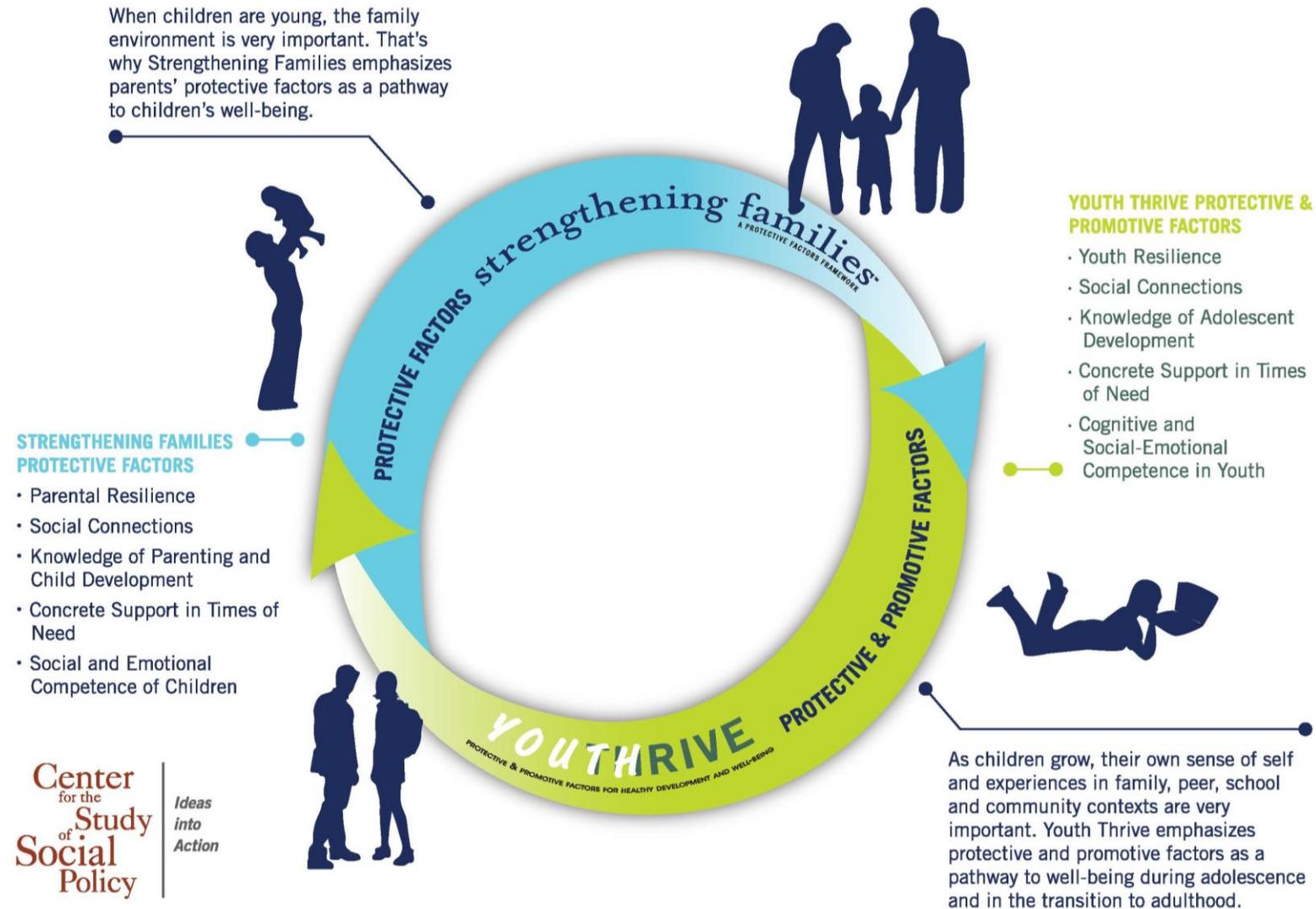
— U.S. Surgeon General Vivek H. Murthy

Research shows that teens who believe their parents disapprove of risky behaviors are less likely to choose those behaviors.

Teens report that their parents have the greatest influence over their risk behavior decisions — more than friends, siblings, or the media.

Source: CDC  
([https://www.cdc.gov/healthyouth/multimedia/infographics\\_posters/infographics.htm](https://www.cdc.gov/healthyouth/multimedia/infographics_posters/infographics.htm))

# A Protective/ Promotive Factors Frame Across Development



# Youth Thrive: Five Protective/Promotive Factors

	1. KNOWLEDGE OF ADOLESCENT DEVELOPMENT	2. SOCIAL CONNECTIONS	3. SOCIAL & EMOTIONAL COMPETENCE OF YOUTH	4. CONCRETE SUPPORT IN TIMES OF NEED	5. YOUTH RESILIENCE
WHAT IT LOOKS LIKE IN PAT	<ul style="list-style-type: none"> <li>Caregivers gain understanding of adolescent development:                             <ul style="list-style-type: none"> <li>Biological, brain, cognitive, social, emotional development</li> <li>How stress impacts adolescent development/behavior</li> </ul> </li> <li>Caregivers learn about/discuss parenting strategies that:                             <ul style="list-style-type: none"> <li>support social, emotional, cognitive, biological/brain development</li> <li>Support psychological and physical wellbeing (for parents and adolescents)</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Caregivers gain multiple friendships and supportive relationships with other caregivers</li> <li>Caregivers feel respected and appreciated</li> <li>Caregivers accept help/support from others, and give help/support to others</li> </ul>	<ul style="list-style-type: none"> <li>Caregivers adopt an open and nonjudgmental stance that fosters a strong and secure relationship with their adolescent</li> <li>Caregivers encourage and reinforce open, effective communication, adaptive behaviors and skills they want to see flourish in their adolescent, but also feel able to provide boundaries, and set limits</li> </ul>	<ul style="list-style-type: none"> <li>Caregivers gain access to concrete support and services that address a family's needs and help minimize stress caused by challenges</li> <li>Caregivers can seek and receive support when needed during and outside of groups</li> <li>Caregivers gain knowledge about services and resources available and how to access them</li> </ul>	<ul style="list-style-type: none"> <li>Group participation promotes family and adolescent interactions that:                             <ul style="list-style-type: none"> <li>help adolescents develop the ability to communicate effectively</li> <li>recognize and regulate their emotions</li> <li>establish and maintain relationships.</li> </ul> </li> </ul>

## Program Overview

### Group Details

- 9-weeks; 2-hours long; week 5 is “social-connection break”
- Via Zoom
- Facilitated by skilled leaders with a background in adolescent development and psychology, trained in inclusive facilitation.
- Sharing (highs & lows), Education, Discussion, Activities (practices, role-plays, etc.)
- Flexible Pricing

### Curriculum

- Parenting adolescents (req)
- Adolescent brain development (req)
- Pandemic Parenting
- Identity development
- Talking about sex & sexuality
- Gender & sexual orientation development
- Adolescent mental health
- Effective Communication with adolescents
- Social world of adolescents
- Online world of adolescents
- Parent stress & coping
- Helping adolescents deal with stress
- Ethnic/racial identity development & anti-racism
- Adolescents and substances

# PEPS-PAT Partnerships

Partnerships are an essential part of this program that we want to continue to grow!



**BAINBRIDGE  
YOUTH SERVICES**

[askBYS.org](http://askBYS.org)



MERCER ISLAND

**Healthy Youth  
Initiative**



# OUTCOME DATA



21 pilot groups (17 English-language groups; 4 Spanish-language groups)

147 caregivers participated

# Outcome Data



9 OUT OF 10  
OVERALL SATISFACTION

68-89%  
Would participate in a future  
PAT group

*"...I found that learning alongside and making connections with other parents of teens is such a powerful way to increase my skills and confidence as a parent. Just knowing...that we all encounter challenges and can face them together...makes it easier to handle the challenges."*

— English language PAT pilot participant

*"... I appreciate the different experiences and stories, but core shared values we have to raise our kids to be kind, smart, and strong. I just get so much from everyone's sharing and stories. I'm a better parent. This is a relaxed space. This is not a burden I'm carrying all by myself. I'm accepted here without judgement. I love all the words that everyone has shared and I'm trying to retain them for my own use with my family."*

— English language PAT pilot participant

*"...The ability to open up was so liberating. The vulnerability that everyone offered was key. I loved the variety of topics! This was extremely beneficial, and I've told all my friends about it. I didn't have to show up with my happy mom face, I could simply show up.."*

— English language PAT pilot participant

*"...(I) Have already recommended it [the PEPS PAT program]! Parenting an adolescent feels like a whole new parenting experience and having a space to talk about issues and connect with other parents is very valuable."*

— English language PAT pilot participant

# Outcomes

## 93% adolescent development support

90% - helped them find ways to support their adolescent's development across a variety of issues

97% - taught them about different developmental tasks that happen in adolescence

## 88% parenting support

88% - learned tips for engaging with and spending quality time with their adolescents

88% - learned strategies for responding to their adolescent's psychological and emotional needs.

87% - increased their confidence in their ability to parent their adolescents

## 85% emotional support

82% - group helped them feel less overwhelmed

## 72% information support

75% - introduced them to helpful resources for adolescent development and parenting support,

69% - introduced them to helpful mental health and crisis services

## 71% social support

87% - taught them that having mixed feelings about parenting were to be expected

# Faces from the PAT Community



# How can you support and grow PAT?

Participate in a group!

Become a Network Partner

Become a Community Partner

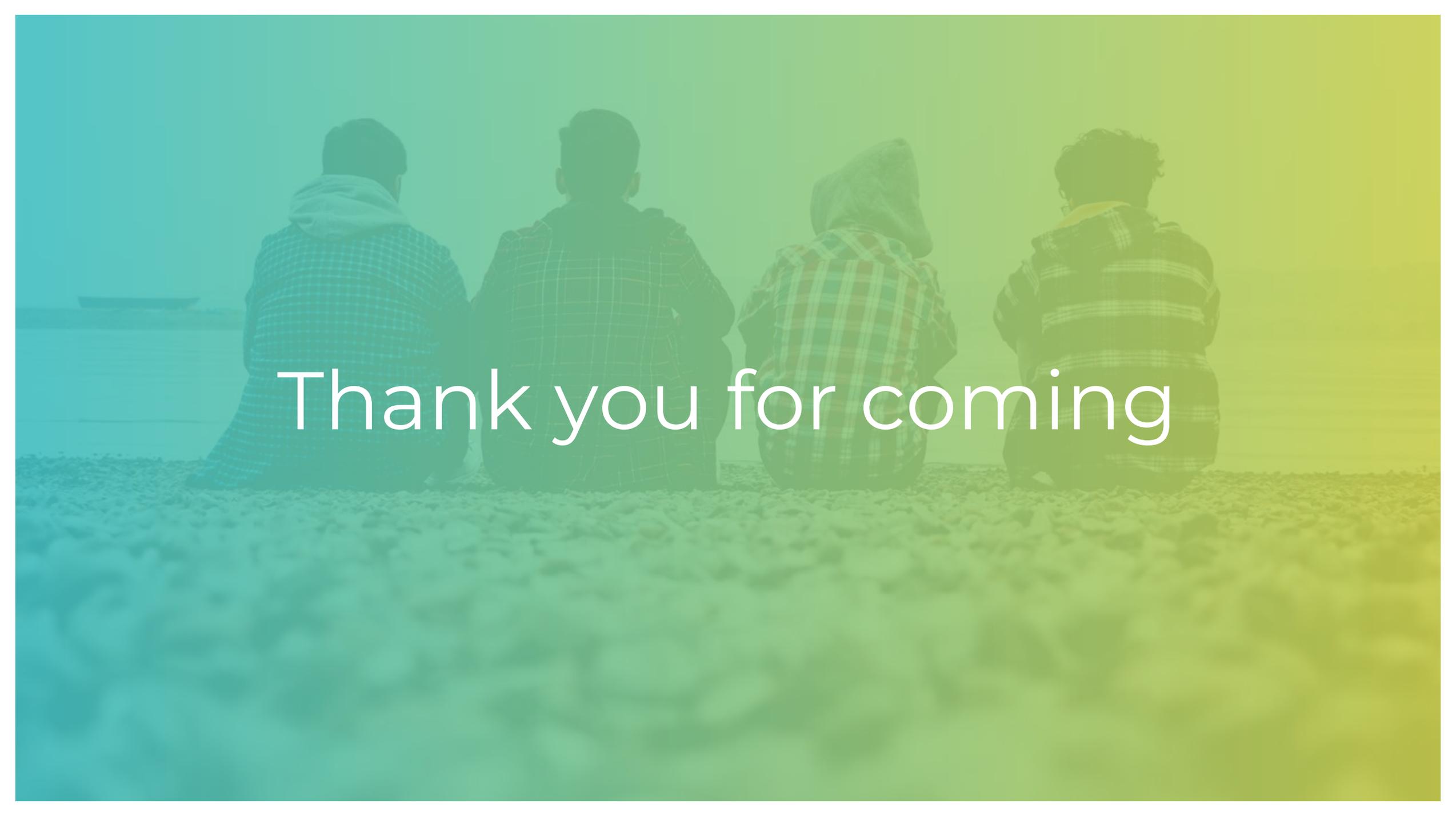
Post about PAT on your website

Share about PAT in your networks

Make introductions to potential partners

Share about PAT with your PTA

Become a PAT Ambassador at your school

A photograph of four people sitting on a beach, viewed from behind, looking out at the ocean. The image is overlaid with a teal-to-yellow gradient. The text "Thank you for coming" is centered in white. The people are wearing plaid jackets. The ocean is visible in the background with a small boat on the horizon.

Thank you for coming