

# Family Involvement Network + Prevention Coordinators' Meeting



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December 7, 2012

# Why are we here?

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- Family Involvement Network
- Prevention Coordinators
- This year's themes:
  - Nuts and bolts of successful events
  - Bringing in experts
  - Risky behaviors
  - Developmental Assets
  - Mental and Physical Health



# Agenda

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- Getting to Know You...
- Prescription and OTC Drug Abuse
- Family Day
- Family Communication
- Now What? *Call to Action...*
- Technology for Families
- Announcements
- Meeting Evaluation



# Prescription and Over the Counter Drug Abuse

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- *What parent presentations focus on substance abuse and family-related preventive factors?*
  - Ronnie Reeves - CSP Inc., Project PATH  
[rreeves@cspinc.org](mailto:rreeves@cspinc.org)

## **Purpose:**

- 1. Deliver current information*
- 2. Provide a model for your own parent meetings*



# Family Day

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- *How can we support positive family communication?*
  - Family Day – Family Meals
  - ADEPT Parenting Program
  - Sherryl Ramos, OCHCA

## **Purpose:**

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# Positive Family Communication

Asset 12

## Positive Family Communication

Young person and her or his parent(s) communicate positively, and young person is willing to seek parent(s)' advice and counsel.

26% of youth surveyed have this asset in their lives.

### A Letter to Mom and Dad

**Focus:** Youth write a letter to tell their parents about a topic that's difficult to bring up.

### The Family History of Talk

**Focus:** Youth talk with their parents about their parents' experiences as a teenager.

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You will need:

- writing paper for each youth
- an envelope for each youth

EXTERNAL ASSETS: SUPPORT

Give each youth a piece of writing paper and an envelope. Encourage youth to write a letter to their parent(s) about a topic that they really want to talk about but have never felt comfortable bringing up. Tell youth that they can decide whether or not to give the letter to their parents, or to show it to anyone. What's most important is to be really honest.

- Give youth, 10-15, 15c.
- How did it feel to write about this topic in a letter?
- What do you think would happen if you gave your letter to your parent(s)?
- What's the worst reaction you might get?
- What's the best reaction you might get?
- What are other ways you can bring up difficult topics with your parent(s) besides writing a letter?

**Note**

Make it clear that youth do not have to give the letter to their parents. If they choose not to, they might find it useful to think about other ways to bring up tough topics.

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Have youth talk to their parents about their parents' growing-up years. Encourage youth to ask a lot of questions to find out how their parents' family dynamics were similar to and different from the youth's family dynamics. They might ask questions such as:

- What did you think of your parent(s) when you were a teenager?
  - What are some of your best memories of your parent(s) when you were a teenager?
  - What kinds of things did you most often talk about in your family?
  - Which topics were hard to talk about with your parent(s)? Why?
  - Who did most of the disciplining?
  - Who did most of the household chores?
  - How many hours a week did your parent(s) work outside of the home?
  - What did you think about your parent's job(s)?
  - What did you like best about your family? Why?
  - What did you like least? Why?
  - Which rituals or traditions (such as always eating one meal together a day) did your family have that you really liked? Why?
  - What do you think of the way your parent(s) raised you now that you're a parent yourself?
- Have youth repeat back what they found talk about similarities and differences. Ask:
- What was it like to ask your parents these kinds of questions?
  - Which questions got the longest answers? The shortest?
  - What surprised you the most?
  - How similar to or different from your lives were your parents' childhood and teenage years?
  - What can we learn from this experience about how to communicate with and relate to our parents?

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# Family Communication Parent/Educator Panel

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- *How can we support positive family communication?*
  - Linda Clinard, ECE
  - Krista Murphy, ECE
  - Wendy Rogan, ACCESS
  - Kelly Townsend, Drug Prevention Educator

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# Family Communication

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1) How did you get around difficult-to-talk-about topics? How did you come to address them?





# Family Communication

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2) Which rituals/traditions (such as always eating one meal together a day) did (or does) your family have? Why?



# Family Communication

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3) Given that you had childhood experiences with your own parents, and then you became an educator, what component influenced your parenting style?



# Technology for Families

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- What are some websites you can share with your parents/families?
  - Ronnie Reeves - CSP Inc., Project PATH



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# Tech for Families

## 1. Bluelight –

<http://www.bluelight.ru/vb/forums/42-Drug-FAQs>

## 2. Erowid –

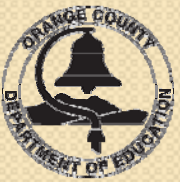
<http://www.erowid.org/>



# Announcements

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- Military Families
- Kaiser Educational Theater
- Student Mental Health Initiative
- TUPE Grant
- Other?!



# ***Save the Date***

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***for the  
Parent Support Services Faire on  
Friday, June 7<sup>th</sup>  
at Orange Coast College!***



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# Thank you!!

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Please do three things:

- 1) Complete your Feedback Form
- 2) Fold it in half
- 3) Leave at the center of your table

***Next meeting: Friday, February 1<sup>st</sup>  
Developmental Assets***

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