

PARENT PROJECT[®]

REPLACING FRUSTRATION AND ISOLATION WITH HOPE AND ENCOURAGEMENT

The Parent Project is a free, 12-week course designed for parents and caregivers with adolescents who display challenging behaviors. Offered in both English and Spanish, the classes teach both prevention and intervention strategies that focus on the following areas:

- Dealing with unhealthy and/or dangerous behaviors in teens
- Strengthening family relationships

Participants gain access to resources and other support systems available in their communities, and also practice effective parenting skills that include:

- Developing appropriate family structure
- Preventing or ceasing the use of alcohol, drugs and tobacco
- Enhancing communication skills
- Improving grades and school attendance

All classes meet for three hours per week. Course materials, dinner and limited childcare are provided by San Mateo County at no cost.

MAJOR ACCOMPLISHMENTS

The Parent Project is a national award-winning and evidence based curriculum where 300 parents—representing more than 700 children—have graduated. Data was gathered at the start of the course, in a six-month follow-up, at the end of the course the results are dramatic, heartwarming and inspiring.

Participants report an overall increase in the following areas:

- Satisfaction with the relationship with their children
- Involvement in their children's lives
- Patience with their children
- Spending time with their children

While nearly all attendees report that their specific needs were met by the Parent Project, their children also reaped the rewards of program completion.

- Of the children who had been suspended from school prior to their parents attending the course, 95 percent were suspended less frequently or not at all.
- Of the children who had been expelled from school prior to their parents attending the course, 100 percent were expelled less frequently or not at all.
- Of the children who had been chronically absent from school prior to their parents attending the course, 73 percent reported a higher school attendance record.

TODAY'S SOLUTIONS, TOMORROW'S SUCCESSES

San Mateo County Behavioral Health and Recovery Services is pleased and honored to provide the services of the Parent Project to families in need. The future of our communities hinges directly on the welfare of our young people, and we are committed to doing everything in our power to ensure a bright tomorrow for us all.

SAN MATEO COUNTY BEHAVIORAL HEALTH AND RECOVERY SERVICES
OFFICE OF DIVERSITY AND EQUITY

225 37th Avenue | San Mateo, CA 94403 | www.smchealth.org/ODE | 650.573.2714

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