



Why Connect? Why Connect?

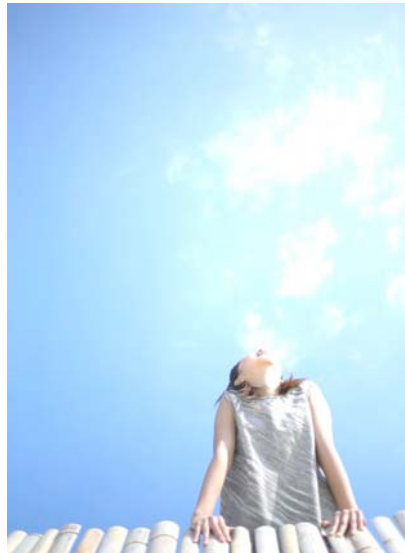
Developed uniquely for parents & caregivers of youth based on research examining:

- ✓ Attachment
- ✓ Child & Adolescent Development, Mental Health & Social Well-Being
- ✓ Parenting & Family Functioning
- ✓ Prevention & Intervention Research
- ✓ Parents' Feedback
- ✓ Short and Long-Term Effectiveness

DOES CONNECT WORK?

We really listen to parents and have used their feedback to shape the Connect Program. We make sure we get feedback from parents every time a Connect group is provided to monitor whether it is helpful. Connect has promising outcomes, both short and long term. Parents report feeling less stressed and more effective in parenting; they see fewer behavior problems and better social functioning in their teen.

For more information on a Connect Parent Group in your community contact:



Connect Connect

An Attachment Based Program to Support Parents & Caregivers



Information for Parents and Caregivers

The Connect Program is a Community-University Partnership between researchers at Simon Fraser University, the Maples Adolescent Treatment Centre and the BC Ministry for Children and Family Development.



YOUTH MENTAL HEALTH - THE FACTS

One in seven children in British Columbia experience severe problems with mental health – problems that make it difficult for them to do well at home, at school and in their community. These problems can include feelings of anger and aggression; feelings of depression and confusion; conflict with parents and teachers; and getting into trouble with friends. Several programs are available for young children, but few help parents and caregivers of teens. Connect was developed specifically for parents and caregivers of teens who are struggling with these issues.



WHAT IS CONNECT?

Connect is a 10 week program to help parents and caregivers of pre-teens and teens who are struggling to understand and respond to difficult behavior. Parents meet in small groups with two trained group leaders for one hour each week.

Each session provides parents with new information about parent-teen relationship and adolescent development. Parents watch role-plays and try exercises that open new choices for responding to their teen's difficult behavior. Parents receive handouts following each session with key points to remember.

We understand that each child and each parent is different and change is part of development. Rather than teach only one way of parenting, we help parents see choices that support healthy relationships while setting limits and helping their teen to move forward.

WHO LEADS CONNECT?

Connect groups are led by trained and supervised mental health professionals. Your group leaders will work hard to understand the challenges you face and to support you and your relationship with your teen. Parents who participate in Connect tell us they feel respected and supported.

WHAT COMMUNITIES SAY-

"It's really a wonderful program and we're receiving great feedback from teachers & parents..."

WHAT PARENTS SAY* -

"The role-plays showed me how to handle different conflicts. Changes in the relationship are slow but well worth it, and the growth is incredible".

"They made me feel very positive and my confidence in myself as a parent has increased tenfold".

- ✓ 97% of parents found watching the role-plays helpful
- ✓ 93% of parents report feeling more confident in their parenting
- ✓ 91% of parents report using the skills they developed from Connect with their teen
- ✓ 77% of parents report that their relationship with their teen changed as a result of Connect

*Based on evaluation results 2007 spring

