

**Center for Parent and Teen Communication offers practical, science-based strategies for strengthening family connections and building youth prepared to thrive. All materials are free and your organization can link directly to these resources.**

Our multimedia content is rooted in decades of research on effective parenting and strengths-based communication techniques. We cover a range of topics geared towards promoting teens to become their best selves. Parentandteen.com launched Fall of 2018 and that Spring received the [Seal of Approval](#) from [the National Parenting Center](#), America's leading parenting advocacy organization.

<https://parentandteen.com>

A specific article of high interest to those who care deeply about the health and well-being of youth is entitled: Preparing Teens to Seek Professional Help. It provides strength-based guidance rooted in the language of resilience to prepare teens to be open to seeking the support they deserve.

<https://parentandteen.com/seek-professional-help/>

We must prepare teens to manage life's challenges in healthy ways if they are to thrive in an unpredictable world. Stress affects mood and causes physical discomfort. Stress management helps manage feelings and leads to growth, better health, and even improves relationships. We offer an interactive stress management plan that is written by young people for young people but is rooted in the science of what is known to work in stress management.

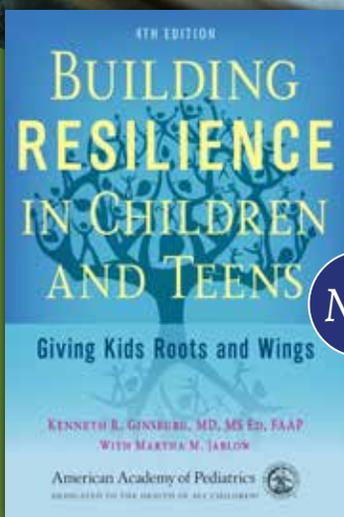
Parentandteen.com has materials to help adults guide youth to build their stress management skills.

<https://parentandteen.com/category/health-prevention/helping-teens-cope/>

Parentandteen.com also offers an interactive stress management plan that will inform young people of the repertoire of strategies to help them manage stress and then guide them through a process where they will develop their own plan to meet their individual needs. The plan will then be sent back to them in a PDF format. No data is being saved, and the teen can return frequently to update their plan. The plan does not substitute for the protective power of human relationships nor replace professional guidance.

<https://parentandteen.com/teen-stress-management-plan/>

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ITEM NUMBER	ITEM DESCRIPTION	QUANTITY	RETAIL PRICE	EVENT PRICE	TOTAL
MA0970	<b>REACHING TEENS:</b> Strength-Based, Time-Sensitive Resilience-Building Communication Strategies Rooted in Positive Youth Development, 2nd Edition		\$299.00	<b>\$255</b>	

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## Reaching Teens: Trauma-sensitive, Resilience-building Communication Strategies Rooted in Positive Development

### The American Academy of Pediatrics

Reaching Teens is about supporting youth serving professionals to be the kind of adults young people deserve in their lives. **It is ideal for virtual learning.** It is:

- A comprehensive toolkit that allows youth-serving professionals to **APPLY** the principles found in three theoretical frameworks:
  - Positive Youth Development
  - Resilience
  - Trauma-Sensitive Care
- Evidence-informed and theoretically-driven
- Infused with diverse expert multidisciplinary experience and the views of youth from many cultural and socio-demographic backgrounds.
- A multimedia tool kit that uses written chapters, hundreds of videos, and personal reflection and group learning discussion processes to reinforce learning.
- A toolkit that prepares youth-serving professionals to facilitate positive behavioral change.
- A toolkit that prepares youth serving professionals to address a variety of behavioral risks and mental health issues from a strength-based perspective.
- A continuing education product that is approved for up to 6 years of credit by the national organizations representing:
  - Social workers
  - Counselors
  - Nurses
  - Physicians
  - Physician Assistants
  - Health Educators
  - (Educators have SLE Objectives to facilitate the Creation of CEUs)
- A toolkit shown in an external process evaluation by University of North Texas Health Science Center to:
  - Fortify knowledge of trauma, resilience, and strengths-based approaches among human service providers.
  - Improve organizational environments, policies, and practices.
  - Improve system communication, collaboration, and coordination of care.

### Reaching Teens is not:

- A diagnostic manual. For example, it does not tell you how to diagnose depression or anxiety, rather it tells you how to recognize these conditions and to use strength-based strategies to get youth to the services they deserve.
- A treatment manual. Following the same examples, It does not tell you how to treat depression or anxiety, rather it guides you how to interact with youth suffering from these conditions, without shame or stigma. It then guides you how to support them in their healing processes as you refer them to needed services with fully trained caregivers.
- Fully Evidence-Based. It is evidence-informed and uses the best of science where available. It leads the evidence through offering diverse expert opinions that inform you how to APPLY the theoretical evidence-based frameworks. For example, human connection surfaces repeatedly in research as the critical protective force in the lives of youth; therefore, there is irrefutable evidence that we *should* foster connection. The literature, however, does not adequately study HOW to connect with youth. Reaching Teens draws from expert adult and youth wisdom and experience to describe the HOWs of connection.
- A toolkit that understands your unique program or population. That is why the Group Learning and Discussion section is critical to driving home the lessons.
- A deep dive into all subject areas. Reaching Teens is designed to be comprehensive, but in some cases, it introduces strategies taught independently in multiple-day certification courses.
- An Additional Program. This is not one more program or initiative for youth-serving professionals to add to their overflowing plates. Rather, it is the plate. It does not replace any program or initiative, it serves as the foundational scaffolding to support other programs.

## The 2<sup>nd</sup> Edition of Reaching Teens was released in June 2020

We have kept the print book at an (almost) reasonable length, by having certain key elements available only in an electronic version. Many users will choose to have only the electronic version; however, because many people prefer the look and feel of a book, we have printed a book that can be marked up, highlighted, and filled with sticky notes. People who have the print book *also* have full access to the electronic version which conveniently links directly to videos, references, and resources.

More importantly, the electronic version allows for tailored experiences for both individual learners and staff charged with creating professional development modules. Rather than needing to search through a 95-chapter toolkit, we have created streamlined navigational pathways. You choose your journey and the electronic version presents the chapters that meet your needs. For example:

- *Setting-specific portals* allow curated experiences for different practice settings assuring that the content most relevant to each setting is highlighted and that the reflection and group learning exercises use cases specific to each setting. The following settings have their own portals:
  - Educational Settings
  - Juvenile Justice
  - Drug and Alcohol Programs
  - Foster Care Professionals
  - Health Care Professionals
  - Sports and Physical Recreation Settings
  - Settings Serving Youth Enduring Homelessness, Unstable Housing, and Human Trafficking
  
- *Skill-based Unit portals* allow the learner to explore broad concepts. The electronic version automatically cohorts key chapters that support the broad skills you seek to strengthen. Currently, there are 16 “units.” Examples include:
  - The basics of effective communication with youth
  - Honoring diversity and practicing cultural humility
  - Instituting trauma-sensitive practices
  - Stress-management
  - Helping young people learn self-regulation
  - Self-care for youth-serving professionals

Visit the website below to test-ride these functionalities.

<http://www.aap.org/reachingteens2E>

The website offers an open access chapter critical for these times, “The Traumatic Impact of Racism and Discrimination on Young People and How to Talk About It.” Please disseminate it widely.