



Overview & Fact Sheet

Why The Parent Project?

- Twenty years in development, the *Parent Project*® is the only course of its kind, providing activity based instruction, support groups, and curriculum addressing of the most destructive of adolescent behaviors.
- Over 100,000 families have attended *Parent Project*® classes nationwide.
- The *Parent Project*® is the largest court-mandated diversion program in Los Angeles and San Bernardino Counties, and has been adopted for statewide use in Idaho. The Office of Juvenile Justice and Delinquency Prevention (OJJDP) recently commissioned the American Bar Association's Center on Children and the Law to investigate programs currently referred to by juvenile courts nationally for parents who are court-mandated to attend parenting classes. This report identified the Parent Project® as the only program operating in multiple states; the only program with a published, structured, curriculum addressing the most destructive adolescent behaviors, and the only program with a formal training process.

(The Center's complete published report (August, 2001) is entitled "Parental Involvement Practices of Juvenile Courts, Report to the Office of Juvenile Justice and Delinquency Prevention, United States Department of Justice" and is available through the American Bar Association, Center on Children and the Law, 740 15th Street, NW, Washington, DC 20005, (202) 662-1720.)

- With a proven track record, the *Parent Project*® reduced juvenile crime by 1/3, while significantly increasing both school attendance and performance

What is it?

- A 10 to 16 week parent training program designed specifically for parents of strong-willed or out-of-control adolescent children.
- The curriculum teaches concrete prevention, identification, and intervention strategies for the *most* destructive of adolescent behaviors (poor school attendance and performance, alcohol and other drug use, gangs, runaways, and violent teens).

How does it work?

- Parents meet one night per week, two to three hours per night, for 10 to 16 weeks.
- Parents attend and learn in a classroom model, to manage teen behavior problems at home.
- Parents receive and work within an activity based 216 page curriculum "*A Parent's Guide to Changing Destructive Adolescent Behavior,*" available *only* to program participants.
- Parent support groups are formed using the UCLA self-help support group model.
- Program orientation: behavior modification.

Who teaches the program?

- Presented by Schools, Police and Probation departments, Mental health agencies, Churches, Community based Organizations, and Volunteer parents.
- Over 3,000 trained facilitators in over 30 states across the U.S. have success-fully completed the forty-hour *Parent Project*® facilitator training.