

THE CRISIS INTERVENTION & PREVENTION TEAM:

*Who We Are, What We Do
Learning & Support Opportunities*



- We assist parents when a child is experiencing a mental health issue and/or is presenting with a threat of harm to self or to others;
- We work with parents and staff to find resources to improve the mental health of children;
- We provide training to staff and to parents on a variety of topics;
- We are trained in Restorative Discipline Practices, Trust Based Relational Interventions, Trauma Focused Classroom strategies and many other models; and,
- We work closely with the mental health officers from Hurst, Euless and Bedford in times of crisis with a student.

Team Members:

Julia L. Harris, L.S.S.P., Lead (817) 399-2562
Heather Andrews, LCSW (817) 399-2570
Irene Cedillo, LCSW (817) 399-3558

PARENT SUPPORT GROUPS

Our **NEW** Parent Support Groups will meet on the **first Wednesday of each month** and are meant to be a safe place for parents to gain knowledge and support, share their needs and support others going through the same struggles. Learn from other parents and District staff about other avenues for Mental Health/Behavioral support. *No childcare provided.*

Dates:

September 4, October 2, November 6, December 4, January 8, February 5, March 4, April 1, May 6. **5 PM to 6:30 PM – No Reservations Needed, Just Show Up**
LOCATION: Secondary DAEP, 1100 Raider Drive, Euless

iMATTER – AN INTENSIVE OUTPATIENT PROGRAM

(IOP) conducted by Mind Above Matter now in HEB ISD providing:

- Group therapy
- Individual therapy
- Family therapy
- Medication management
- Case management
- Academic support

For HEB ISD students ages 12-18 experiencing depression, anxiety, and other mental health issues. Call Julia Harris or Heather Andrews for more information.

PARENT EDUCATION EVENTS: *Parents may attend any event at any host school, even if the host school is not your home school.*

FREE CHILD CARE AT EACH OF THESE EVENTS

Tuesday, September 17, 6:30 PM to 8:00 PM

Bullying - *An overview with Tips for Parents on what to do if your child is being bullied. Tips for Youth to help youth understand the definition of bullying, how to recognize it, and ways/ideas youth can protect themselves.*

Location: Spring Garden Elementary School

2400 Cummings Drive, Bedford 76021

Presented by ACH Child & Family Services

Tuesday, October 15, 6:30 PM to 8:00 PM

“Parenting in the Digital Age: Navigating the Challenge of Parenting in the Online World”

Location: Hurst Junior High

500 Harmon Road, Hurst 76053

Presented by Stephanie Cook, Frisco ISD

Tuesday, November 19, 6:30 PM to 8:00 PM

Self-Harm – *Learn the reasons behind this behavior in youth, the warning signs and how to help your child.*

Location: Stonegate Elementary School

900 Bedford Rd., Bedford 76022

Presented by ACH Child & Family Services

Tuesday, January 21, 6:30 PM to 8:00 PM

Grandparents Raising Grandchildren

Learn key child development concepts, common issues facing custodial grandparents/families, and tips for successfully coping with these problems. Guidelines to help reduce conflicts and build resilient families.

Location: River Trails Elementary

8850 Elbe Trail, Fort Worth 76118

Presented by The Parenting Center

February 18, 6:30 PM to 8:00 PM

Parenting the Strong-Willed Child

Learn the traits of temperament and how parent temperament and parenting style affect child behavior, effective & respectful discipline techniques for the strong-willed child and ways to nurture the child’s positive qualities.

Location: Donna Park Elementary School

1125 Scott Drive, Hurst

Presented by The Parenting Center

April 21, 6:30 PM to 8:00 PM

Helping Children Handle Their Feelings

Designed to increase parent's understanding & their abilities to recognize and understand their own feelings as well as their children's feelings. Designed to increase parent's ability to help their children manage and express their feelings.

Location: Meadow Creek Elementary School

3001 Harwood, Bedford

Presented by The Parenting Center

REAL FAMILIES (Parents Only)

Real Families is intended for parents who want to learn how to better connect and relate to their children as well as create an environment in which boundaries and rules are respected and implemented. Parents will learn ways to listen to and be heard by their child. Parents attending this group will learn how to connect with their child in ways previously unknown or unattempted. Parents will also gain tools on correcting misbehavior while avoiding power struggles and the disconnection often accompanied with discipline.

Parents receive \$10 Gift Cards after each session!

Intake – Wednesday, October 23

4 week Program for a Certificate of Attendance

Appropriate for Truancy Court/Parent Education

Wednesdays – October 30, November 6, 13, and 20
6 PM to 7 PM

DAEP, 1100 Raider Drive, Eules, 76040

REWARD IS REAL (Students age 10-17)

Reward is Real is a class that helps motivate and reengage students who may be struggling with challenges at home and in school by focusing on the ultimate rewards of building resilience and inner strength. Youth will learn coping skills and tools for emotion regulation. Youth will also explore factors that impact their decision making skills. Healthy relationship qualities and characteristics will be discussed in the context of youth's current peer relationships, peer pressure, and decision making skills.

Intake – Wednesday, October 23

4 week Program for a Certificate of Attendance

Appropriate for Truancy Court/ALA Days/Youth Education

Wednesdays – October 30, November 6, 13, and 20
6 PM to 7 PM

DAEP, 1100 Raider Drive, Eules, 76040

THE STRENGTHENING FAMILIES PROGRAM is a 7-week evidence-based program for youth ages 10-14 and their families provided by Santa Fe Youth Services. It is designed so that parents and youth attend separate

classes for the first hour and then work together in family group the second hour. The program is facilitated by specifically trained Certified Prevention Specialists and Associate Prevention Specialists and includes:

- 1) Parent training sessions include communication training, alcohol/drug education, problem-solving, compliance requests, and principles of limit-setting.
- 2) Youth skills training sessions include discussion and skill building around resisting peer pressure, problem-solving, compliance with parental rules, understanding and handling emotions, sharing feelings and dealing with criticism, and discussion about alcohol/drugs.
- 3) Family skills training program conducted during the second hour that involves both youth and parents and includes different family activities to practice the lessons learned with trainer support and feedback.

- Free on-site babysitting for children under the age of 10 who are too young to participate in the program.
- Family dinner prior to group
- Transportation for families living within 10 miles of the group site
- Bag of groceries for families attending the groups
- Bi-lingual facilitators for parenting groups

DATE: Monday, September 23 through Monday, November 18, 2019

LOCATION: SHADY BROOK ELEMENTARY
2601 Shady Brook Drive, Bedford

(Strengthening Families will ALSO be offered at Shady Oaks Elementary and Eules Jr. High in the Spring).

Parents of HEB ISD students are invited to attend any of the schools for any of these offerings, even if it's not your "home school."

The Parenting Center Online Classes. These classes are available for parents to take individually at home. They are a self-paced format which allows for the flexibility to work in small portions when they have time. Certificate of Completion provided.

- Rules & Consequences
- Communicating with Your Teen
- The Birds and the Bees, Before Grade Three
- Managing Temper Tantrums
- Beyond Chore Charts: Raising Responsible Children

www.theparentingcenter.org

MCH Family Outreach

FREE Parenting Classes (972) 480-8772

Arlington Resource Building

401 W. Sanford Street, Room 106

Arlington

EVERY MONDAY starting August 26th

10 am to 12:00 Noon

The Excel Center

1220 Presidio Street

Fort Worth

EVERY WEDNESDAY 10 AM to 12 Noon