Successfully Implementing

Guiding Good Choices Parent Education in Your Community

Sponsored Under a Grant from:

VERMONT AGENCY OF EDUCATION
Today’s Presenter - Beth Shrader

The GGC project in Vermont is Developed and Hosted by:

[Logo]

[Website]

Contact us at Info@healthandlearning.org
Overview of Today’s Presentation
Why Choose Guiding Good Choices (GGC)?

Richard F. Catalano, Ph.D.

J. David Hawkins, Ph.D.
Evaluation of GGC

• GGC produced significant, sustained improvements in parenting skills and parent-child relationships

• 4-year follow-up study:
  – Reduced current alcohol use by 40.6% (ALCOHOL)
  – Significantly reduced rates of initiation for marijuana use and drunkenness

• Benefit-Cost Ratio: $5.85 for each dollar invested
About Guiding Good Choices

- Evidence based, proven effective
- 5 week course, 2 hours per week
- Parents/caregivers of children in 4th to 8th grade
- Best with 2 trained facilitators
Five Sessions Teach Parents How To:

- Set clear guidelines with both positive and negative consequences
- Control and express anger constructively, promote family bonds
- Prepare kids with “refusal” skills
Overview of GGC: 5 Week Outline

**Session 1**
Getting Started: How to Prevent Drug Use in Your Family

**Session 2**
Setting Guidelines: How to Develop Healthy Beliefs and Clear Standards

**Session 3**
Avoiding Trouble: How to Say No to Drugs

**Session 4**
Managing Conflict: How to Control and Express Your Anger Constructively

**Session 5**
Involving Everyone: How to Strengthen Family Bonds
Parents learn about the nature and extent of the drug problem among teenagers in general, and decide for themselves how they want to prevent problems in their own family. Parents also learn about risk and protective factors through an interactive activity.
Parents develop clear family guidelines and expectations for behavior. Through small group discussions, parents explore how they feel about situations related to substance abuse, like what they would do if their child was hanging around with someone who smokes, or whether their child should be allowed to drink alcohol on special occasions.
Both children and parents are invited to this session. They learn and practice refusal skills that children can use to stay out of trouble and keep their friends, while still having fun.
Parents learn to manage family conflict in a way that maintains and strengthens bonds with their children.
Session 5 Involving Everyone: How to Strengthen Family Bonds

Parents learn ways to strengthen family bonds and increase children's involvement in their family during the teen years. Parents also learn how to create a parent support network.
IDEAL LOGISTICS

5 weeks in a row, 2 hours, 6:30 to 8:30pm
At same location
2 rooms needed: one for adults, one for child care
Partner with a community organization for space
Equipment needed: DVD/TV player, laptop, LCD projector, flip chart, markers, trainer’s box

Document: Final GGC Check List, Trainer’s Box Content
Parent resource packets are given out separately at each class and include additional, timely info. 

At least 12 copies of each in a separate folder:
- The VT Youth Risk Behavior Survey (YRBS) statewide highlights (available from VT Dept. of Health) and Your School District results (middle and/or high school)
- Pre-test
- Post-test
- Course evaluation
- Expressing Anger Constructively (FEWW) cards
- Controller Anger (STARR) cards
- Refusal Skills step cards
- Participant Certificates
- Photo Release form
GGC Trainers' Box Contents

Supplies:
- Nametags
- Markers/pens/tape/post-its/index cards
- Scissors
- Registration form with contact info. for each participant
- Extra blank paper
- Originals of all materials, in case more copies are needed
- GGC DVD/video

Document: Trainer’s Box Content
Promoting and Recruiting for GGC

Key Points:
✓ Sample press releases, newsletter articles and flyers are provided
✓ Make all PR social media ready and ask parents, school staff, and other to post on Facebook and share your post
✓ Begin 4 weeks in advance - Repost 2 weeks in advance
✓ Track where you distribute promotional materials. Excel spreadsheet provided.

School based promotion: newsletter, website, Facebook page, Robo calls, teacher, school nurse and counselor referrals. Offer “prize” for each referral given.

Community based promotion: You know your community best. Who is willing to partner with the school to promote the class? Think outside the box! library, little league teams and other sports, United Way, Rotary, Community TV, Pediatrics Office, Chamber of Commerce, pharmacy, churches and other faith based youth groups.
Sample Promotion Materials

The Brattleboro Area Prevention Coalition in collaboration with the Windham County Partnership for Success is pleased to announce the offering of the award-winning parenting class *Guiding Good Choice* on Wednesdays, from October 2\textsuperscript{nd} to October 30\textsuperscript{th}. Open to parents and caregivers from throughout Windham County, *Guiding Good Choices* is a free, five-session workshop that aids parents and/or caregivers of fourth through eighth graders. This course covers how to set clear guidelines with both positive and negative consequences, how to control and express anger constructively, promote family bonds, and prepare kids with “refusal” skills for that time down the road when trouble may tempt them.

Many parents feel they don’t have much influence over their child’s behavior, however, research shows just the opposite. Dr. David Hawkins and Dr. Richard Catalano from the University of Washington looked at 19 risk factors that affect children in their teenage years. They discovered that parents and other adult caregivers play a major role in keeping kids on track.

Says a local parent who has taken *Guiding Good Choices*, “The class brings to light real family situations and ways to work through conflict and strengthen family bonds.” The program gives parents the opportunity to share the success and challenges they face in raising children while learning or refining strategies that have been showed to help their children make healthy choices.

The *Guiding Good Choices* program is designed to provide parents with proven-effective strategies that improve communication and strengthen connections between parents and their children. As well as providing a proven-effective refusal skill model that children can be taught to use in situations where they might be pressured to do something risky or illegal.

Come and learn new skills to keep your child safe! The *Guiding Good Choices* workshop for parents and caregivers of fourth through eighth graders starts Wednesday October 2\textsuperscript{nd} from 6:30 to 8:30 at the Marlboro College Graduate Center in Brattleboro and continues for the following 4 Wednesdays (October 2\textsuperscript{nd}, 9\textsuperscript{th}, 16\textsuperscript{th}, 23\textsuperscript{rd}, and 30\textsuperscript{th}). Snacks and childcare will be provided. Space is limited and pre registration is required. Contact BAPC at 257-2175 to register.
<table>
<thead>
<tr>
<th>Who</th>
<th>Information/Notes</th>
<th>Status</th>
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<tbody>
<tr>
<td>Youth Services</td>
<td>All Youth Services Staff</td>
<td>Put a flyer in every staff member's mailbox, also put a flyer on the cork board and put the class information on the big calendar on</td>
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<tr>
<td>Elementary, Middle and High School Staff</td>
<td>Guidance Counselors, Nurses &amp; Principles</td>
<td>Sent save-the-date to the receptionist on . Sent flyer through email to others on .</td>
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<tr>
<td>School Counselor</td>
<td>Post on Bread Board @ High School</td>
<td>Gave her a flyer at the 2/10/2012 Coalition Meeting</td>
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<td>Local Drop In Center</td>
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<td>Dropped off 3 flyers on</td>
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<td>Local Shelter</td>
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<tr>
<td>Mental Health Services Org</td>
<td>For Clinicians</td>
<td>Posted 3 flyers on</td>
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<td>Public Housing Authority</td>
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<td>Vermont Department of Health</td>
<td>Prevention Consultant, WICstaff, MCH staff</td>
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<td>Vermont Department of Corrections and courts</td>
<td>Probation and Parole</td>
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<td>Voc Rehab</td>
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<td>Local Bulletin Boards-laudramats, grocery stores</td>
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<tr>
<td>Organization Type</td>
<td>Action Description</td>
<td></td>
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<tr>
<td>Local Prevention Coalition Members</td>
<td>They received 2 flyers on</td>
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<td>Local Pharmacy</td>
<td>They all received flyers at meeting on</td>
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<td>Chamber of Commerce</td>
<td>Posted a flyer and put in bags on</td>
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<td>Local list serves or community e-bulletin boards ie Front Porch</td>
<td>Add to Calendar section Add information to the Calendar of Events page on</td>
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<td>Local Newspapers-weekly, daily and free ones</td>
<td>Calendar section as well as on webpage. Posted information on</td>
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<tr>
<td>Constant Contact/memberships of other service orgs. Rotary, Elks, United Way, American Legion</td>
<td>Email List</td>
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<tr>
<td>Other orgs. Websites-United Way, Resale children's clothing store</td>
<td>Posted information on</td>
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<tr>
<td>Big Brothers/Big Sisters</td>
<td>sent out to Bigs and littles in newsletter by email</td>
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<tr>
<td>Boys and Girls Club</td>
<td>Gave them 2 flyers- one to posted to their cork board and another to place on their front desk on</td>
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<td>Private Schools</td>
<td>Secretary to inclue in newsletter</td>
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<tr>
<td>Local Colleges and University</td>
<td>Gave a flyer to them on</td>
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<tr>
<td>Library</td>
<td>Gave two flyers to be posted on. Gave postcard to distribute with children's books</td>
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<td>Police, Fire and Rescue Inc.</td>
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<td>Hospital and Pediatric Practice</td>
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<tr>
<td>Laundry Mat</td>
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<tr>
<td>Churches and Faith Based orgs.</td>
<td>Pastor or Secretary who does newsletters or programs</td>
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</tbody>
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GGC REGISTRATION

Session Dates:
Time:
Location:

Name
Address City State Zip
Phone E-mail

# Children Ages School Child Care? Y N

How did you hear about GGC?
Guiding Good Choices Registration Protocol

Initial Call:
- Give time and location for course (6:30pm-8:30pm).
- Can they attend all the sessions?
- Tell them that during Session 3, they are to bring all their 4th-8th grade kids with them to the session to learn refusal skills.
- Do they need child care? (Provided on site)
- If yes how many children and what ages?
- Get contact information, including:
  - Name, address, phone
  - How many children do they have and what ages?
  - Ask how they heard about the course?

Follow up phone call: *Can be completed by Facilitator or Coordinator*
- Review Course Overview
- Forewarn them about session 1: The intro which gives them an almost overwhelming amount of information and that session 2-4 are much more practical.
- Let them know there is an ATOD focus but the skills they learn can be use to protect their kids from all risk factors
- Remind them about bringing their 4th-8th grade children to session 3
- Forewarn them about the hokey videos
- Ask them why they want to take a course like this and what they expect to get out of it and “reality check” response against actual course.
- Provide directions to course location. Tell them where to park.
- Inform them of how many people are going to be in the group and who facilitators will be.
- Give them an emergency contact number for the night of the class.
First Day of Class

✓ Plan to arrive at least 45 minutes before start of class

✓ Post directional and welcome signs

✓ Greet parents. Have them sign in, get a family guide and make a name tag.

✓ If you are providing child care, show parents and children where the child care room is located.

✓ Since Administrative Coordinator is the point of contact for most parents attending, it is helpful for you to welcome group, go over housekeeping items and introduce facilitators. Thank them for coming and congratulate them on committing to learning new skills.

✓ Remind parents to call you if they can not attend one of the five classes for some reason. Make sure they know that at the third week of class, their children in grades 4th to 8th should come to class to learn refusal skills.

Sometime during the week following the first class, you should call or email the participants to check in. This is also a reminder that you are expecting them for the second week of class.
Evaluation of GGC

Three types of evaluation

1) Pre and Post
   • Important to measure skill development of participants over 5 week course
   • Week 1 and Week 5
   • Coded with numerical identifier
   • Analysis template provided

2) Course Evaluation
   • Evaluations elements of the course such as the logistics and also provides opportunity to provide feedback on facilitators
   • Week 5
   • Anonymous unless otherwise noted

3) Three Month Follow Up Survey
   • Asks about utilization of the skills developed during course
   • Enter into the second tab of analysis template
## Evaluation of GGC

<table>
<thead>
<tr>
<th>Pre &amp; Post Results</th>
<th>Pre</th>
<th>Post</th>
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<th>Post</th>
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<th>Pre</th>
<th>Post</th>
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</thead>
<tbody>
<tr>
<td>1= Strongly agree</td>
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<td>2 = Agree</td>
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<td>3 = Tend to Agree</td>
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<td>4 = Neutral</td>
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<td>6 = Disagree</td>
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<td>7 = Strongly Disagree</td>
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### Participant Responses

- **Children should be involved in deciding what the family rules will be**
- **Asking children to do chores for the family only increases their resentment.**
- **Family meetings are a waste of time.**
- **Telling your children you love them only embarrasses them.**
- **Parents should identify positive consequences for following rules as well as negative consequences for breaking rules.**
- **When you are angry with your child it is always best to tell her/him immediately.**
- **Everyone gets angry in his or her own way so teaching people how to express anger is a waste of time.**
- **Children are no different than adults in terms of how drugs physically affect them.**
- **Drugs that are legal for adults to use (alcohol & nicotine) are the frequent starting point for children’s drug use. They open the “gate” to use of other drugs.**
- **In general, the trend of young people using drugs has been rising.**
Enter your pre and post surveys in the spread sheet. Send to CHL.

Thank facilitators with letter, certificate or letter to the editor or in PTO newsletter

Share the results with your school community
  - Use anonymous quotes about the course in press release/newsletter
  - Share pictures if you have permission
  - Develop a chart or graph for excel document about participants skill development

Mark the date in your calendar to send out the 3 month follow up survey
Other Suggestions

- Food
- Incentivize participation
- Certificate of Participation
- Do not publish or share who is attending the course without permission of the participants
- Child care
- Transportation and Ride Sharing
Next Steps

Facilitator Workshop- January 22, 2015 (snow date January 29, 2015) 8:30 to 4pm
Workshop Facilitator - Julianne Eagan, Experienced GGC Facilitator
Vermont Agency of Education Office – Barre, VT

Local Implementation of GGC- February 1 to May 30, 2-15

Technical Assistance and Networking Call – March 17, 2105 3:30 to 5pm

Evaluation of Training and Implementation Experience- May 30, 2015

Pre and Post Assessment due - June 10, 2015

Questions: bethshrader514@gmail.com or Catherine@healthandlearning.org
PARENT EDUCATION MAKES A DIFFERENCE!

THANK YOU FOR YOUR EFFORTS!

bethshrader514@gmail.com
or
Catherine@healthandlearning.org