



*Connect is designed for parents of teens just like you. It addresses changes that occur between parents and teens and helps them keep their relationship strong and positive. Connect is for all parents – it helps protect teens as they move forward in their journey to adulthood.*

## Why Connect?

Developed uniquely for parents and caregivers of teens based on strong evidence in the domains of:

- Attachment Security
- Child and Adolescent Development
- Mental Health and Social Well-Being
- Parenting and Family Functioning
- Prevention and 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.

Connect has been proven to be evidence-based and consistently produces significant improvements across a broad band of outcomes including behaviour problems and parenting satisfaction. Parents uniformly report that the program is extremely helpful: Parents report feeling less stressed and more effective in parenting; they see fewer behaviour problems and better social functioning in their teen. Our work evaluating Connect continues. For more information please see:

[www.adolescenthealth.ca](http://www.adolescenthealth.ca)

[www.connectparentgroup.ca](http://www.connectparentgroup.ca)

To find out more about the program, please contact: **YOUR INFO HERE**

You can also reach us directly at the SFU Adolescent Health Lab: (778) 782-4956 or e-mail: [youth\\_project@sfu.ca](mailto:youth_project@sfu.ca).

**All inquiries and responses are completely confidential.**

**Connect**  
Parent Group  
An Attachment Based Program to  
Support Parents & Caregivers



*Information for Parents and Caregivers*



SIMON FRASER UNIVERSITY  
PIONEERING BEYOND WORDS





## Adolescence = Change

Becoming a teenager is a big transition. Relationships and social contexts have effects on all aspects of development including reshaping the brain. There is often more conflict between parents and teens, and teens spend more and more time with their friends. Some teens get involved in problem behaviour, like skipping school, alcohol and drug use. Some suffer from anxiety and depression.

Many parents may feel their teen doesn't listen to them and sometimes they may even feel pushed away. Do parents matter to teens? Actually there is very good evidence that strong relationships with parents protect teens from risk during adolescence and help them thrive. We call that attachment!

## What is Connecto?

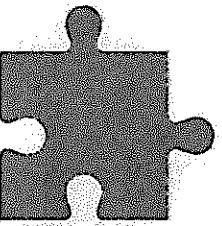
Connect is a 10-week program to support parents of pre-teens and teens. Parents meet in small groups (10-16) with two trained group leaders for 1.5 hours each week.

Each session provides parents with a new perspective on parent-teen relationships and adolescent development. Parents watch role-plays, do exercises and discuss new ways of responding to challenging behaviour and problems. 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 Connecto?

Connect groups are led by trained Connect leaders. 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 Schools Say

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

## What Parents Say \*

*"The role-plays showed me how to handle different problems. 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 felt better equipped to understand their child.  
 95% of parents felt better equipped to understand themselves as a parent.  
 86% of parents saw positive changes in their relationship with their child as a result of applying what they learned.



# Connect Parent Group Leader Training Workshop

*Sample Schedule for Leader Training*

DAY 1	DAY 2	DAY 3
<p>(First Day – Open Session 9:00am – 3:30pm; Connect Leaders in Training 9:00am – 4:30pm)</p> <ul style="list-style-type: none"> <li>&gt; Introductions and Overview</li> <li>&gt; Attachment Theory               <ul style="list-style-type: none"> <li>• Attachment as a Biologically Based Regulatory System</li> <li>• Attachment Profiles</li> <li>• Attachment and Adolescence</li> <li>• Anger and Trauma</li> <li>• Translating Attachment into Practice</li> </ul> </li> <li>&gt; Connect Program               <ul style="list-style-type: none"> <li>• Core Components &amp; Model of Therapeutic Change</li> <li>• Evidence of Effectiveness</li> </ul> </li> <li>&gt; Running Connect in Your Community:               <ul style="list-style-type: none"> <li>• Pre-inclusion interview</li> <li>• Engaging Families and Getting Started</li> </ul> </li> </ul> <p>=== LUNCH ===</p> <ul style="list-style-type: none"> <li>&gt; Principle 1: All Behaviour has Meaning</li> <li>&gt; Principle 2: Attachment is for Life</li> <li>&gt; Principle 3: Conflict – An Opportunity for Understanding and Connection</li> <li>&gt; Principle 4: Autonomy Includes Connection</li> <li>&gt; Connect Group Leaders (in pairs): Homework Assignments to practice presenting Principles 1-4</li> </ul>	<p>(9:00am – 4:30pm Restricted to Connect Leaders in Training)</p> <ul style="list-style-type: none"> <li>&gt; Group leader demonstrations of Principles 1-4               <ul style="list-style-type: none"> <li>• Learning through practice: Leaders present short segments of sessions in a group format and engage in exchange, discussion, and feedback.</li> </ul> </li> </ul> <p>=== LUNCH ===</p> <p><b>Regroup and Update</b></p> <ul style="list-style-type: none"> <li>&gt; Principle 5: Empathy – The Heartbeat of Attachment</li> <li>&gt; Principle 6: Change – Understanding it and What It Takes</li> <li>&gt; Principle 7: Balancing Connection and Independence</li> <li>&gt; Principle 8: Celebrating Attachment</li> <li>&gt; Connect Group Leaders (in pairs): Homework Assignments to practice presenting Principles 5-8</li> </ul>	<p>(9:00am – 4:30pm Restricted to Connect Leaders in Training)</p> <ul style="list-style-type: none"> <li>&gt; Group leader demonstrations of Principles 5-8               <ul style="list-style-type: none"> <li>• Learning through practice: Leaders present short segments of sessions in a group format and engage in exchange, discussion, and feedback.</li> </ul> </li> </ul> <p>=== LUNCH ===</p> <ul style="list-style-type: none"> <li>&gt; Principle 9: Two Steps Forward, One Step Back: Staying the Course</li> <li>&gt; Session 9: Integration and Practice</li> <li>&gt; Connect Booster Sessions</li> <li>&gt; Supervision and Certification</li> <li>&gt; Program Evaluation</li> <li>&gt; Next Steps</li> <li>&gt; Workshop Evaluation</li> </ul>



## CPG Leader Training Request Form

Becoming a certified Connect Parent Group Leader represents a significant commitment of time, energy, and clinical resources. The following checklist is intended to assist managers and prospective leaders in evaluating whether training *at this time* is a good fit in terms of personal and professional resources. Leaders who attend the three-day training are expected to run at least one group within a year of training in order to become certified.

### Training and Experience:

- Experience working with children and families (e.g., mental health professional, child care worker, health care provider, social worker, teacher, etc.);
- Background in leading groups and/or training and experience in group facilitation;
- Enthusiasm for an evidence-based and manualized treatment model;
- Openness to using a reflective and collaborative working relationship with caregivers rather than a problem-solving approach to deal with difficult behaviours/interactions;
- Willingness to do brief role-plays modeling parent-child interactions;
- Willingness to videotape and transmit session tapes;
- Willingness to participate in a reflective supervisory process;
- Willingness to participate in Program Evaluation.

### Time Commitment:

Prior to training: Participants are asked to read the CPG Manual prior to attending CPG Leader training. This requires time release to ensure having the opportunity to review the manual.

Following training: Leaders must commit to running *at least one group*. This will require

- Administration time, which includes arranging a venue, food, transportation and childcare for participants if possible, and acquiring supplies (e.g., video camera, program evaluation materials, posters);
- Recruiting participants and conducting pre-inclusion interviews (approximately 30 minutes per participant) and occasional phone calls to support attendance;
- Planning and reviewing sessions with your co-leader (2 hours per week, to be negotiated with your partner);
- Leading all 10 sessions of the Connect program within a complete cycle (1.5 hours each);
- Preparing for and tidying up after Connect group sessions (approximately 1.0 hour/week);
- Clinical Supervision involves a minimum of 2.5 hours per week for each leader (i.e., 1.5 hours/week to review tape and prepare for supervision, and 1 hour of teleconference per week with assigned supervisor from Maples Connect Supervision Team);
- On-site community clinical supervision, as needed, for issues arising from participants who are enrolled with the local CPG.
- **First time Leaders undergoing certification will need approximately 7-8 hours per week; Certified Leaders will need 4-5 hours per week.**

I commit to meeting the Leader expectations outlined above:

\_\_\_\_\_  
CPG Leader-in-Training (print name)

\_\_\_\_\_  
CPG Leader Signature

\_\_\_\_\_  
Title

\_\_\_\_\_  
Date

\_\_\_\_\_  
Email address

\_\_\_\_\_  
Telephone Number

I, the onsite supervisor of the above-named applicant, support their completion of all CPG training requirements:

\_\_\_\_\_  
Supervisor (print name)

\_\_\_\_\_  
Supervisor Signature

\_\_\_\_\_  
Title

\_\_\_\_\_  
Date

\_\_\_\_\_  
Email address

\_\_\_\_\_  
Telephone Number

\_\_\_\_\_  
Agency Name and Address

Please email to **Lesley Nicholas-Beck** at the Maples Adolescent Treatment Centre at [Lesley.NicholasBeck@gov.bc.ca](mailto:Lesley.NicholasBeck@gov.bc.ca) or fax to 604-660-5519.