

Peaceful Alternatives to Tough Situations (PATTS)

Peaceful Alternatives to Tough Situations (PATTS) is an evidence based, aggression management program designed to help students increase positive conflict resolution skills, develop the ability to forgive transgressions, and reduce aggressive behaviors.

Goals and Objectives:

Weekly sessions in the PATTS program will focus on teaching the following:

- Youth cognitive skills
- Peer refusal skills
- Appropriate conflict resolution skills
- Identification and verbalization of emotions or anger cues
- Calming techniques and forgiveness

Parents will receive training informing them about the skills taught to students, encouraging them to support the use of the skills at home.

Enrollment in the PATTS program will decrease the likelihood that youth become involved in anti-social and other problem behaviors, including gang membership. Staff will maintain contact with school personnel, court counselors, and social workers to monitor behavior, while striving to fulfill gaps in services in the County.

The program is designed to encourage peer support and reinforcement of positive behavior and choices for Grades 3-5 and Grades 6-7.

1-hour Sessions
Nine consecutive weeks

Remote services will be scheduled at the family's convenience.

Parent Teen/Solutions (PTS)

Parent/Teen Solutions (PTS) is a program designed to improve parent and teen relationships by opening lines of communication for families with teens. Parents and teens work together to enhance participants overall functioning within their home, school or community.

Group Sessions: (Ages 12-18)

Group members will participate in structured exercises, role-playing and open discussions. Group activities and discussions are focused on enhancing self-awareness, self-esteem, communication skills, problem solving and leadership skills. Both groups will be led by trained staff.

What will be discussed:

Discussion topics are any subject related to parent/teen relationships Topics include, but are not limited to:

- Personal Safety
- Stress and Anger management
- Effective Communication
- Substance Abuse
- Self Esteem
- Peer Pressure
- Sex

In-home Visitation (Ages 6-18)

In-home visitation services are available for families that qualify. The Parent/Teen Solutions Program will provide a minimum of 150 days of in-home visitation services by trained Parenting PATH staff to address parent/family skill building.

2-hour Sessions
Twelve consecutive weeks

Remote services will be scheduled at the family's convenience.