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Effective Strategies for Raising Teens, Free Program for Parents

Tiverton, RI. Feb 8, 2011 – What’s a parent to do with teens glued to their cell phone, bouts of adolescent depression, peer pressure, school issues, underage drinking or illegal drug use? “Talk It Out,” a nine-week, adult education program sponsored by the Tiverton Prevention Coalition, promises to offers some valuable tools that parents can use to help teens move safely along the often perilous road to adulthood.

“Experts in adult education emphasize that the most successful programs begin by focusing on the needs and life experience of the adult learner, not a pre-determined curriculum,” said Tiverton Prevention Coalition Coordinator Rebecca Elwell. “Talk It Out’ follows this educational model.”

In the first sessions, parents will identify issues they want to explore. In subsequent sessions, experts in those areas will help parents develop strategies to deal with those issues.

“Talk It Out” will be facilitated by Ray Davis, CPSS, a certified prevention specialist supervisor. “The sessions are not clinical therapy groups,” Mr. Davis emphasized, “but they are confidential. Parents can expect both open discussions, where they can share their own experiences and consult with experts on specific topics of interest chosen by parents in the group.”

In other Rhode Island communities, “Talk It Out” has offered parents the opportunity to discuss teen issues with psychotherapists, school administrators, physicians, law enforcement officers, substance abuse counselors, and other experts in adolescence.

“Talk It Out” is the second offering in The Coalition’s parent education series, “Around Every Corner.” “Talk It Out” begins on Wednesday, February 16 from 7-8:30 p.m. in the Tiverton High School Library The remaining eight sessions will held every other week through May. Admission is free. Attendance at all nine sessions is recommended but not required. For more information, contact Tiverton Prevention Coalition Coordinator Rebecca Elwell at 401-835-5311.

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