

St. Mary's County
Parent Education and
Skill Building



Who's in your neighborhood?

July 2014 - June 2015

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Parent education programs focus on enhancing parenting practices and behaviors, such as developing and practicing positive discipline techniques, learning age-appropriate child development skills and milestones, promoting positive play and interaction between parents and children, and locating and accessing community services and supports.

Prevention programs should enhance protective factors which include parental support/monitoring, self-control, academic competence, anti-drug use policies, and strong neighborhood attachment. They should also reverse or reduce risk factors. Some risk factors include poor attitudes and behaviors early on, lack of parental supervision, low perceived risk of harm related to drug use, perceived availability of drugs, and poverty. Additionally, Prevention Programs should address all forms of drug abuse, alone or in combination; be relevant to local community; and address population specific risks and characteristics of audience.

The Core Elements of Research Based Prevention Programs are structure, content, and delivery.

Structure refers to the program type, audience, and setting. Many programs are “family-based” and should

enhance family bonding, reinforce parenting skills, enforce family policies, and provide drug education. Parental training is vital to effective prevention in the home.

Content is the information, skills and strategies of the program. The program must be informative, provide facts (drugs and effects, etc.). The skills development should be interactive and provide opportunities for family discussion. Strategies taught to be implemented at home include parental monitoring and supervision, bonding (skills, opportunities, and recognition), and family meetings.

Delivery is how the program is adapted, implemented, and evaluated. The most effective programs are long-term with repeated sessions; interactive to include peer discussion and role-play; and reinforce skills while also holding interest.

There are some key characteristics of a potential program to keep in mind when selecting the right fit for you and your family. First, evidence-based programs are the most effective because they rely on scientific research. Second, prevention programs should work to reduce risk factors while enhancing protective factors.

Third, they should have sturdy structure, content, and delivery. Finally, programs should be locally based, interactive, culturally sensitive, and have proven results.

Love and Logic

Love and Logic helps parents learn to have conversations with their children about various issues. It also deals with consequences and preventing risky behavior. Parents with children from birth to adult would benefit from this workshop.

Location: Leonardtown Elementary School

Cost: Free

Number of Sessions: 4

Session Length: 2 hours

Date(s): October – November

Point of Contact: Susan Fox (school counselor),
sjfox@smcps.org, (301) 475-0250, extension 110

NAMI Basics
(National Alliance on Mental Illness)

NAMI Basics is a six-session course for parents of school-age children (ages 5–16) who have symptoms of or a diagnosis of a mental illness. The course is taught by trained NAMI teachers who have children with similar issues as those of the class members. The class covers symptoms and diagnoses, medications, behavioral and communication strategies, advice for communicating with school personnel and more.

Location: Locations vary

Cost: Free

Number of Sessions: 6

Session Length: 2.5 hours

Date(s): Multiple times throughout the year

Point of Contact: Shanda Buckler:
shanda_buckler@yahoo.com,
ashworthj8899@gmail.com

Parents and Teachers as Allies

Parents and Teachers as Allies is a 1 ½ - 2 hour presentation for parents and educators of school-age children. This presentation covers the major symptoms of mental illnesses in children and features a parent of a school age child who speaks about their experiences, along with a young adult who speaks about growing up with mental illness while attending school.

Location: Locations vary

Cost: Free

Number of Sessions: 1

Session Length: 1.5 hours

Date(s): Multiple times throughout the year

Point of Contact: Shanda Buckler,
shanda_buckler@yahoo.com,
ashworthj8899@gmail.com

Guiding Good Choices

The goal of the evidence-based program, Guiding Good Choices, is to promote healthy behaviors by giving parents & caregivers the opportunity to practice skills including how to approach the topic of drugs and alcohol. The program addresses a variety of ways to manage family conflicts, establish communication, and strengthen bonds. The program is geared towards parents of children 8–14 years of age. Follow us on Facebook:

www.facebook.com/StMarysGuidingGoodChoices

Location: Locations vary

Cost: Free

Number of Sessions: 5

Session Length: 2 hours

Date(s): This program is held 3-5 times per year

Point of Contact: Matthew Reisdorph, Department of Aging & Human Services,
matt.reisdorph@stmarysmd.com, (301) 475-4200,
extension 1681

Staying Connected with Your Teen

The goal of the Staying Connected with Your Teen program is to prevent problem behaviors among teens, such as substance abuse and violence, by helping parents acquire or improve a variety of key parenting skills and techniques. Parents and teens work together through responses and solutions to contemporary challenges such as teen parenthood, school dropout, and substance abuse. This program is geared towards parents of children ages 12-17.

Location: Locations vary

Cost: Free

Number of Sessions: 5

Session Length: 2 hours

Date(s): This program is held on request

Point of Contact: Matthew Reisdorph, Department of Aging & Human Services,
matt.reisdorph@stmarysmd.com, (301) 475-4200,
extension 1681

The Judy Center – Play and Learn Workshop

Come join us to play fun learning games and create make-and-take projects to help prepare your little one (birth through age 5) for success in school! Please note: Families may register for only one day per week.

Location: Green Holly Elementary School

Cost: Free

Number of Sessions: Wednesday and Friday of every week

Session Length: 1 hour (10-11:00 a.m.)

Date(s): This program is held throughout the year

Point of Contact: (301) 863-4068

The Promise Resource Center – CoParenting for Success

This large-group class uses a standardized curriculum to help parents learn about, discuss and practice key CoParenting concepts. This program focuses on teaching parents about the impact of conflict on their child, effective communication and problem-solving skills, and techniques for working together to ensure optimal outcomes for their child. Parents will be provided with a take-home CoParent Toolkit.

Location: The Promise Resource Center (29958 Killpeck Creek Court, Charlotte Hall, MD 20622)

Cost: \$120

Number of Sessions: Third Saturday of the month, September – December 2014

Session Length: 6 hours

Date(s): This program is held multiple times throughout the year

Point of Contact: (301) 290-0040

Additional Programs

Mental Health First Aid

This 8 hour training provides trainees with the ability to recognize signs of mental illness and provide mental health first aid until appropriate professional help can be provided.

Ages 16 and up.

For more information contact:

On Our Own: 301-997-1066

Walden Sierra: 301-997-1300

Wellness and Recovery Action Plan (WRAP)

WRAP is an evidence-based practice plan used by people all over the country, including schools, prisons, children, transitional age youth, and seniors. WRAP is appropriate for anyone who is looking to attain the highest possible level of wellness.

All ages.

For more information contact:

On Our Own: 301-997-1066

Community Services

Therapist

Name	Location	Population
Jacqueline Grantland, LCPC, NCC	Inner Peace Therapeutic Services, LLC 21945 #103 Three Notch Rd Lexington Park, MD 20653 (301) 863-8460	Children (6 to 10) Preteens / Tweens (11 to 13) Adolescents / Teenagers (14 to 19)
Deborah Duley, LGSW, Certified Stepfamily Foundation Counselor	22530 Washington Street #7 Leonardtown, MD 20650 (301) 684-8042 www.empoweredconnections.net	Preteens / Tweens (11 to 13) Adolescents / Teenagers (14 to 19), Adults
Donna Bennett, LCSW-C, Certified Music Pract.	29958 Killpeck Creek Ct Charlotte Hall, MD, 20622 (240) 538-2577 www.coachingforthevoyage.com	Children Families Focus on ADHD, adolescents, mood disorders and behavioral issues

Therapist (cont.)		
Name	Location	Population
Lori Scherer, LCPC	Crossroads Creative Counseling, 23680 Three Notch Rd Hollywood, MD, 20636 (240) 223-2464	Preteens / Tweens (11 to 13) Adolescents / Teenagers (14 to 19), Adults
Sarah Mead <i>Trauma Focused Therapist</i>	25484 Point Lookout Rd Suite 302B, Leonardtown, MD 20650 (301) 481-8749	Verbal to adult
Comfort Tetleh LCSW-C	22099 Three Notch Rd, Suite 113/ Lexington Park, MD, 20653 (240) 767-6411	Children 7 years to adult

Services

Name	Location	Population
Lifestyles	21161 Lexwood Drive Lexington Park, MD, 20653 (301) 866-5333	Birth to Adult
Judy Center	46060 Millstone Landing Rd Lexington Park, MD, 20653 (301) 863-4068	Birth to 5 years old, with assist sibling(s) and parents of child
Tri-County Community Action Committee	P.O. Box 280 Hughesville, MD, 20637 (410) 535-1010	Families in Tri-County area
St. Mary's Adult Medical Day Care	24400 Mervell Dean Rd Hollywood, MD, 20636 (301) 373-6515	Ages 55 and up
SoMd Center for Independent Living	38588 Brett Way, Suite 1, Mechanicsville, MD, 20659 (301) 884-4498	Individuals with disabilities

Services (cont.)

St. Mary's County Libraries	Charlotte Hall Library, 37600 New Market Rd., Charlotte Hall, MD 20622 (301) 884-2211 Leonardtown Library, 23250 Hollywood Rd., Leonardtown, MD 20650 (301) 475-2846 Lexington Park Library, 21677 FDR Blvd., Lexington Park, MD 20653 (301) 863-8188	All
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Substance Abuse (SA) & Mental Health (MH)

Name	Location	Population
N.A.M.I. (MH)	8440 Old Leonardtown Rd, Suite 210 Hughesville, MD, 20637 (301) 737-1988	Families with and coping with mental illness
Pathways (MH)	44065 Airport View Drive Hollywood, MD, 20636 (301) 373-3065	Adolescents, families, adults
Walden Sierra (SA & MH)	(301) 997-1300	Adolescents, families, adults
Center for Children (MH)	41900 Fenwick St, Suite 1 Leonardtown, MD, 20650 (301) 475-8860	Children up to 17 years old
Outlook Recovery, LLC (SA)	21030 Point Lookout Rd Unit 110 Callaway, MD 20620 (240)-237-8418	Adolescents and Adults
On Our Own of St. Mary's (MH)	41660 Park Ave. Leonardtown, MD 20650 (301) 997-1066	Individuals with lived experience with Mental Health / Substance Use issues

These materials were developed in partnership with:

The Commissioners of St. Mary's County
The Department of Aging & Human Services
The St. Mary's County Health Department
Healthy St. Mary's Partnership
St. Mary's County Public Schools
Community Alcohol Coalition
St. Mary's County Libraries
New Family Network
Tri County Youth Services
Walden Sierra, Inc.
The Promise Resource Center
Department of Social Services
On Our Own of St. Mary's County



For more information and materials contact the Department of Aging & Human Services at 301-373-4200 x 1680 or visit the Healthy St. Mary's Partnership Website.
<http://healthystmarys.com/parenteducation>

With funding from SAMHSA, ADAA and the St. Mary's County Dept. of Aging & Human Services

