

Welcome!

In the chat box, share some things in the chat box that are stressful about the holidays in general and specifically about holidays during a global pandemic.





Northwest (HHS Region 10)

PTTC

Prevention Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration



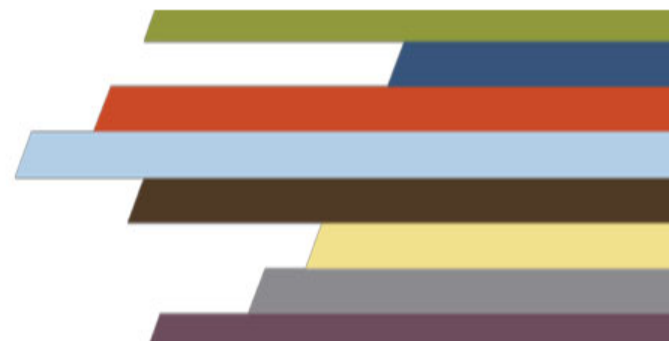
Effectively Managing Family Conflict

A Sample from Guiding Good Choices Virtual Parenting Program

Kevin P. Haggerty, MSW, PhD

Dalene Beaulieu, MS

December 10, 2020





Northwest (HHS Region 10)

PTTC

Prevention Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration



The Northwest PTTC is a partnership led by the Social Development Research Group (SDRG) at University of Washington (UW) School of Social Work in collaboration with the Prevention Science Graduate Program at Washington State University (WSU), and the Center for the Application of Substance Abuse Technologies (CASAT) at the University of Nevada, Reno (UNR).

Northwest partnering institutes share a vision to expand the impact of community-activated prevention by equipping the prevention workforce with the power of prevention science.



Prevention Science
Graduate Program

WASHINGTON STATE UNIVERSITY





Disclaimer

The views expressed in this webinar do not necessarily represent the views, policies, and positions of the Substance Abuse and Mental Health Services Administration or the U.S. Department of Health and Human Services.

This webinar is being recorded and archived, and will be available for viewing after the webinar. Please contact the webinar facilitator if you have any concerns or questions.

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Mark Your Calendars! Upcoming Webinars!

The More the Merrier? THC Potency in the Legalization Era

December 17, 2020

10:00 – 11:30 AM Pacific Time

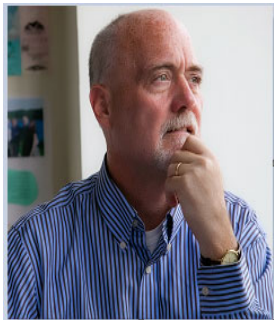
The Roles of Culture and Collaboration in Preventing
Suicide and Substance Misuse in Indigenous Communities

January 21, 2021

3:00 – 4:00 PM Pacific Time



Presenters



Kevin P. Haggerty, MSW, PhD, Professor, UW School of Social Work, Director, Social Development Research Group, Director Northwest Prevention Technology Center. Dr. Haggerty specializes in prevention programs at the community, school and family level. For more than 35 years, he has focused on developing innovative ways to organize the scientific knowledge base for prevention so that parents, communities and schools can better identify, assess and prioritize customized approaches that meet their needs.



Dalene Beaulieu, MS, Communities That Care Specialist. Ms. Beaulieu is a certified CTC Master Trainer and coach. Since 2011, she has been proactively assisting communities across North and South America with the implementation of the Communities that Care (CTC) model. Prior to joining SDRG in 2015, Ms. Beaulieu coordinated the activities of a Communities That Care (CTC) Coalition in Maine for 12 years.



Resources

- Boys Town Youth and Parent Hotline
1-800-448-3000 24/7
- National Crisis
1-800-273-8255 24/7
- Suicide Lifeline
1-800-273-8255 24/7
- Text the keyword “4hope” to
741 741 24/7

Session Objectives

- Demonstrate how a parenting program teaching conflict management skills can be adjusted for virtual delivery.
- Explore the content of GGC session three (Managing Conflict). Two skills: Controlling Anger and Expressing Anger
- Explore ways to utilize the content of GGC Session other settings.



GUIDING
GOOD CHOICES

Parent Workshop Series



GGC is a universal program for parents of youth ages 9-14, offered in five 2-hour workshops over five consecutive weeks. When offered virtually, an Introduction session is added to orient parents to the on-line environment and tools for participating from home.

The Six Sessions of Virtual GGC

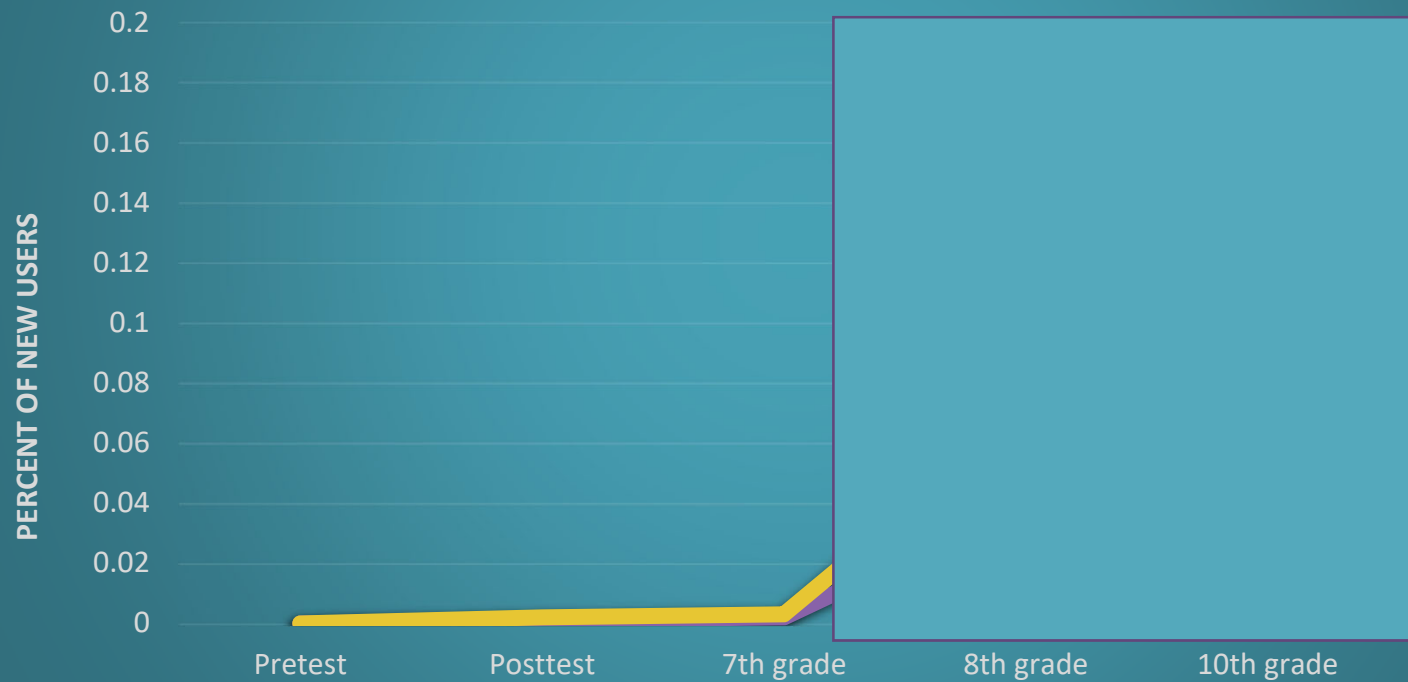
- *Introductory Meeting*: Building an Online Community
- *Session 1*. Getting Started: How to Promote Health and Wellbeing During the Teen Years
- *Session 2*. Setting Guidelines: How to Develop Healthy Beliefs and Clear Standards
- *Session 3*. Managing Conflict: How to Deal With Your Anger in a Positive Way
- *Session 4*. Avoiding Trouble: How to Say No, Keep Your Friends, and Still Have Fun
- *Session 5*. Involving Everyone: How to Strengthen Family Bonds

GGC: Summary of Key Findings

- **Improves parenting and parent-child interactions**
(Kosterman et al., 2001; Redmond et al., 1999; Spoth et al., 1998)
- **Reduces adolescent substance use**
(Mason et al., 2003; Park et al., 2000; Spoth et al., 2001)
- **Reducing adolescent delinquency**
Reducing growth in adolescent depression
(Mason et al., 2003 and 2008)

Guiding Good Choices –Preventing Marijuana Use

New User Proportions for Marijuana Use by Experiment Conditions



Spoth, et al 2004.

GGC—Evidence of Substance Use Effects

- Increased the likelihood that non-users would remain drug free by 28% (four years later).
- Reduced alcohol and marijuana use by 41%.
- Reduced progression to more serious substance abuse by 54% (six years later).

Spoth, Redmond, & Shin, 2001; Spoth, Reyes, Redmond, & Shin, 1999)



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Three GGC Foundations

1. Risk Factors for Adolescent Problem Behaviors
2. Protective Factors—The Social Development Strategy
3. Family Meetings

Tips for implementing in a virtual format....

1. Be crystal clear on objectives (the why for each activity).
2. Use Tell/Show/Do/Feedback/Application
3. Use the Social Development Model with parents to motivate to learn and use skills
4. **Ensure practice** for confidence to get beyond “Awkward” or parents won’t implement skills



Guiding Good Choices

Session 3

Managing Conflict: How to Deal With Your Anger in a Positive Way

Introduction (Nametag) Activity

How you relax:

Favorite food:

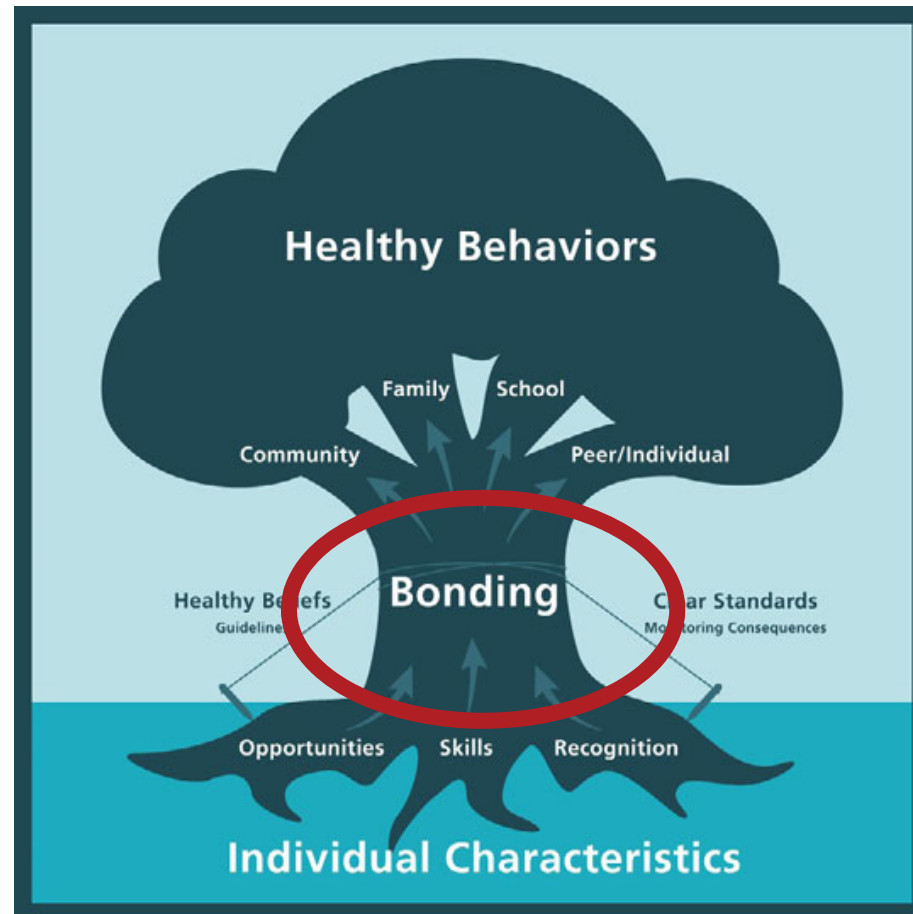
NAME

In your **breakout room**...Introduce yourself
Talk about how you relax, how you reward yourself...and if you want...your favorite food

How you reward yourself:



Social Development Model





In the Chat....

What are some situations that provoke a parent to respond with anger?

<https://vimeo.com/439128110/e4acf10774>



Managing Conflict Inappropriately

Steps for Controlling Anger

S

STOP.

"I'm getting angry."



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Anger Thermometer

Put a star next to the level of anger where you are too upset to express your feelings constructively. Learn to never confront your child at this point.

Level of Anger

Your Symptoms

Over the Edge

Say things I I regret

Anger Sets In

Think blaming thoughts, pace, stomp

Major Aggravation

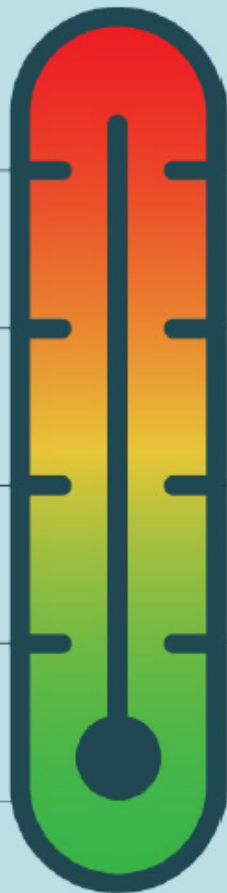
Neck veins bulge, red face

Minor Aggravation

Tense up, fist tight

All is Well

CHILL



Fill in your anger thermometer Page 4...

If you are willing....

In the chat. Put in the signal where you need to

STOP

Steps for Controlling Anger

S

STOP.

"I'm getting angry."

T

THINK about what could happen if you lose control.

"If I lose control..."

A

ASK yourself what you want to happen here.

"I really want..."

R

REDUCE the anger.

"I need to cool down. I'm going to..."

R

REWARD yourself.

"I did a good job. I'm going to..."



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Reflection

- Look at page 4-5 in your Family Guide
- Think through a recent anger situation
- Take 3-4 minutes to write down what you might have done in that situation if you were using these steps.

<https://vimeo.com/439128574/f38f1d5cb7>



Expressing Anger Constructively



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Expressing Anger Constructively

F

Tell the person how you FEEL.

Match feeling level to situation.

"I'm..."

E

Identify the specific EVENT that produced the feeling.

Observable.

"I'm...because..."

W

Explain WHY that specific event produced that feeling.

Effect on you.

"The reason I feel...is that..."

W

Explore WHAT the options are, and make a plan to solve the problem.

"What are some ways we could solve this problem?"



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GOOD CHOICES

<https://vimeo.com/439140121/5c5dca8104>



Review: Expressing Anger Constructively

PRACTICE TIME: Expressing Anger Constructively

In your Breakout Room....

1. One person will use the FEWW (expressing anger constructively) steps.
2. The second person will play the child.
3. Another parent —listen in and offer recognition and constructive tips where they might be appropriate.
4. Switch so every one gets to play each role once.

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Family Meeting Agenda: Managing Family Conflict

1. Explain the purpose of the meeting and review the meeting agreements.
2. Share an example of when you did not handle your anger well.
3. Model and explain step by step the skill of controlling anger (STARR).
4. Share an example of an upsetting situation.
5. Model and explain step by step the skills of expressing anger constructively (FEWW).
6. Practice with child.
7. Review meeting.

Breakout Room: Applying the Skills

In your breakout room....(7 minutes)

Talk about the ways to use will these skills in your current work and/or personal life during these

How can I get Guiding Good Choices?

- All content will be on the CTC site – www.communitiesthatcare.net as of December **21**.
- Sign up for the GGC mailing list and be the first to learn about new resources and training opportunities. Sign up here: <http://eepurl.com/g2fnSf>
- Plan for virtual training sessions in 2021 –:
 - February 8-12: Register now https://www.surveymonkey.com/r/GGC_Feb2021
 - April 5-9: Register in January
 - July 18-22: Register in March



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