



Concurrently while attending the group sessions, the family is engaged with the therapist for in-home family therapy sessions to learn, and master the skills being taught in the group. These in-home sessions may take multiple meetings and several weeks to complete. The sessions usually continue after the group component is completed.

The family will conclude the AP component of treatment after completing the six weeks of group, and having adequately begun to utilize the new skills.

Treatment and services are not typically discontinued at the completion of the Active Parenting component. The treatment team will continue to provide comprehensive services to address any residual needs or issues the youth and/or their family may be experiencing.

YSB Locations

Aurora, IL 60505

1700 N. Farnsworth
Suite #18
630.820.6303
Fax: 630.820.6306

Crystal Lake, IL 60014

475 W. Terra Cotta
Suite D
815-313-7632
Fax: 815-433-3980

La Salle, IL 61301

12 Gunia Drive
815.223.4151
Fax: 815.433.3980

Ottawa, IL 61350 (Main Office)

424 W. Madison St.
815.433.3953
Fax: 815.433.3980

Princeton, IL 61356

1702 1/2 W. Peru St.
P.O. Box 516
815.872.2119
Fax: 815.433.3980

Rockford, IL 61101

308 W. State St.
Suite 475
815.316.1977
Fax: 779.221.3098

Streator, IL 61364

205 Pratt St.
815.665.0012



Active Parenting Therapeutic Model

REDEPLOY PROGRAM

Phone: 815-431-3021

E-Mail: Cindy@ysbiv.org



Program information and contact numbers may be found on

www.ysbiv.org
contactus@ysbiv.org

Find us on Social Media



Youth Service Bureau



of Illinois Valley

(AP) Active Parenting Model

The Active Parenting (AP) therapeutic model is being employed in the Redeploy/Second Chance Programs offered at Youth Service Bureau of Illinois Valley (YSBIV). The United States Department of Juvenile Justice, in a July 20, 2012 report, concluded the following concerning the Active Parenting of Teens program:

Participants reported greater family cohesion, school attachment, higher levels of self-esteem, and an older age for alcohol consumption than the control group. Also, program parents reported stronger attitudes against minor alcohol use. There was no significant difference between the control and treatment group on attitudes of tobacco use.

Active Parenting of Teens is listed on the National Registry of Evidence-Based Programs and Practices (NREPP). This registry is part of the national government organization **SAMHSA** (Substance Abuse and Mental Health Services Administration), and inclusion in the registry is a well-respected benchmark for programs and practices.

While the staff work with a very difficult, high-risk population in the two programs, Active Parenting does not shy away from the hard issues facing parents, such as the role they must play in the prevention of alcohol and other drug use. Parents are taught effective ways to discuss sexuality with their teens, while teaching positive values. And frustrated parents are guided to develop greater self-confidence in their roles as parents.

For Parents and Teens

The six-week parenting curriculum addresses:

- **To Survive and Thrive** (*Understanding Parents and Teens; Mutual Respect; School Success etc.*)
- **Winning Cooperation** (*Communication*)
- **Responsibility and Discipline** (*Basic Discipline Skills; Understanding and Accepting Consequences*)
- **Building Courage and Self-Esteem**
- **Drugs, Sexuality, and Violence: Reducing the Risks Part 1**
- **Drugs, Sexuality, and Violence: Reducing the Risks Part 2**



Active Parenting is an adaptable model for youth because it provides information that builds success as an individual, a teammate, a partner or as a family. For all of the youth we work with, we strive to improve support networks and build family relationships however; for some it is more important to help them build their own values and skills, making them more successful as an individual. The Active Parenting model empowers youth to better understand themselves, the world and how to thrive in their environment in a positive and productive way.

The six-week teen curriculum addresses:

- **To Survive and Thrive** (*Building Character, Learning Family Roles, Understanding Parenting Styles and Brain Development.*)
- **Winning Cooperation** (*Building Self – Esteem, Identifying Communication Blocks and Learning Active Communication*)
- **Responsibility and Discipline** (*Responsibility = Choice + Consequences, Understanding Natural vs. Logical Consequences*)
- **Building Courage and Self-Esteem** (*Learning to Problem Solve using Think, Feel, Do Cycle*)
- **Drugs, Sexuality, and Violence: Reducing the Risks Part 1** (*Understanding the Risks and Four Prevention Strategies*)
- **Drugs, Sexuality, and Violence: Reducing the Risks Part 2** (*Understanding the Risks and Six Additional Prevention Strategies*)

