

PATH 2 PARENTING NEWSLETTER

MARCH EDITION

KEEPING UP DURING COVID-19

In the past year, PATH has continued to serve our community to the fullest extent while successfully navigating all the challenges brought on by COVID-19. We are proud of how we have exceeded our own expectations for what can be done in such circumstances, as is shown to the right, and we look forward to continuing our mission.



MESSAGE FROM THE EXECUTIVE DIRECTOR

March - the beginning of spring and many other new beginnings....

PATH will be launching a new [TikTok](#) social media page! Our TikTok page will have a youth focus so if you have teens in your life make sure they follow us! The TikTok will be led by Dionna Warren, the host of our PATH Facts videos, and will contain a lot of entertaining and informational content that will assist youth in making healthy choices. We're also hopeful that this will become a place where youth can connect with others who recognize their value and set goals in place to reach their full potential. It will be a place of positive reinforcement, encouragement and support.

PATH also launched our new Love Notes program this spring, already serving 208 students and we're booked for the full semester reaching almost 600 additional students.

For you adults, don't forget to join us for our monthly Lunch Tables. Our kick-off event in February was a great success with over 60 people from more than 5 states registered. We talked about the hidden dangers of social media and Chelsea Whittington gave us some great tips for keeping our kids safe. If you missed the event, you can catch the replay by visiting the [Lunch Tables](#) page on our website. Make sure you save the date to join us for our next Lunch Tables on Wednesday, March 24, 2021. The topic is Alcohol, Drugs and Coping Skills with guest speaker, Todd Willis.

What's new with you this spring? Visit our [Facebook](#) page and let us know! #spring #somethingnew

Donna Golob
Executive Director

Thank you for your support. To help us continue our mission, consider [donating](#) to the cause.

PATH UPDATES AND ANNOUNCEMENTS

Good News!

During a CQI meeting with our evaluation team we learned that not only did PATH make a great pivot to virtual programming but Harry Piotrowski, Lead Investigator shared, "Preliminary evidence shows that the majority of students who received PATH programming were very satisfied with their experience and had many positive outcomes. There is significant evidence to show that PATH has positive e-learning experiences with high to very high student satisfaction (75%) and positive findings in both primary and secondary outcomes." Our data showed an increase in youth making healthy choices, an increase in youth that were able to set boundaries and an increase in youth talking to friends or trusted adults when they found themselves in difficult circumstances. Additional data showed that these same students shared a decline in their intentions to use drugs or alcohol, a decrease in their intention to engage in violent behaviors and an overall improvement in developmental assets. PATH continues to make a positive impact in the lives of students even in the midst of the COVID-19 pandemic and hybrid programming.



LCJC SUPPLY DRIVE

The next chapter of our [PATH Cares](#) initiative is in full swing! We are collecting craft supplies such as markers, colored pencils, construction paper, and paint for the Lake County Juvenile Center. Drop off boxes are located throughout NWI and the locations can be found on our website.

We've also created an [Amazon registry](#) for this project to make helping out easier than ever! Check out our website for more information on [this project and other PATH events!](#)

LUNCH TABLES

Don't forget to register for this month's Lunch Tables event happening March 24th. Todd Willis will be discussing drugs, alcohol, and coping skills. For more information and to register, visit the [Lunch Tables](#) page on our website!

A big thank you to everyone who attended February's Lunch Tables event! The recording of this session is available on the Lunch Tables page.



PATH IS NOW ON TIKTOK!



Dionna Warren, the host of our PATH Facts, will be posting on our TikTok account. Give us a follow @[positiveteenhealth](#) to check out our first video!

PATH OFFERS NAP TAX CREDITS

NAP tax credits are given to donors (individuals or businesses) at 50% of the contribution amount (of all donations \$100 or more) in the form of a state tax liability reduction. On top of that, your full donation is tax deductible on your federal taxes. Please consider making a [donation](#) on our website.

PROGRAM UPDATES



"Team Remix is on track to complete all of our instruction within our respective schools. We are in the process of completing our virtual videos this month thanks to our talented tech and teaching team. We've completed instruction in Gavit MS, we're continuing instruction in Hobart MS, and are ready to start instruction in Clark MS. We're looking forward to finishing strong!"

Jeremias Alicea
reMIX Team Lead



"LivTrue has been enjoying working with our mentees at The Portage YMCA where we are currently learning about setting healthy goals. I've really enjoying establishing a connection with the group!"

Claire LeMonnier
LivTrue Coordinator



"This school year is flying by! We are getting ready to teach our 7th grade program this month. We will be teaching one of the schools virtually and the other will be in person. We are looking forward to the opportunities that we have been given and the chance to work with so many students at multiple grade levels."

Jasmine Lindsey
Positive Potential Team Lead



"Relentless has been great! February has us continuing to work with River Forest students, we have had multiple students reach out for additional assistance based on the topics we have covered. We have also begun to work with Portage High School this month and are excited to get this last school moving forward. The impact of our work has been brought to light many times over the last month, especially through our involvement with Day on the Hill. Multiple mentors provided quotes and testimonials about how Relentless has impacted them personally and is helping them to achieve academic, professional and personal goals. We are looking forward to the remainder of this school year!"

Stephanie Lenckos
RELENTLESS Team Lead



"Love Notes has officially begun. Currently we are serving students at Hobart, River Forest, and Clark virtually. We are so grateful to the school's administration for their support and partnership. Our team has been preparing for several months and we are excited to begin working with the students. We are just a couple of sessions in and we are seeing great participation already. Students are learning about relationships, their personalities and how their life experiences play a huge part in who they are today. We are looking forward to the rest of the semester and anticipating great results."

Jason Kegebein
Love Notes Team Lead



"The Horizon team has come a long way from the beginning of the pandemic until now. This has been an experience that has taught us to always be prepared and stay focused on what's best for our students. We are ending the school year with Gavit Middle School and River Forest, the students have been very excited and come ready to learn every single day. We look forward to taking time in the summer to find ways to make our program better for the next school year."

KeAnna Lott
Horizon Team Lead

To learn more about our programs, visit our website at positiveteenhealth.org

RECOMMENDED READING

To continue reading, head over to the [blog](#) on our website.

PARENTING CORNER:

In a year unlike any other, parents have stepped up to the plate like never before. In her post titled "[Kudos to Genuine Superstars: Pandemic Parents!](#)" Lisa congratulates all the work parents have put into keeping their kids safe and happy during this last year.



You made it through one of the most difficult years to parent, as you had to figure out your own grown-up dynamics with real-world consequences while helping your teens navigate all the changes in their world as well.

REFLECTING ON COVID19:

[In this blog post](#), Claire reflects on how Covid-19 has impacted work here at PATH. Along the way, we have faced many challenges but have had numerous triumphs as well. Between our expanded programming and community outreach, PATH could not be more proud of our teams' work!



Our teams of educators never let the digital format discourage us from giving our students the best possible access to resources and information on healthy life choices.

INTERESTED IN GETTING INVOLVED?

Contact us to learn about our programs, volunteer opportunities, donations, and more!



positiveteenhealth.org



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SUPPORTER SPOTLIGHT

"I am a big supporter of PATH. Your programs are terrific and I appreciate all of the help and support that you give kids. Thank you very much!"

Peggy Buffington

Superintendent, Hobart