Volume 3 Issue 21

# PATH 2 PARENTING NEWSLETTER

JULY 2022 EDITION

## FUN IN THE SUN!

Classes are out and summer is in! While many of us are laying back and enjoying the long days of summer, there is still much to be done here at PATH. We are hard at work with summer programming, community outreach, trainings, and updates to our curricula. We can't wait to share what we've been working on, keep reading to get updates on everything going on at PATH!

## MESSAGE FROM THE EXECUTIVE DIRECTOR

It's July and the heat is on and I'll bet the boredom has set in for the teens in your house. They certainly don't want to go back to school, but they don't want to do anything else you suggest either. I remember those days well with my own children and now I'm experiencing it again with my grandchildren. The easy answer is to allow them to spend countless hours playing mindless (or worse) video games or watching whatever form of social media, YouTube or Netflix they're into. Don't get me wrong, there's nothing wrong with a little gaming or vegging, BUT too much of a good thing is no longer a good thing. In fact, studies have proven that youth can experience the same high (dopamine release) from social media that one could experience from alcohol or drugs AND with the similar addictive qualities. So what are some healthy options?

We've compiled a list of a few ideas; provided by teens themselves to get you started. May I suggest that you scroll through the list with your kids and choose some together. Maybe choose a new hobby to try together or plan a day trip together. The key is to do the planning together, so that they don't feel pressured or forced into spending time with you.

Before you know it, the summer will come to a screeching halt and the business of school days, homework, sports, band, etc. will be back in full swing. Take this opportunity to build and strengthen your relationship with your kids; whatever their ages. Enjoy doing things together. Laugh. Play. These are things teens don't do often enough. Building and strengthening your relationship with your kids now will benefit you when the rough days and difficult conversations of their peer life in school will come; and they will come. As I remind you in almost every monthly letter, communication is key.

Enjoy some summer lovin' and livin' with your kids.

Donna

**Donna Golob**
Executive Director

Thank you for your support. To help us continue our mission, consider donating to the cause.

# PATH UPDATES AND ANNOUNCEMENTS

## *Staff Spotlight!*

Jeremias Alicea, "Uncle Jeremias" as his team refers to him, is an amazing asset to PATH and to his Horizon team. Jeremias was part of the original development team for the Positive Potential program and played a vital role in the development of the reMIX project. His heart and passion for youth shines clearly through his work with PATH. We are proud to recognize Jeremias as our July Staff Spotlight.

## BUFFALO WILD WINGS FUNDRAISER

What a successful evening! Thank you to those that came out and supported our "Eat Wings, Raise Funds" fundraiser at Buffalo Wild Wings. We handed out over 40 gift bags and raffled off a PATH cooler swag bag! We raised $300, which will provide LivTrue programming to a Northwest Indiana school for free. We are so thankful for Portage BWW's collaboration and look forward to working together again in the future.

## GLOBAL LEADERSHIP SUMMIT

We will be a satellite location again for this year's Global Leadership Summit which will be held on Thursday-Friday, August 4-5, 2022. Come and join us at our new facility for a great time of networking and professional development.

In order to register, click here and select "*Don't have an account?*" then use activation code "*FindYourGroove!*" along with our summit site number "*SVA00275*" and our organization zip code "*46368*".

THE GLOBAL LEADERSHIP SUMMIT

## YOUTH WELLNESS FORUM

The Youth Wellness Forum is scheduled for September 27th. Check out our events page to stay up to date on upcoming information.

## AMAZONSMILE

Amazon donates 0.5% of the price of eligible purchases to an organization of your choosing at no cost to you. Click here to select PATH as your favorite charitable organization and Amazon will do the rest! Thank you for your support.

Update

## Lunch TABLES

Lunch Tables is still on a summer hiatus while we continue to prepare for new topics and line up great speakers. In the meantime, go here to learn more about Lunch Tables and view recordings of past events.

# PROGRAM UPDATES

## LIFE LANES

Although school is out, there's still plenty to be done in preparation for next school year. After learning from the pilot program, we've been sprucing up the curriculum and presentations for delivery this fall. We've added more fun and interactive content for students to really be able to engage our educators and relate to the program. Life Lanes has also begun teaching at LCJC alongside the POP educators this summer, connecting our content to their lives.

**Kayla Warren**
Life Lanes Team Lead

## LOVENOTES

Summer is among us. Yahoo! I hope you all are enjoying your summer break so far. Love Notes is revamping our program by editing PowerPoints and preparing swag bags for fall classes. Before you know it, we will be up and running programming this fall. Stay cool and enjoy your time away, hopefully some of us will be able to catch up soon.

**Jason Kegebein**
Love Notes Team Lead

## HORIZON

Horizon has been working on perfecting our sessions and improving presentation slides to make them more relevant and engaging for our students. We are also excited to be providing information for the youth at Lake County Juvenile Center weekly. As we prepare for the next school year, we are scheduling middle schools in Hammond and East Chicago to be the next ones to receive our programming in the fall.

**Dionna Warren**
Horizon Team Lead

## RELENTLESS 2.0

Relentless is very busy this summer! We are working to get all of our schools lined up for the fall, as well as making final adjustments to our curriculum. We are excited to get started with a new group of mentors in the fall!

**Stephanie Lenckos**
RELENTLESS 2.0 Team Lead

## MONEY momentum

Although the spring semester at Morton High School was a positive experience, we have multiple adjustments to make to the program moving forward. We found that the multimedia aspects of the program, as well as visual aid demonstrations involving students, helped to gain and hold their attention. We are looking into adding more interactive components to the curriculum this summer.

**Jason Frederick**
Money Momentum Team Lead

## liv true Mentoring Program

LivTrue's focus this summer is on preparing for our future groups of mentees! This month is filled with researching, getting creative, and lots of screen time in order to finish designing a journal that compliments the LivTrue lessons.

**Payton Smith**
LivTrue Coordinator

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 her article for PATH, Lisa Raftery describes several different ways in which parents can help their teens keep the boredom away this summer. Encouraging creative and fun activities can help teens maximize their summer break.

> It's up to us as parents to help our teens maximize their summer break, to take advantage of these free blocks of time that are finally available to them!

## CELL PHONE COURTESY:

In her blog post, Emma discusses the importance of cell phone etiquette in an ever-changing, tech-driven world. This includes knowing when to put your cell phone away to fully enjoy the world around you!

> By actively trying not to gravitate to your phone during all the little moments in your day, you are choosing to be more present in every situation.

## IN THE KNOW: RESOURCES OUR STAFF LOVE

This month we are highlighting *Aspects of Adolescent Boredom*, an informative article in Psychology Today suitable for anyone who works with teens or has a teen. In the article, Carl E. Pickhardt discusses adolescent boredom and how to turn teen's dissatisfaction into opportunities for self investment and creative expression *without* using electronics.

## Contact us:


positiveteenhealth.org

info@positiveteenhealth.org

219-254-2678

3391 Airport Rd
Portage, IN 46368


Connect with us:

## SUPPORTER SPOTLIGHT

For those we support and for those who support us

A huge thanks goes out to our Positive Potential partners in Kentucky, Texas, Arizona, New York, Montana, Illinois, Missouri, Minnesota & Indiana.

Thank you so much for your investment in ensuring PATH's vision reaches far and wide!