

PATH 2 PARENTING NEWSLETTER

AUGUST 2022 EDITION

WINDING DOWN

Summer is winding down and the school season is starting up. Here at PATH we have been updating our curricula and preparing to implement it in old *and* new schools this year. We are excited for all the opportunities this school year will bring! Keep reading to find out about all we having going on.



MESSAGE FROM THE EXECUTIVE DIRECTOR

It's August and that means back to school... ready or not. This year many of our schools are starting earlier than ever and with that comes a little excitement and usually a lot of anxiety. As we look to August - National Wellness Month - let's make sure that we are paying close attention to our young people. Anxiety can bring on many complications both physical and emotional. Peer pressure begins way before they hit the hallways and classrooms. Social media has been with them all summer and has set them up for the new school year; in positive and negative ways. Everyone has shared their 'best moments' of the summer and it may look like everyone has had a great time. This may leave some kids feeling left out or less than their peers; adding to a poor self-image and to their stress levels.

Some kids may have spent their summer being 'bullied' via posts, offhanded comments or memes that we may or may not be aware of. This is just one of many reasons parents and guardians need to be supervising social media sites, paying attention to scrolling history and aware of what your child is doing online.

What are your child's expectations as they begin the new year? What are their biggest concerns? What are they really looking forward to? What is making them feel anxious or uncomfortable? Our Positive Potential curricula has a whole person health focus and this is a good time to remind ourselves as adults that our kids are more than just physical beings. They too are whole people; emotional, mental, social, spiritual and of course physical. Let's make an effort to be intentional about providing support and care for every part of who they are as individuals. Their joys, fears, hopes and stressors come from their individual realities and it is these realities that we need to understand and recognize as we love, support and care for them. The only way to know what those are is to - you go it - communicate. Take the time to listen to them. Ask probing questions that may build your relationship and make it deeper. Keep your ears and eyes open so that you can recognize and utilize teachable moments with them (and with their friends). Be open to becoming the trusted adult in a child's life. Having a trusted adult is especially critical during the teens years. Parents, don't be offended if that trusted adult isn't you; encourage your teen to have a mentor or trusted adult that you trust. Support that relationship.

Enjoy what's left of your summer. Continue to build those relationships. Ready or not, school starts soon.

A handwritten signature in dark ink that reads "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!



Tanisa & Dwayne

The two newest Horizon Educators are Tanisa Carter and Dwayne Hunter. Tanisa brings a vibrant sense of fun to the team and is always ready to meet students where they are with their questions. Dwayne is our resident researcher and brings a positive attitude to the classroom. Both of them have been such great additions to the Horizon team and have already made a major impact on the students that we serve!



GLOBAL LEADERSHIP SUMMIT

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

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*".

AMAZONSMILE

[Click here](#) to select PATH as your favorite charitable organization and Amazon will donate a portion of your eligible purchases to us at no cost to you. Thank you for your support!

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.

WHOLE PERSON HEALTH THEORY

In the Positive Potential program, we utilize the Whole Person Health Theory. This states that every person is made up of five parts: **physical** (what makes up our bodies), **social** (relationships with other people), **emotional** (attitude, feelings, and emotions), **mental** (the ability to learn, think, and make decisions), and **spiritual** (beliefs, morals, and values). We teach youth that the choices they make today may affect one or more parts of their whole person by giving them practical examples and walking them through the process. For example, if someone were to get in a physical fight, how would that affect their whole person? Physically, the person could end up hurt; socially, the person's social circle might decide to no longer be friends, and so on and so forth. We continue to walk through all the parts until we see that one decision to get into a fight affected all five parts of our whole person. We use this to emphasize how your decisions could affect your life now, and in the future.

Lunch TABLES



Update

Lunch Tables remains on a summer hiatus. In the meantime, [click here](#) to learn more and view recordings of past events!

PROGRAM UPDATES



Horizon is finishing up our lessons at Lake County Juvenile Center. We really enjoyed our time working with the youth there. The Horizon team is also getting ready for the upcoming school year. We look forward to providing health education information to our students in the Northwest Indiana area for the 2022/2023 school year!

Dionna Warren
Horizon Team Lead



The school year is about to begin and Money Momentum is ready! We are excited to announce that multiple Lake County schools have signed up for our practical money skills program. We can't wait to meet the new students and equip them with knowledge that they will use to make the right financial choices for themselves in the future.

Jason Frederick
Money Momentum Team Lead



We are wrapping up our programming with LCJC. We've been having a great time sharing in conversation and providing life skills. Our time there has also given us a chance to do more fine tuning of our scripts, presentations, and activities. As the summer is nearing the end, we will continue connecting with schools to prepare for programming this fall.

Kayla Warren
Life Lanes Team Lead



The Relentless team has been taking time to enjoy some summer fun with family and re-energize for the upcoming school year. We have been working hard to get all of our schools lined up and finalizing our curriculum as it goes through a medical accuracy review. We are excited to get back into the classroom!

Stephanie Lenkos
RELENTLESS 2.0 Team Lead



Summer is winding down and people are getting back into a normal routine since school will be starting soon. We have been in touch with schools, getting dates set, packing swag bags, and preparing for instruction. We hope everyone had a great summer break and we can't wait to see you back in the classroom.

Jason Kegebein
Love Notes Team Lead



As this summer comes to a close, we continue to prepare for our future mentees. We are utilizing this time by updating the lessons and finishing the new LivTrue journal, which is very close to being finished!

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.

FINANCING YOUR FUTURE:

In her [article](#) for PATH, Emma discusses National Financial Awareness Day, an often overlooked but important date. She provides tips and tools to help set you up for financial success now and in the future.



It is important to be knowledgeable about your finances, to stay proactive about keeping records, and to be prepared for emergency expenditures.

NATIONAL RELAXATION DAY

In her [blog post](#), Emma describes the importance of taking a day—yes, a whole day—to relax and unwind. She stresses that meaningful relaxation is integral to both our mental and physical health.



Our culture celebrates a fast-paced lifestyle and a continual grind to the finish—this is not always congruent with our wellbeing and happiness.

IN THE KNOW: RESOURCES OUR STAFF LOVE

This month our favorite resource comes from the Substance Abuse and Mental Health Services Administration. [Creating a Healthier Life: a Step-to-Step Guide To Wellness](#) is a comprehensive guide to mental wellness that details steps to improve all eight dimensions of wellness and is applicable to any individual.

Contact us:



positiveteenhealth.org



info@positiveteenhealth.org



219-254-2678



3391 Airport Rd
Portage, IN 46368

SUPPORTER SPOTLIGHT

For those we support and for those who support us

A big thank you to Urschel Laboratories for continuing to support PATH and becoming a Leadership Circle Partner.

We are so grateful for this support as it will help us reach more youth as we head into the upcoming school year!

Connect with us:

