

PATH 2 PARENTING NEWSLETTER

SEPTEMBER 2022 EDITION

BACK TO SCHOOL!

School is officially in full swing and so are all of our educators. We are excited to be meeting the needs of our youth with all of our diverse and educational programs. Per usual, PATH has a lot of activities going on beyond just teaching. Continue reading to find out more and get your monthly program updates!



MESSAGE FROM THE EXECUTIVE DIRECTOR

Hey all - Happy September! What a whirlwind of a month August has been. Our Positive Potential facilitator training team has been to AZ, KY and NY! Many of us in the office did our best to get in a few last minute summer vacation trips AND school started! WHAT!?! I don't know about you, but I'm exhausted. If I am honest, self-care has taken a back seat to 'get 'er done' and I'm feeling it. How about you?

While there is a lot to be done during these first few weeks of school and programming starting back up, let's not lose sight of taking care of ourselves. When the 'to do' list overtakes our focus, we can lose sight of the 'why' of what we do and the 'who' that we serve. Remember, teens are in a constant state of change as their brains are undergoing amazing transformation and growth. They are changing right before our eyes in all areas of their lives. We talk to youth in the classroom about the five parts of the whole person; Emotional, Spiritual, Social, Mental and of course, Physical. Each area of the teen is growing and being shaped into who they will become as adults. As an adult in their life; teacher, program facilitator, mentor, parent, or maybe a trusted adult, we have an opportunity to play an important role in that development and growth process. However, if our vessels are empty from a lack of self-care and eventual burnout from our overflowing 'to do' list, then we are not prepared to pour into them as we should.

I encourage you to take a minute, or ten, right now, and consider your 'why.' Why did you choose to work with youth? If you are a teacher or frontline staff working with youth, what's your why? If you are a parent or trusted adult in the life of a young person, take a few minutes to remember the 'why' of caring for them and doing all the many, many things that you do for them. There can be a lot of different reasons, but I'm guessing the main reason is probably the same for all of us; we care. We recognize their value and potential and we truly want to make a lifelong positive impact on the youth we serve and love.

Take time to fill your vessel; put it on your calendar. It's important for you and for the youth in your life.

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!



Devon Powers

Meet Devon Powers. Devon is our resident jokester and a program facilitator under our PREIS project. Devon recently transferred from our Relentless program to the Money Momentum team and will be working with high school students in Lake County Schools. We are excited, and a little cautious, to have this young and energetic role model for youth on our team.

Register Today!

Youth Wellness Forum
Educating & Empowering Professionals and Parents

September 27th, 2022
Valparaiso University Harre Union

VALPARAISO UNIVERSITY
NURSING & HEALTH
PROFESSIONS

Tobacco Education
Prevention & Coalition

Tobacco Free
LAKE COUNTY INDIANA

A Positive
Approach to Teen

YOUTH WELLNESS FORUM

The Youth Wellness Forum: Educating and Empowering Professionals and Parents will be hosted on September 27th, 2022. Topics include emotional literacy, optimal health models, youth mental health, and much more.

[Click here](#) to learn more about the event and sign up. Join us in creating a culture of health and wellness for youth, we look forward to seeing you there!

LUNCH TABLES

October is National Bullying Prevention Month, a time to raise awareness on bullying. Here at PATH, we're focusing our October Lunch Tables on the subject of bullying and providing a free lesson on cyberbullying to those who attend.

What exactly is bullying? Bullying is unwanted, aggressive behavior among school-aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time. Bullying includes actions such as making threats, spreading rumors, and attacking someone physically or verbally. Bullying can also take place through technology, known as cyberbullying.

Join us on Wednesday, October 26, 2022 from 11am-1pm to hear this information and get your free lesson! As always, our Lunch Tables are free to everyone. In order to register, find out more, or view recordings of past events, visit our [Lunch Tables](#) page.



TOBACCO CESSATION

Resource

Tobacco cessation is as important now as ever. [Click here](#) to see a comprehensive list of tobacco cessation resources for adults, youth, and anyone looking for cessation information.

FACES OF SUICIDE CONFERENCE

The Faces of Suicide Conference will be held on November 4th, 2022 at the Dean & Barbara White Community Center in Merrillville, Indiana. Stay on the lookout for registration which will open soon!

PROGRAM UPDATES



Horizon is excited to begin the fall semester with our students at Scott Middle School in Hammond. After making additions to the PATH organization as a whole, we have been teaching the new staff our curriculum and perfecting our teaching techniques. We are ready to get started in the 2022/2023 school year!

Dionna Warren
Horizon Team Lead



Money Momentum is gearing up and getting ready for what will be a phenomenal year of practical money skills! We are looking forward to serving the students of Lake County with the knowledge and skills they need to better prepare for their future. Let's go into this year with MOMENTUM!

Devon Powers
Money Momentum Team Member



Life Lanes is so excited for the start of the new school year. There are many new things we are looking forward to this year, including new schools we will be able to serve and new staff that will be coming on board. We are scheduled to begin programming this September at Gary Middle School. We're grateful we're able to return to teach 6th grade for this round. We have continued to revamp the scripts, slides, and activities for the students. Life Lanes is ready to put it in gear and give it some gas!

Kayla Warren
Life Lanes Team Lead



We are officially back to school! Our calendars will be very full this year as we enter into Cohort 1 of our study. We are excited to get started and work with all of the mentors and mentees this year. We will be running our first mentor trainings of the year in a few weeks and are looking forward to building a new community of mentors and making new connections.

Stephanie Lenkos
RELENTLESS 2.0 Team Lead



Summer has officially come to an end. School is back in session and programming is moving along. We will be serving Hammond Central this upcoming semester. On the horizon, we will be serving River Forest and Edison as well. As we start a new school year, we also have a few new team members. Please welcome Aaron and Abigail to the Love Notes team. We look forward to working with you and having you aboard the PATH team. Here's to a great school year!

Jason Kegebein
Love Notes Team Lead



It has been a summer full of updates and changes to bring the best, most accurate, information to the students. We are so excited to be back in the classroom soon and connecting our students to this content!

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

This month we want to take a look backward at all the Parenting Corner content that has been created. We have forty videos and an abundance of articles about parenting teens by the talented Lisa Raftery. Click the buttons to view all this informative content!

BLOGS

VIDEOS

GREENER PASTURES:

In her [blog post](#), Emma breaks down the research on the positive impact time spent outside has on our mental health. She gives plenty of examples on how to incorporate time with nature into your routine!

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Studies have shown that being in nature can restore and strengthen our mental capacities, increasing focus and attention.

IN THE KNOW: RESOURCES OUR STAFF LOVE

The Indiana Youth Institute is highlighting the [2022 KIDS COUNT® Data Book](#) by the Annie E. Casey Foundation. This resource ranks the well-being of today's youth in each state by a number of categories and indicators, with a special focus this year on youth mental health. Indiana ranks 28th overall, click the link to find out more.

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

We want to say a big thank you to Portage Buffalo Wild Wings for becoming a Support Circle Sponsor!

We appreciate your partnership and support when it comes to the health and safety of the youth in our community.

Connect with us:

