

# Sycamore Canyon Academy Bulletin

Winter 2008



## Active Parents and Successful Students

Parental involvement is a critical component to the students' success at Sycamore Canyon Academy *and* after they graduate. The expectations family members have on their sons are a very powerful influence on present and future behavior. This is why Sycamore Canyon Academy provides parent meetings and training on the campus and encourages family involvement as much as possible.

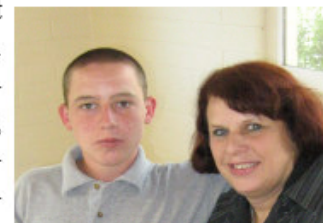
At Sycamore Canyon Academy, we have programs that bring families together. We serve families and youth using evidence-based practices like Active Parenting. Each weekend, parents participate in the activities of the Active Parenting curriculum. This effort has proven successful in increasing family cohesion, school attachment and self esteem, while reducing family conflict.

Active Parenting offers a common-sense approach to daily life with youth that the average parent can relate to and apply in many situations as the child grows. Parents learn the skills

they need to communicate effectively with their teens, encourage better behavior, use positive discipline techniques and teach responsibility.

"We can talk more openly now and are learning how to use new skills," comments a parent about her training experience.

The six session curriculum emphasizes current teen issues, building courage and self-esteem, problem solving, developing responsibility, effective communication and family meetings and talks.



After the Active Parenting meetings, the parents are able to visit one-on-one with their child and their child's therapist, and are given an opportunity to discuss any issues they are having. "The Active Parenting curriculum and weekly family visitation schedule keeps parents in touch with their sons, and helps them gain a deeper understanding of each other and how to function as a positive family unit," says Academy Director, Ike Shipman, MSW.

