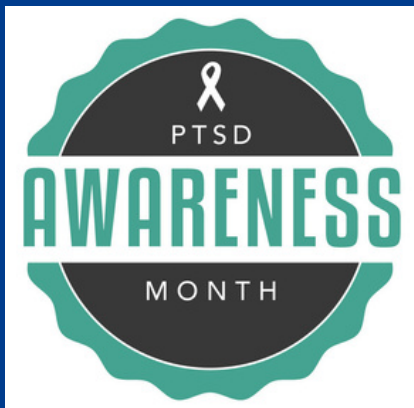


Newsletter



June 2023



In the United States, June is recognized as Posttraumatic Stress Disorder (PTSD) Awareness Month.

[The National Center for PTSD](#), a research and educational center that is part of the U.S. Department of Veterans Affairs, helps raise awareness about the 12 million people in the United States who live with PTSD and its symptoms. Their goal is to educate and connect citizens with treatment options whether they are a veteran or civilian survivor of a traumatic event.

Featured Mental Health Resources:

[Parenting Stress and its Impacts](#)

[Taking Care of You](#)

[Adolescent Mental Health:](#)

[Parenting to Wellness](#)

This is a supplemental parent-education module that is designed to offer support to parents and caregivers of adolescents who experience mental health challenges.

The THRIVE Initiative is designed to empower parents to support their child's health and wellness from their child's birth until the child is 18 years old. To assist parents, Thrive has developed downloadable parent resources that can be used to introduce and reinforce healthy behaviors and habits.

Breathe to THRIVE

This resource guide provides practical tips and suggestions for parents and caregivers on how to develop and support their children's mental and emotional well-being.

Cooking to THRIVE

This cookbook was created to help parents and caregivers promote healthy eating among their family members while promoting more quality time as a family.

Moving to THRIVE

This guide was created to help parents and caregivers promote more family playtime and physical activity. It includes ideas for different play locations, such as inside, outside, and limited space.

New Supplemental Parent-Education Module! Harmful Behaviors: Recognize. Respond. Repair.

This is a supplemental parent-education module that is designed to offer support to parents and caregivers as they help their children understand how their behavior impacts themselves and others and determine what to do when they experience or witness unwanted or harmful behaviors such as bullying.

Are you a professional who works with children, youth, and families?

You can find resources that are designed to support you! Our redesigned, online Professional Training Modules are available at no cost to you!

Motivational Interviewing and Values Clarification

This module can help professionals support parents and caregivers as these individuals work to modify their behaviors to increase their well-being and their families' well-being. This module views parents and caregivers as competent and capable agents of change, and the facilitator's goal is to provide help and encouragement!

Trauma-Informed Care in Parent Education

This module acknowledges that parenting can be rewarding and challenging. It recognizes that parents and caregivers vary in their knowledge, attitudes, opinions, abilities, and competencies, and all parents and caregivers can benefit from parenting supports. In this context, this module, then, advocates for parent educators because these individuals can have a positive impact on and empower all parents and caregivers by using strengths-based parent-education programming that is founded on sound theories and scientific evidence.

Thrive Educational Series Recorded Presentations:

[Mental Health Challenges of Military-Connected Children](#)

[Motivational Interviewing and Values Clarification Presentation](#)

[Resiliency: Building a Snow Fence](#)

Thrive: Educational Series for Professionals Session II of 2023

Join us for the first webinar presentation in Session II of our Thrive Educational Series on July 11, 2023, led by Dr. Keith R. Aronson, Co-Director at the Clearinghouse for Military Family Readiness at Penn State!

Those who are connected to the military may experience unique stressors like military deployments, frequent relocations, and injuries in addition to the same challenges their civilian peers experience, such as enduring lack of sleep or dealing with sibling squabbles. Not surprisingly, some military parents experience mental health challenges. Join us and learn how to promote the mental health of military parents by using evidence-based programs and services that are designed to address psychological problems among military parents. Supporting parents' mental health concerns can contribute to improved parenting and prevention of child maltreatment!

Registration: <https://bit.ly/register4thrivesession2>

There is no cost to attend; however, we do require advanced registration. An hour of APA Continuing Education credit will be offered to participants for each of the presentations within the series.



*Resourceful Parents.
Resilient Children.
Ready Families.*

Contact Us

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