

# Newsletter



# thrive

September 2023

## Coming Soon!

### **Anger Management Family Conflict: Mindfully Creating Positivity**

This is a supplemental parent-education module that is designed to help parents and caregivers understand and reduce their anger and their reactions to their anger and decrease conflict in their everyday moments and situations.

### **Raising Siblings Fostering Positive Relationships**

This is a supplemental parent-education module that is designed to support parents and caregivers who have multiple children or those who are planning to increase their family size.

## **Featured Blog Posts:**

[Parenting the Child you Have](#)

[Adolescent Social Media Use](#)

[Breathe Easier Knowing You Are  
Protecting Your Child From Air  
Pollution](#)

Another school year has arrived! Each year can bring a new set of challenges and obstacles that you and your family may face. The THRIVE Initiative has resources that can help you navigate the start of the school year and beyond.

## **Blog Postings:**

[Establishing an After-School Routine](#)

[Advocating for Your Child](#)

[Your Child's Extracurricular Activities: Too Much or Just  
Right](#)

[Helping Your Child Navigate Social Mistakes](#)

[Talking to Children about Germs, COVID-19, and  
Practicing Proper Hygiene](#) (5210 Blog)

[Healthy 5210 Lunches for Back-to-School](#) (5210 Blog)

## **Harmful Behaviors: Recognize. Respond. Repair.**

This is a supplemental parent-education module that is designed to support parents and caregivers as they help their children understand how their behavior can impact themselves and others. This module also addresses unwanted or harmful behaviors, such as bullying, and offers suggestions regarding what children can do if they experience or witness these behaviors.

Are you a professional who works with children, youth, and families? Our second session of our [Thrive Educational Series](#) is currently underway! This session and all previous presentations are available for you to view for free.

These presentations are designed to offer support to professionals in their work with civilian and military-connected families.

**Promoting the Mental Health of Military Parents to Prevent Child Maltreatment**

Dr. Keith R. Aronson

**Resiliency: Building a Snow Fence**

Dr. Daniel F. Perkins

**Mental Health Challenges of Military-Connected Children**

Dr. Celina Grassmyer

**Motivational Interviewing and Values Clarification Presentation**

Dr. Ryan P. Chesnut and Molly Burns, M.A.

*Resourceful Parents.  
Resilient Children.  
Ready Families.*

**Contact Us**

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**Phone: 1-877-382-9185**

**Thrive: Educational Series for Professionals  
Session II of 2023**

**October 17, 2023: Trauma Informed Care for Helping Professions**

Trauma-informed care (TIC) is a buzz phrase that is currently being used in many health and educational vocations and other helping professions. Join us as we discuss the six principles of TIC and examine how these principles can be integrated into practice, at the individual and organizational levels, to benefit a range of client populations and organizational personnel.

This session will be led by Dr. Tara Saathoff-Wells, Assistant Research Professor and Thrive team member at the Clearinghouse for Military Family Readiness at Penn State!

**November 14, 2023: Anger Management Techniques and Strategies**

Experiencing anger too severely or often can negatively affect one's mental and physical health and their family and interpersonal relationships. Join us as we discuss a variety of mindfulness-based, cognitive-behavioral, and communication strategies that intend to help professionals and individuals manage and reduce their anger.

This session will be led by Dr. Chelsea Spencer, LCMFT, Research Assistant Professor, Kansas State University.

**Registration:**

<https://bit.ly/register4thrivesession2>

*Advanced registration is required for all sessions, but all presentations are free. An hour of APA Continuing Education credit will be offered to participants for each of the presentations within the series.*