

PARENT COACHING GROUP

Parent Coaching Group is designed to enhance a parent's ability to support their child's mental health needs. This group is open to all current and alumni parents and meets every Tuesday morning from 8:30–9:30 in person at Bright Path. In order to support attendance, staff are available for early drop off.

AUGUST SCHEDULE

Date	Topic	Facilitator
August 6th	Communication Strategies: How to talk to teens about sensitive topics, Listen effectively, and open lines of communication. Strategies for Building trust and ensuring teens feel supported and understood.	Dr. Shantel Sullivan Ed.D, LCSW CEO
August 13th	Understanding Teen Mental Health: Introduction to common mental health issues in teens, including depression, anxiety, ADHD, and eating disorders. Discussion on the difference between normal teen behaviors and signs of mental health concerns	Jennifer Hoffman MSN, APRN, PMHNP-BC Psychiatric Nurse Practitioner
August 20th	Hyperrational Thinking vs. Impulsiveness and the Essences of Adolescences	Jalecia Beatty LCMHC Clinical Director
August 27th	Empathy Building	Camille Tate MSW Admissions Coordinator



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SEPTEMBER SCHEDULE

Date	Topic	Facilitator
September 3rd	Educational Rights and Support: Overview of educational rights for teens with mental health issues, including 504 Plans, Individualized Education Programs (IEPs), and other accommodations.	Michele Jones MSW Education Liaison
September 10th	Parental Self-Care: The importance of self-care for parents, recognizing parental burnout, and strategies for maintaining their own mental health while supporting their teens	Dr. Shantel Sullivan M.Ed., LCSW CEO
September 17th	Managing Crisis Situations: Guidance on recognizing and responding to mental health crises, including suicidal ideation, self-harm, and acute anxiety or panic attacks. Information on when and how to seek professional help	Jalecia Beatty LCMHC Clinical Director
September 24th	Stress and Coping Mechanisms: Education on the sources of teen stress, including academic pressure, social media, and bullying. Discussion on coping mechanisms and resilience-building strategies to teens.	TBD Bright Path Intern



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OCTOBER SCHEDULE

Date	Topic	Facilitator
October 1st	Navigating the Mental Health System: Information on Mental Health services available for teens including how to build a care team	Abigail Kriek Clinical Outreach Specialist
October 8th	Communication Strategies: How to talk to teens about sensitive topics, Listen effectively, and open lines of communication. Strategies for Building trust and ensuring teens feel supported and understood.	Dr. Shantel Sullivan M.Ed., LCSW CEO
October 15th	Understanding Teen Mental Health: Introduction to common mental health issues in teens, including depression, anxiety, ADHD, and eating disorders. Discussion on the difference between normal teen behaviors and signs of mental health concerns.	Jennifer Hoffman MSN, APRN, PMHNP-BC Psychiatric Nurse Practitioner
October 22nd	The Drama Triangle	Abigail Kriek Clinical Outreach Specialist
October 29th	Hyperrational Thinking vs. Impulsiveness and the Essences of Adolescences	Jalecia Beatty LCMHC Clinical Director



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NOVEMBER SCHEDULE

Date	Topic	Facilitator
November 5th	Empathy Building	Camille Tate MSW Admissions Coordinator
November 12th	Educational Rights and Support: Overview of educational rights for teens with mental health issues, including 504 Plans, Individualized Education Programs (IEPs), and other accommodations.	Michele Jones MSW Education Liaison
November 19th	Parental Self-Care: The importance of self-care for parents, recognizing parental burnout, and strategies for maintaining their own mental health while supporting their teens.	Dr. Shantel Sullivan M.Ed., LCSW CEO
November 26th	Managing Crisis Situations: Guidance on recognizing and responding to mental health crises, including suicidal ideation, self-harm, and acute anxiety or panic attacks. Information on when and how to seek professional help.	Jalecia Beatty LCMHC Clinical Director



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DECEMBER SCHEDULE

Date	Topic	Facilitator
December 3rd	Stress and Coping Mechanisms: Education on the sources of teen stress, including academic pressure, social media, and bullying. Discussion on coping mechanisms and resilience-building strategies to teens.	TBD Bright Path Intern
December 10th	Navigating the Mental Health System: Information on Mental Health services available for teens including how to build a care team.	Abigail Kriek Clinical Outreach Specialist
December 17th	Communication Strategies: How to talk to teens about sensitive topics, Listen effectively, and open lines of communication. Strategies for Building trust and ensuring teens feel supported and understood.	Dr. Shantel Sullivan M.Ed., LCSW CEO
December 24th	Understanding Teen Mental Health: Introduction to common mental health issues in teens, including depression, anxiety, ADHD, and eating disorders. Discussion on the difference between normal teen behaviors and signs of mental health concerns.	Jennifer Hoffman MSN, APRN, PMHNP-BC Psychiatric Nurse Practitioner
December 31st	The Drama Triangle	Abigail Kriek Clinical Outreach Specialist

