

LIKELY OUTCOMES FOR PARENTS, YOUNG PEOPLE AND COMMUNITIES WHO PRACTICE AND SUPPORT TOUGHLOVE® PARENT SUPPORT GROUPS

PARENTS WILL:-

- Develop skills, attitudes and strategies to enable them to make changes in their own lives.
- Learn to change their responses to unacceptable behaviours.
- Become empowered to take control of their own situations.
- Gain an understanding of what is happening and this will reduce their stress and frustration.
- Regain confidence in their parenting skills and a sense of direction as progress is achieved.
- Reduce their feelings of disappointment, failure and guilt as their expectations are placed on a more realistic level.
- Greatly improve their communication and parenting skills.
- Function more effectively once their health and confidence improve.
- Decrease their feelings of isolation and helplessness as they accept support from other *TOUGHLOVE*® parents who will fulfil the functions of an extended family.
- Reduce their dependency on professionals and service providers.
- Provide other members of their family with more attention once the 'acting out' child ceases to be their sole focus.

YOUNG PEOPLE WILL:-

- Receive appropriate support, nurturing and assistance in changing their behaviour.
- Learn to take responsibility and become more accountable for their own behaviour.
- Experience realistic consequences for their actions.
- Gain an extended family and have more caring adults taking an interest in their well being.
- Gain recognition of their dependence on and obligations to their own family.
- Become responsible adults who will contribute to society in a positive manner.
- Have positive role models to teach them better parenting skills for the future.

COMMUNITIES WILL HAVE:-

- Mutual support and shared responsibility when a collective response is taken against unacceptable adolescent behaviour.
- Communications between parents and service providers improved.
- A more co-ordinated response to truancy, drug abuse, runaways, vandalism and violence.
- A more effective method of dealing with these problems when adults are more united and prepared.
- Reduced impact on the health system when stress related illness is ceased.
- A cost effective programme as *TOUGHLOVE*® parents voluntarily work to support other families in their local communities.
- More employment productivity as parents take less time off work because they have a network of other parents to help deal with their child's behaviour.
- Reduced levels of youth homelessness and crime in our communities.
- Improved relationships between parents, young people and service providers when our young people are no longer able to manipulate the system.