

The Change insight Program for Families

is a structured, self-help program of positive behavior change and emotional growth for parents with destructive, out of control or violent adolescent behavior in their families, (parents of young adult children are also welcome)

uses principles from cognitive and rational-emotive therapies as its foundation for behavior change and understanding,

relies on confidential, peer-level support that is nurturing, empathic, social, proactive and confrontive,

works through weekly support meetings that encourage proactive and measurable steps in each parent's chosen plan for behavior change and emotional growth,

offers support to at-risk adolescents who are making positive changes as well as other family members such as siblings and grandparents,

affirms and supports the parent as head of the household with the goal of raising self-reliant, capable and responsible young adults who are assets in their community.