

Check Point is a confidential four session program for families who are concerned with the risk-taking behaviors of their teen. Information includes:

- Decision making skills
- Communication Skills
- Alcohol & Other Drugs and other High Risk Behaviors
- Supportive Resources

Each component is designed to assist adolescents in identifying the relationship between their actions and the natural consequences of those actions.

Check point will offer strategies to strengthen relationships, improve family communication, and gain insight into your teen/parents feelings, emotions, and motivations.

Check Point is for high school students and his or her parent or guardian. The programming takes place in a relaxed group setting for a total of four two hour sessions: (total of 6 hours for student, parents)

- Two Parent & Student Sessions
- One Parent Session,
- One Student Session.

Any Maine East family may participate free of charge. Parents may enroll in this program to help re-connect with their teen, or to gain some outside perspective in relation to reducing the teens 'risky' behaviors.

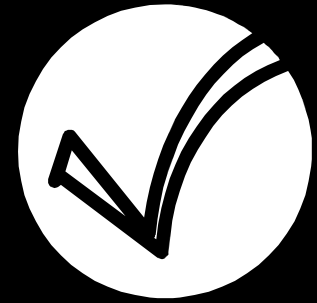
Check Point is also used as an 'alternative to suspension' program for Maine East High School.

Check Point Facilitator

Jodie Reeser, MSW, CADC
Student Assistance
Program Director
Maine East High School
(847) 692-8283



Check Point is made possible in through the Safe and Drug Free Schools Grant. Special thanks to Township High School District 113 & Cathy Cratty for allowing us to use Check Point .



CHECK POINT

An educational
early intervention
program for teens
and their parents

Maine East High School

The Challenge

Being a teenager or a parent today is challenging. We watch as they struggle to define their personal values and begin to pull away from family ties in search for autonomy, on their way to adulthood.



These struggles are normal, and everyone who lives with or works with a teenager expects to ride this roller-coaster towards adulthood. However, during this time of rapid growth and discovery, sometimes, even with the greatest amount of support and love, things can go awry.

To help students and parents cope with the stresses of life, Maine East provides a Student Assistance Program (SAP). This program brings together the school, the community, families, and youth in a working partnership. This partnership provides education, prevention, intervention and the promotion of healthy lifestyles. It also identifies, supports, and refers students and families currently experiencing difficulties or those at risk to developmentally and culturally appropriate community based agencies. Check Point is a part of the Student Assistance Program.



Parents

The **CHECK POINT** program can help parents understand why all teens (including high achievers in academics, athletes, and other co-curricular activities) are vulnerable to 'at risk' behaviors. Some symptoms may include:

- Family Stress
- Change in attitude, interests, and/or appearance
- Change in friends
- Pattern of acting-out or rebellious behaviors
- Reference to alcohol, tobacco, and other drug use, including 'partying.'
- Contact with law enforcement
- Little or no connection to school, community or peer group
- Change in school performance—academic, attendance, discipline.

Any Maine East family may participate in this program free of charge. Parents may enroll in this program to re-connect with their teen, or to gain some outside perspective on what might be next in relation to reducing the teens 'risky' behaviors.

Check Point is also used as an 'alternative to suspension' program.

Expectations

A Parent's Experience

"I walked into the first Check Point session really angry and resentful. Who did the school think they were... telling me how to be a better parent?"

Two hours later, my son and I left laughing and talking to each other. The facilitator was warm, funny, and very caring. I was amazed at how open and honest the kids were with each other and in front of their parents.

The program assignments were actually fun to do—I'm not kidding—and it really opened our eyes to why our "good kids" would do things we know are wrong. I can honestly say Check Point was one of the most important experiences I've encountered as a parent of a teenager."

Parent

It is expected that those who participate in **CHECK POINT** will:

- Attend and participate in all sessions.
- Abstain from alcohol, tobacco or other drugs. Complete all program assignments.
- Agree to maintain confidentiality