



Referrer's checklist of information to explain to parents when telling them about STOP

	Tick
STOP stands for "Supporting Parents of Teens" and it is a parents/ carers only group	
STOP group will be running on Day.....	
STOP group will be running on Date.....	
STOP group will be running on Time.....	
STOP group will be held at Venue.....	
Each STOP session is 2 hours	
STOP is for parents and carers with a young person aged 10-17 years	
The group course does not state that attending STOP will stop or reduce a young person's difficult behaviours but it will help parents and carers in managing and supporting their young person with difficult behaviours.	
The group course is run by 2/3 skilled group facilitators. Who have knowledge of working with young people	
Cost. The group course costs about £780 per parent however the course has been sponsored by (service) so there is no charge for attendance	
The group comprises of 10 sessions where parents have an opportunity to explore topics surrounding parenting and how to support their young person during this	

developmental time.	
The group process also aims to help parents feel more supported and confident in their parenting.	
The group comprises of fellow parents of young people who are having difficulties with a range of behaviours.	
The group setting aims to be non-judgemental and a comfortable place for parents to talk about how it is parenting a young person in today's world.	
The group is a collaborative group process where learning will be done together.	
While STOP has a therapeutic base in the group sessions the focus is on how to support and manage the behaviours in the here and now.	
Parents who have attended the course report that they got an abundant amount out of attending. The main comment is "not feeling alone" and obtaining practical parenting strategies	
There is normally about 8-12 parents per group course	
During the group hand outs are given for parents to share with family members/friends if they wish	
In attending the group parents will be required to attend a minimum of 80% of the scheduled sessions.	
Attendance certificates are given to all who attend (percentage of attendance is normally recorded on the certificates)	
The group facilitators may contact parents by phone and/or email to confirm arrangements. Also during the group to see how parents are finding the group experience.	

