



# NEWS RELEASE

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**FOR IMMEDIATE RELEASE**

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## **Parents Successfully Graduate from Parent Project Program**

Thirteen parents successfully completed an eleven week parenting skills class on June 5<sup>th</sup>, 2008. This graduation highlights the first year of a collaborative partnership between the Palo Alto Police Department and the Palo Alto Unified School District (PAUSD). Together, they are presenting the Parent Project, a nationally renowned parenting skills program specifically designed for parents with strong-willed or out of control adolescents.

The Parent Project has won three state awards in California and has been adopted for use by public safety agencies, schools, and community-based organizations throughout the nation because of its success in preventing, identifying, and intervening in the most destructive of adolescent behaviors. The Parent Project addresses the critical issues parents face and offers practical, "no nonsense" solutions. It is the only program of its kind designed specifically to address the most destructive behaviors of high-risk adolescents. It is supported by over ten years of development, research, and real-life experience.

This collaboration started with the support of Superintendent Kevin Skelly of PAUSD, Principal Kara Rosenberg of the Palo Alto Adult School, and PAPD Chief Lynne Johnson. The Parent Project directly addresses a key goal of the PAUSD and Palo Alto Adult School, which is to support successful schools and families in the community. Kara Rosenberg, Principal of the Adult School states, "Thirteen adults facing difficult issues walked into this class, and thirteen confident parents graduated, equipped with multiple proven strategies and resources."

One parent participant, a Palo Alto Mom of a middle school and high school student said, "The Parent Project is an excellent offering and should be a requirement for all parents. I wish that I had attended when my kids were in elementary school, so that I could have been better prepared for many of the challenges that our kids are facing today. This informative, inspiring class became my priority each week and I couldn't wait for Thursday night to arrive. The communication skills and techniques that I learned have worked great in my home. I have noticed a positive change in our family members' interactions and there has been a substantial reduction in defiant behavior in our household. This wonderful program helped my family get back on track."

The next Parent Project session starts on September 25<sup>th</sup>, 2008. Both an English-speaking course as well as a Spanish-speaking course will be offered to interested parents.

For additional information, contact Agent Donna Arndt at 650-617-3100, ext. 1321 or by email at [donna.arndt@cityofpaloalto.org](mailto:donna.arndt@cityofpaloalto.org). Internet users can access additional information via the Palo Alto Police Department's official website at [www.papd.org](http://www.papd.org) (click on community involvement).

**About Palo Alto Adult School**

Palo Alto Adult School (PAAS) was established by the Palo Alto Unified School District in 1921. PAAS is committed to excellence in providing a broad range of educational programs that meet the diverse lifelong learning needs of our community. The Adult School's goals are to support a skilled workforce, successful schools and a vibrant community by providing programs in English as a Second Language (ESL), Career Technical Education, Parent Education, Education for Independent Living and Community Education. Palo Alto Adult School is self-supporting and annually serves a student population of more than 8000 students. For additional information, call 650-329-3752 or visit the PAAS web site at [www.paadultschool.org](http://www.paadultschool.org).

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