

---

## Kenneth Young Center Child & Adolescent Services

- Individual Therapy
- Family Therapy
- Parent Training
- Psychiatric Services
- SASS Crisis Services
- Individual Care Grant Support
- Case Management
- Mentoring
- Parent Mentoring
- Group Therapy
- Parenting Groups
- Prevention Services

---

For more information about these services, contact Child and Adolescent Services at 847.524.8800.

## *Kenneth Young Center*



*Feeling Good  
Doing Better  
Finding Solutions*

---

1001 Rohlwing Rd  
Elk Grove Village, IL 60007

Phone: 847.524.8800  
Fax: 847.524.8824  
Web: [www.kennethyoung.org](http://www.kennethyoung.org)



*Kenneth Young  
Center*

---

## *Parent Support Services*

---



---

## **Parent Mentoring & Family Resource Development**

## ***Why Parent Support?***

**P**arenting is one of the most rewarding and one of the most difficult jobs there is. For a task as challenging as parenting, one would hope children came with instruction books, but sadly they do not.

Parenting a child who is functioning well is difficult enough, but parenting a child who is struggling with problems is truly an uphill battle. Many parents of children with behavioral or emotional difficulties feel ashamed or guilty for their child's difficulties. Most feel alone and aren't sure who to turn to.

The parent support services at Kenneth Young are designed to provide guidance and support to parents of children having problems. Some of the parents receiving support have struggles of their own. Most are just overwhelmed by the challenge of dealing with the extreme behaviors or intense emotions of their child. While no one person has all the answers to parenting questions, our parent support specialists can help make sense out of the child's behaviors and give practical guidelines and supports to struggling parents.



## ***Family Resource Development***

**F**amily Resources Developers (FRDs) are parents who have gone through mental health crises with their own child and successfully navigated the mental health system. The role of a FRD is to empower parents and families to utilize supports and resources in the community.

Because a FRD has "been there" with their own child, they provide excellent guidance and support to parents. Through home visits, hospital visits and school meetings, the FRD can help families gain access to resources for finances, health care benefits, housing, education, employment, etc.

The FRD also provides support and guidance for the family in regards to how to deal with the child's emotional or behavioral problems. The goal is to increase the esteem and efficacy of the family, and to allow them to continue to support the struggling child.

## ***Parent Mentoring***

**P**arents are often expected to be experts in behavior management, time management, money management, stress management and mood management. Parent mentors assist parents in learning and fine-tuning skills needed to be successful parents for their child struggling with mental health issues.

A parent mentor will spend time in the family's home observing the parent with this child, and provide feedback regarding parenting techniques. The parent mentor will also be available to meet with the parent either at home or out in the community to provide ongoing support and information about parenting and about other resources available. Often, parent mentoring will occur in conjunction with other outpatient services at Kenneth Young Center. It can then serve as an opportunity for the parents to practice skills with their mentor that they learned in family therapy or a parenting group.

