CLEARINGHOUSE
FOR MILITARY FAMILY READINESS
SOUND SCIENCE ★ STRONGER SERVICE
A PENN STATE APPLIED RESEARCH CENTER

The THRIVE Initiative: Ready, Set, *Grow!*

Jennifer DiNallo, Ph.D.
Director of Research

Alison Turley
Implementation Specialist

Learning Objectives

1. Discuss the THRIVE Initiative and *Grow!* Parenting Program.
2. Discuss the rationale for the development of a new health promotion parenting program targeting military families.
3. Define the methodology behind a common components approach (CCA) to program development.
4. Discuss the lessons learned, and preliminary implementation and treatment outcomes from the pilot implementations with civilian and military families.

Grow! is part of the THRIVE Initiative

THRIVE Initiative Program Areas			
Take Root!	***Sprout!***	***Grow!***	***Branch Out!***
Infants & Toddlers (0 to 3 years)	Preschool (3 to 5 years)	Grades K - 5 (5 to 10 years)	Grades 6 - 8 (10 to 14 years)
			Grades 9 - 12 (14 to 18 years)

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THRIVE programs are comprised of 3 domains:

Positive Parenting Practices

Parent & Child Stress Management

Child Physical Health Promotion

THRIVE programs are comprised of 3 domains:

Positive Parenting Practices

Child Physical Health Promotion

Parent & Child Stress Management

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Why develop a health promotion parenting program?

- We need to think about promoting health as parents.
- Existing evidence-based parenting programs do not comprise a health promotion component.
- There are lots of conflicting messages out there when it comes to promoting health!

THRIVE programs aim to:

- Incorporate a strength-based approach, focusing on what families are already doing well to increase family readiness.
- Harness the immense potential of parents, as agents of change, to foster positive youth development across the physical, intellectual, emotional, and social domains of health.
- Assist parents from birth through adolescence, in developing skills and competencies across the three domains: Positive Parenting, Stress Management, and Health Promotion.

THRIVE is unique!

Program development utilizes a common components approach.

Programs includes parenting strategies around child health promotion.

Programs incorporate blended and multimodal learning environments into the program delivery modes.

Common Components Approach (CCA)

A process in which the individual strategies or parts of a program are identified with the aim of discovering those components that are shared across programs *(Chorpita, Daleiden, & Weisz, 2005)*

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CCA 4 Factors

- Knowledge (content components; e.g., communication, bedtime routines)
- Process (techniques or modes of delivery; e.g., multimodal information sharing, online modules)
- Barrier reduction (ways to over come obstacles; e.g., parking pass, childcare)
- Sustainability (support for long-term uptake; e.g., behavior modification, stakeholder buy-in)

(Kaminski; Rotheram-Borus; Chorpita)

CCA process: *THRIVE program development*

Program Development Decision Process: **Drawing from Evidence in Program Development**
DECISION #1: Identify and define target population and program focus.
DECISION #2: Define mode of delivery (i.e., Process Factor).
DECISION #3: Define method of delivery (i.e., Process Factor).
DECISION #4: Identify & select programs for Common Components Analysis.
DECISION #5: Common components analysis (Knowledge Factor).
DECISION #6: Research and identify health promotion components.
DECISION #7: Lay out the theoretical framework.
DECISION #8: Develop program logic model.
DECISION #9: Identify & select curriculum writer.
DECISION #10: Research & identify barrier reduction strategies (Barrier Reduction Factor).
DECISION #11: Develop evaluation plan.
DECISION #12: Research & identify sustainability strategies (Sustainability Factor).

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Decision # 5: CCA (knowledge factor)

Identify Programs
*see Decision #4 (Program Identification for CCA Process).

→

Extract & Define Components
*Two raters pull components from all identified programs & define the components.

→

Reduce Data
*Three raters review & combine duplicate components, grouping as appropriate, and categorize into the three THRIVE domains; consider dependencies including feasibility, fit, and developmental stage.

→

Finalize Components
*Same three raters agree on final list of non-redundant components; define and describe in an Excel file, with examples of strategies used in the corresponding programs, and frequency of use.

- *Target audience*
- *Evidence-informed/ evidence-based*
- *Universal/ teachable*

Health Promotion Components: Why are these different?

- Identify peer-reviewed journal articles;
- Review clinical trials/ interventions in these articles to identify specific parenting strategies used to promote healthy behaviors;
- Review references from articles to identify additional publications;
- Search clinicaltrials.gov for ongoing trials related to health promotion, childhood obesity prevention/intervention; and
- Pull evidence-based strategies from current health recommendations (e.g., Institute of Medicine, American Academy of Pediatrics).

CCA Findings: *Grow!*

Programs identified and selected for the development of *Grow!*

- Strengthening Families Program
- Incredible Years parenting program – Basic
- Guiding Good Choices
- Parent Management Training- Oregon Model
- Parent-Child Interaction Therapy
- Triple P Level 4
- Group Lifestyle Triple P
- Parent Corps
- Promoting Alternate Thinking Strategies

+ extensive literature and current recommendation search to identify health promotion components

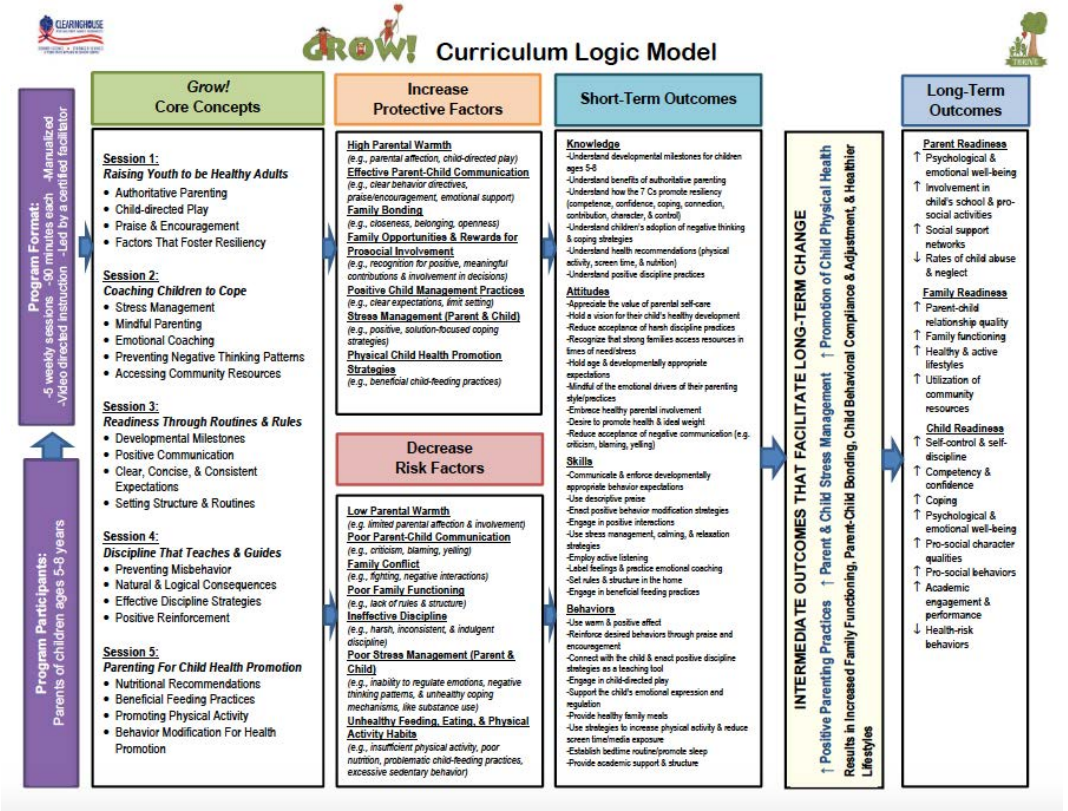
Yielded 25 components, which were then distilled, defined, re-grouped.

Knowledge of normative child development
Unconditional love and respect
Realistic, high expectations
Focus on strengths
Parental influence on youth
Praise and encouragement
Applying appropriate rewards/ consequences
Skill encouragement
Pro-social opportunities to contribute
Problem solving
Listening
Healthy parental involvement
Using timeout
Limit setting and monitoring
Targeted feedback to motivate desired behaviors
Emotion regulation/ coaching
Managing (parent's own) strong emotions
Accessing community resources
Family meals
Healthy feeding and eating practices
Youth competencies that are enhanced by health promotion
Attachment
Behavior descriptions and effective directions/ commands
Effective communication with child
Negative thinking patterns

Next steps from CCA

Draw on CCA findings to develop:

- Logic model
- Theory of change
- Program curriculum
- Evaluation plan



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Grow! is part of the THRIVE Initiative

THRIVE Initiative Program Areas			
Take Root!	***Sprout!***	***Grow!***	***Branch Out!***
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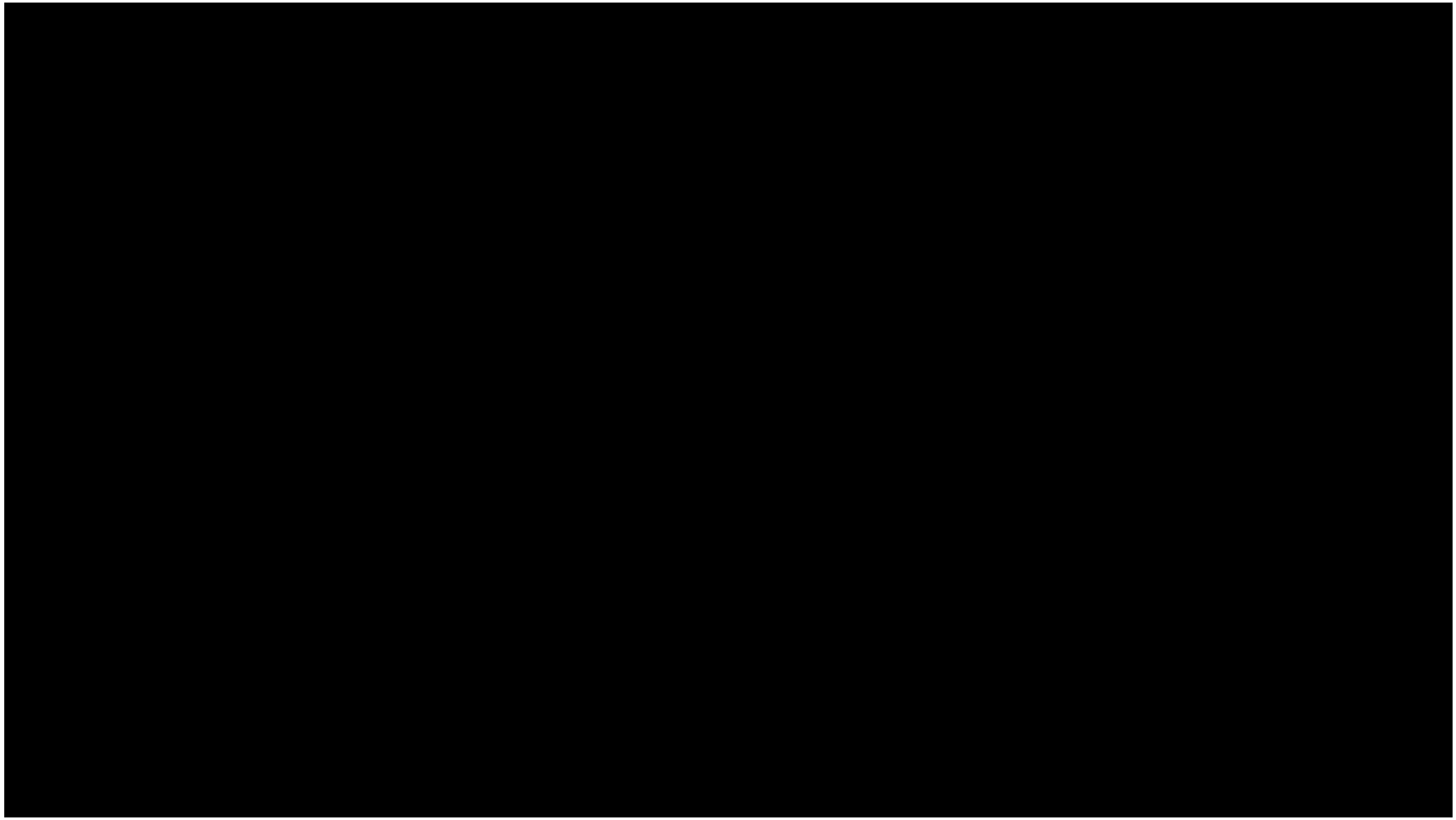
Promotional Video



What is GROW! ?

- A universal health promotion parent education program for parents of children 5-10 years
- Facilitator-led, face-to-face video-based curriculum, with skills practice and discussion time
- Delivered to groups of up to 10-15 parents
- 5, 90-min sessions delivered over 5 consecutive weeks

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Facilitator Training Process

Kick-Off Webinar

10 Online Training Modules

8-10 Coaching Calls

Evaluation & Certification Webinars

Video Review of Session One

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Facilitator Training Process

***Grow!* Training Schedule - Military Enhanced**
Webinar Phone Number: 563-999-2090 Access Code: 975126
Adobe Connect: https://meeting.psu.edu/facilitatortraining

	Webinar	Hours	Online Training	Hours	Surveys to Complete
Week 1	Kick-Off Webinar	1.5 hrs			Kick-Off Webinar Survey
Week 2			Modules 1-5	1 hr	Demographic Form End of Module Quizzes
Week 3			Modules 6-8	1 hr	End of Module Quizzes
	Marketing & Recruitment	1 hr			
Week 4			Modules 9.1 & 9.2	3 hrs	End of Module Quizzes
Week 5			Modules 9.3 & 9.4	3 hrs	End of Module Quizzes
Week 6	Facilitation Skills & Supplies	1 hr (CF) 45 min (DF)	Module 9.5 & Module 10	1 hr	End of Module Quizzes Online Training Satisfaction Survey
Week 7	Certification Webinar, Part I	1.5 hrs			Certification Quiz
Week 8			Practice Week (on your own)	1 hr	Practice Week Survey
	Certification Webinar, Part II	1 hr			Certification Webinar Survey
Week 9	Set-Up for Session One	1 hr (CF) 45 min (DF)			
Week 10	Evaluation Webinar	1 hr			Evaluation Webinar Survey
	Core Concepts	45 min			
Week 11	Fidelity Observation	1 hr			
	Time Management	45 min			
	Total Webinar Time	**8.5 hrs**	**Total Online Training**	**10 hrs**	

Online Facilitator Training

PennState

THRIVE

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GROW! MATERIALS

GROW! TRAINING MODULES

SURVEYS AND QUIZZES

RESOURCES

VIEW YOUR TRAINING MODULE SUBMISSIONS

Module 1: Introduction and Training Overview

Welcome to the online facilitator training for *Grow!*. This introductory module describes the *Grow!* program and provides an overview of facilitation roles and respo facilitator training process will be explained and the steps required to become certified to facilitate *Grow!* sessions will be reviewed. At the end of the module, you answer questions about yourself and your professional experience.

VIEW MODULE 1

Module 2: An Overview of THRIVE and *Grow!*

Module 2 will explain the THRIVE Initiative and provide a detailed explanation of the format and core content of the *Grow!* program. You will also be introduced to t overarching framework for positive youth development that is employed throughout *Grow!* sessions. After completing this module, you will be familiar with *Grow!*'s and the pathways through which the program is expected to have meaningful, positive impacts in the lives of participants and their children.

VIEW MODULE 2

Module 3: Fidelity

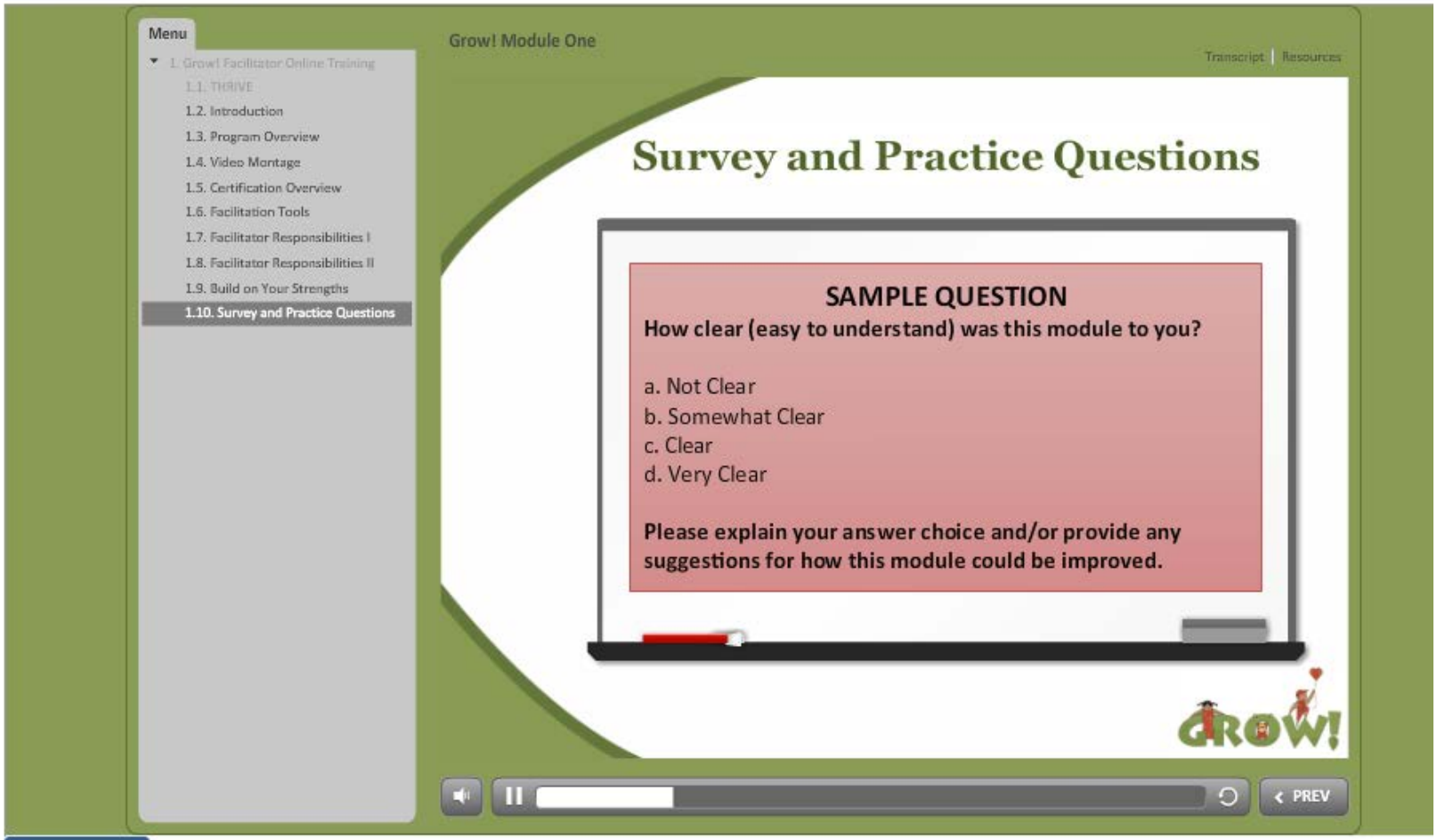
Module 3 introduces the concept of fidelity, which means delivering a program exactly as the developer intended it to be delivered. The rationale for and benefits o with fidelity are discussed. After completing this module, you will have an understanding of the five critical dimensions of fidelity: program reach, participant respo dosage, content adherence, and delivery quality. You will also understand how each dimension relates to successful program implementation.

VIEW MODULE 3

Facilitator Practice Quizzes

Module 1 - Introduction and Training Overview

This module will take you approximately 15 minutes to complete.



TAKE THE QUIZ

Facilitator Online Evaluation

PennState

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GROW! MATERIALS

GROW! TRAINING MODULES

SURVEYS AND QUIZZES

RESOURCES

VIEW YOUR SURVEYS AND QUIZZES SUBMISSIONS

Kick-Off Webinar Survey

This survey is to be completed in week one of training, following participation in the introductory webinar. The webinar provides an overview c
process; and coordination responsibilities. This survey assesses general knowledge of the *Grow!* program and allows you to provide feedback

TAKE THIS SURVEY

Online Training Satisfaction Survey

Please complete this survey when you have finished all ten online training modules. This survey allows you to provide feedback on your overa

TAKE THIS SURVEY

Practice Week Survey

Please complete this survey at the end of week six of training, after you have practiced delivering, *Grow!* curriculum activities. This survey ass
you to report on your practice experience.

TAKE THIS SURVEY

Certification Webinar Survey

Please complete this survey after the webinar scheduled for your facilitation team during week seven of training. This survey allows you to pr

Facilitator Resources

PennState

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HOME
PARTICIPANT REGISTRATION
PARTICIPANT ROSTER
PARTICIPANT ATTENDANCE
GROW! TRAINING MODULES
SURVEYS AND QUIZZES
RESOURCES

GO

Enter the username to masquerade as.

HOME
GROW! TRAINING MODULES
SURVEYS AND QUIZZES
PARTICIPANT ROSTER
PARTICIPANT ATTENDANCE
RESOURCES
LINKS
HOME
GROW! TRAINING MODULES

VIEW | EDIT | REVISIONS

Activity Cards

2.15 Facts and Feelings Scenario Cards
5.8 Phrases That Help and Hinder Activity Cards

Childcare

5210 Coloring Sheet
Caught Being Active Childcare Stickers
Grow! 5210 Childcare Poster
Grow! Child Care Activity Guide

Coordination

Graduation Certificate
Grow! Coordination Guide
Site Supply List

Curriculum Videos

Grow! Session 1 Password: thrive!518
Grow! Session 2 Password: thrive!528
Grow! Session 3 Password: thrive!538
Grow! Session 4 Password: thrive!548
Grow! Session 5 Password: thrive!558

Facilitation Manual

Activity 1.9 Example Answers
Activity 5.12 Example Answers
Facilitation Manual

Participant Curriculum & Resources

- Five, 90-minute video-based parenting session for face-to-face delivery
- Home skills practice
- SMS prompts & online videos
- Parent resources (online and printable)
- THRIVE website with blogs and newsletters
- Social media campaign

GROW!: The Participant Experience

Video-based, facilitator-led session

- Showing love
- Authoritative parenting
- Play
- Praise & encouragement

Practical Strategy Card & Homework/ Skills Practice

Praise and encourage your child for the behaviors he/she already does well! When you see your child behaving as desired, share the praise statements you identified in class with her! Be specific and positive!

SMS Prompt

”Notice, praise, & encourage positive behavior! Learn how to build confidence without making your child dependent on praise. Check email for weekly video.”

SMS Survey

Since Session 1, how often have you praised and encouraged your child?

Text the number of your response.
1- never
2- seldom
3- sometimes
4- often

Online Video

2-min video reinforcing and building upon concepts from face to face session.

Video Survey

1. How useful did you find this video?
2. Did this video help to increase or enhance your understanding of how to effectively praise and encourage your child?

[Not at all—A great deal]

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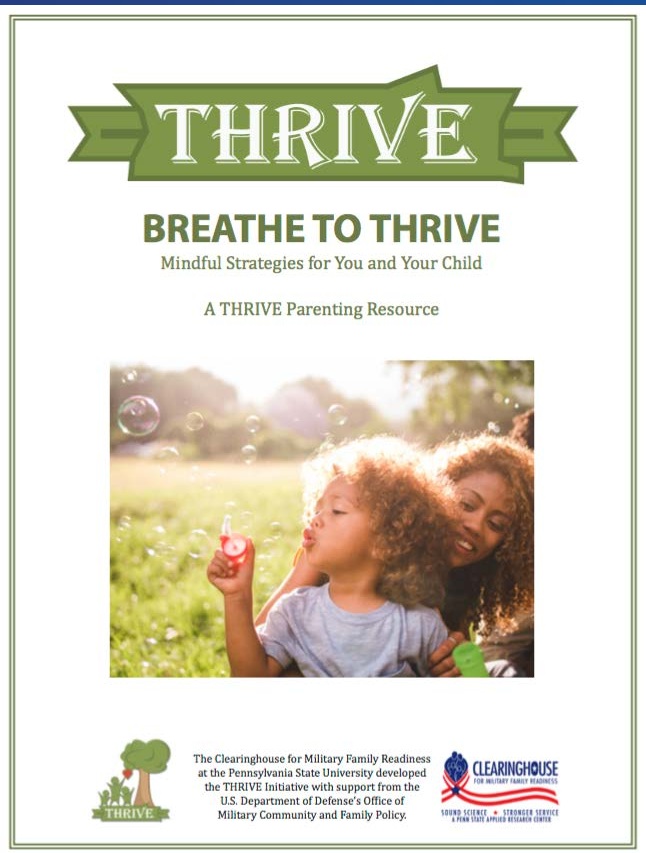
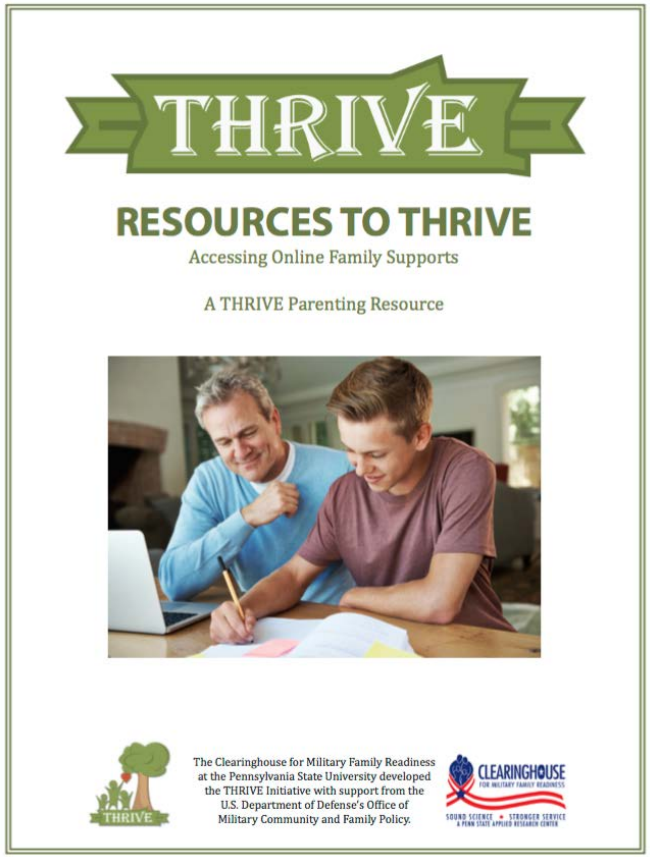
2-min Video Prompt-*Grow!*

Parent Resources





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www.THRIVE.psu.edu

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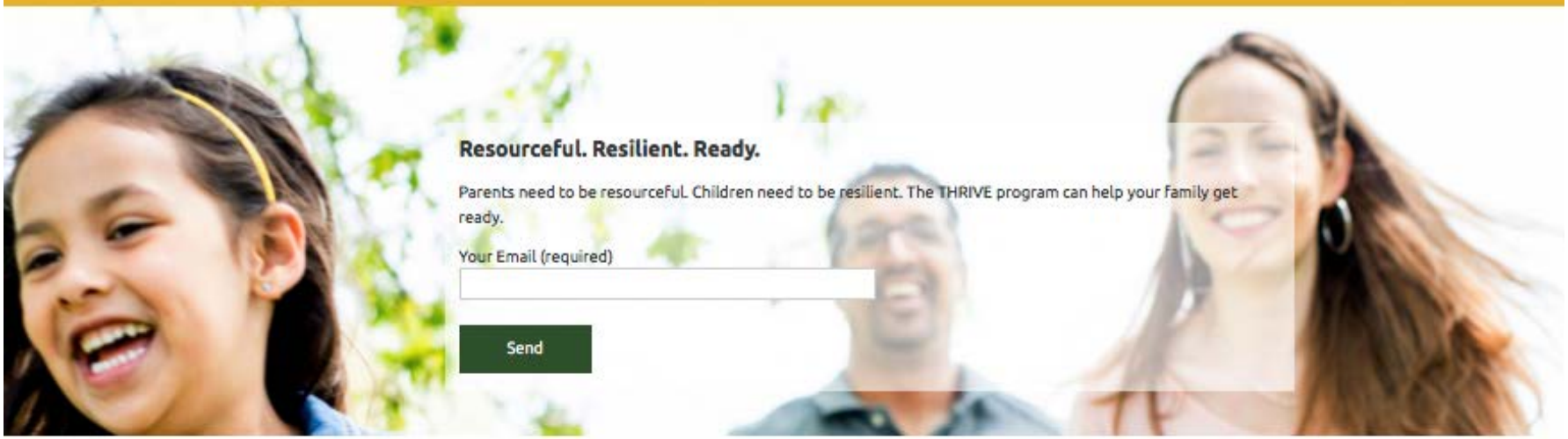

Resourceful. Resilient. Ready.

Parents need to be resourceful. Children need to be resilient. The THRIVE program can help your family get ready.

Your Email (required)

Send

This Month's Blogs

Toy Safety and Other Tips on Protecting Your Child in Your Home

How Parents Can Keep in Touch with Their Children While Traveling for Work

All Blogs

Newsletters

Summer 2017 Quarterly Newsletter (PDF)

Winter 2017 Quarterly

THRIVE: Your Resource for Positive Parenting

The Clearinghouse for Military Family Readiness at Penn State in partnership with the Department of Defense's Office of Military Community and Family Policy is implementing the THRIVE Initiative to empower parents as they nurture their children from the prenatal period until their children reach 18 years of age. The Initiative includes a series of face-to-face and online parenting programs and a range of online resources and interactive learning modules. Each THRIVE program guides parents in learning and using parenting and health promotion skills that are based on science. By supporting parents as they learn and practice effective strategies for raising healthy children, THRIVE fosters Resourceful Parents, Resilient Children, and Ready Families!

The initiative consists of four age-specific skill-building segments: *Take Root!*, *Sprout!*, *Grow!*, and *Branch Out!*.

THRIVE Parent Blogs

THRIVE

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This Month's Blogs

Toy Safety and Other Tips on Protecting Your Child in Your Home

How Parents Can Keep in Touch with Their Children While Traveling for Work

All Blogs

Newsletters

Summer 2017 Quarterly Newsletter (PDF)

Winter 2017 Quarterly Newsletter (PDF)

Fall 2016 Quarterly Newsletter (PDF)

Blogs

Toy Safety and Other Tips on Protecting Your Child in Your Home

September 15, 2017

In 2015, the U.S. Consumer Product Safety Commission reported that 254,200 children under the age of 15 years were seen in emergency departments for toy-related injuries. That's 696 kids every day! More than a third of those injured were children 5 years old and younger. When buying toys, be sure to check the label and...

Read More | 0 Comments

How Parents Can Keep in Touch with Their Children While Traveling for Work

September 1, 2017

Many families face the challenge of a parent who travels for work, and you may be wondering how you can best stay connected to your loved one while he or she is away. Military families, in particular, face unique challenges when it comes to staying connected during long periods apart, such as during deployments. Call,...

Read More | 0 Comments

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Grow! Civilian BETA Study: Methods

- Study design- Effectiveness-implementation Hybrid Type III
  - testing of an implementation strategy while observing and gathering information on the intervention's impact on relevant outcomes.
- Timeframe: Spring 2015
- Participants
  - 20 parents/caregivers of children 5 to 10 years completed most sessions and pre- and post-test measures, in 2 community sites in central Pennsylvania; and
  - 4 trained facilitators (2 at each site)
- Evaluation
  - Online demographic survey (participants & facilitators), online pre-post surveys; and implementation assessed throughout program, post-program focus group interviews (participants & facilitators).

Grow! Civilian BETA Study: Implementation Outcomes Studied

Acceptability	Appropriateness	Fidelity	Feasibility
Satisfaction	• New information • Skill importance • Skill use intention • Online video usefulness • Online video helpfulness	• Curriculum Adherence • Delivery • Quality, friendliness, & comfort • Participant engagement-observation, & self-report • Dosage-sessions & videos (discipline) • Treatment enactment-at baseline, mid-week, and at 1-week follow-up	• Ease of implementation • Program success • Administrative support • Community support

Grow! Civilian BETA Study: Treatment Outcomes Results (Pre- to – Post)

Outcomes with significant improvements	Effect size (r)
Inconsistent parenting	-.62
Over-reactive discipline	.56
Parent-reported child internalizing behaviors	-.45
Parenting stress	-.65
Primary control	.48
Cognitive restructuring	.48
Parental Sense of Control	-.72
Pressure to eat	-.65
Restrictiveness	-.63
Child Weekday Outdoor Playtime	.62
Child Weekend Outdoor Playtime	.44

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Grow! Military Pilot Study: Methods

- Study design- Effectiveness-implementation Hybrid Type III
- Timeframe: Summer 2016 – Spring 2017
- Sites
  - USAG Rheinland-Pfalz (3 groups),
  - Navy Base Mayport (1 group),
  - USAG Italy (2 groups)
  - Joint Base Lewis-McChord (1 group).
- Participants
  - 27 parents/caregivers of children 5 to 10 years completed most sessions and pre- and post-test measures,
  - 12 trained facilitators (4 coordinating and 8 delivery)
- Evaluation
  - Online demographic survey (participants & facilitators), online pre-post surveys; and implementation assessed throughout program, post-program focus group interviews (participants & facilitators).

Grow! Military Pilot Study: Implementation Outcomes Studied

Acceptability	Appropriateness	Fidelity	Feasibility
Satisfaction	• New information • Skill importance • Skill use intention • Online video helpfulness	• Curriculum Adherence • Delivery • Quality, friendliness, & comfort • Participant engagement-observation, & self-report • Dosage-sessions & videos (praise) • Treatment enactment-at baseline, mid-week, and at 1-week follow-up	• Ease of implementation • Administrative support • Community support

Grow! Military Pilot Study: Treatment Outcomes Results (Pre- to- Post)

Outcomes with significant improvements	Effect size (r)
Inconsistent discipline	-.40
Parent-reported child internalizing behaviors	-.67
Parent-reported child externalizing behaviors	-.50
Parenting stress	-.44
Parental sense of control	.48
Prosocial behaviors	.41
Parental Sense of Control	-.53
Physical Activity Support	.43
Behavior-based Food Rewards	-.40
Rewards for Eating	-.44

Lessons Learned: Grow!

Lessons Learned: Facilitator Training in Civilian Communities

Barriers	Adaptations/Solutions
Identifying and hiring facilitators	Working with an established collaborative board to identify community members doing this type of work; offer Continuing Education Credits, facilitator awareness of workload
Scheduling training & planning implementation	Seasonal; school schedule; sports schedules
Accessing online materials	Additional calls/support
Health Promotion	Additional training/support/resources

Lessons Learned: Program Implementation in Civilian Communities

Barriers	Adaptations/Solutions
Identifying a facility to hold program	Seeking community collaboration
Scheduling	Seasonal; school schedule; sports schedules
Recruitment	Provide TA to facilitators, train on strategies, recruitment toolkit, booster calls to support recruitment

Lessons Learned:
Facilitator Training on Military Installations

Barriers	Adaptations/Solutions
Training expectations – Time commitment, scheduled webinars, workload, level of experience, facilitator buy-in	Pre-training assessments, detailed schedule prior to the start of training, offer Continuing Education Credits, facilitator awareness of workload
Scheduling training & planning implementation	Be aware of block leave, heavy deployment cycles, holidays, TDY, PCS. Be flexible, ask questions, and adjust.
Technology –Access to THRIVE website, firewalls, internet, webcams, no access to email off installation	Testing prior to training start date, building relationships with IT departments, troubleshooting guide/establishing protocol, flexibility of schedule
Non-military specific voice in facilitator training	Refine training language to be more military-specific
Joint calls vs. Individual calls, inconsistent participation, time zones	Creative scheduling with groups, flexibility, resource development
Health Promotion	Additional training/support/resources

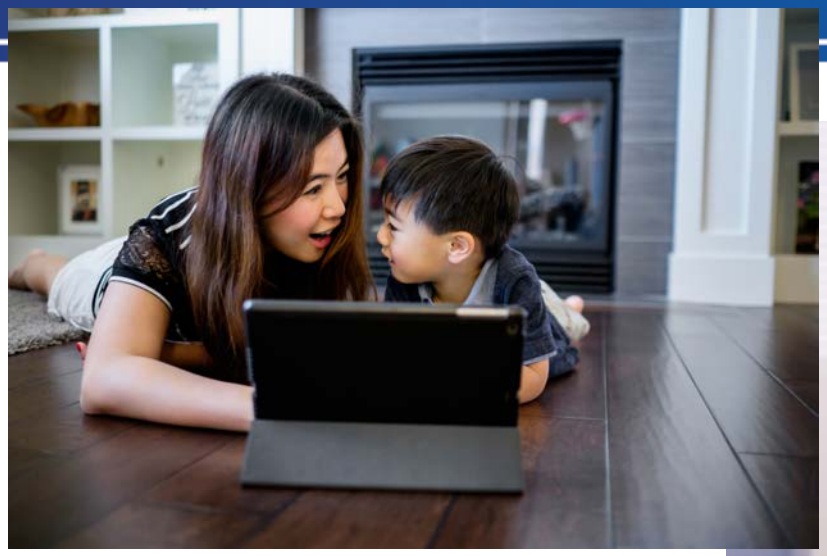
Lessons Learned: Program Implementation on Military Installations

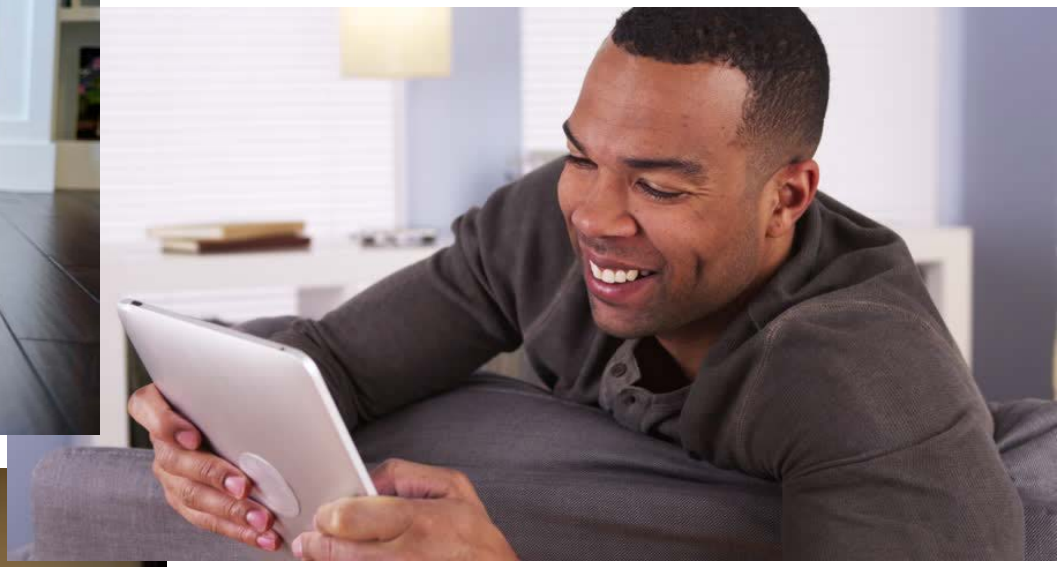
Barriers	Adaptations/Solutions
Limited established partnerships for program supports/ not permitted to solicit	Redefine program support, precision of language (i.e., incentives, solicit, etc.), include child care
Scheduling	Block leave, heavy deployment cycles, holidays, TDY, PCS
Recruitment- time, competing programs	Strength based approach, building new connections on installation and in the community, timing is key, establishing uniqueness of *Grow!*
Registration	Work jointly with installations to utilize PSU system while accommodating installation systems.

Lessons Learned: Unique Aspects?

Lesson Learned	Civilian	Military
Identifying facilitators	Had to seek	Identified by FAP (in this case)
Facilitator training	Outside day job	As part of job
Barriers to training materials	Additional assistance on how to access online materials	Issues with firewalls, plug ins, webcams, etc. due to accessing training at work.
Scheduling	School year, seasonal	Block leave, heavy deployment cycles, holidays, TDY, PCS, IN ADDITION TO: school year, seasonal
Participant recruitment	Difficult, variable	Difficult, variable
Program supports (e.g., child care, food, family incentives)	Effort to gather	Rules, precision of language, awareness
Education on rationale for program evaluation	Needed training	Needed training
Buy-in at all levels	Support from CH	Building buy-in infrastructure for program from HQ to installation to facilitator to participant
Health Promotion	Additional training/support/resources	Additional training/support/resources

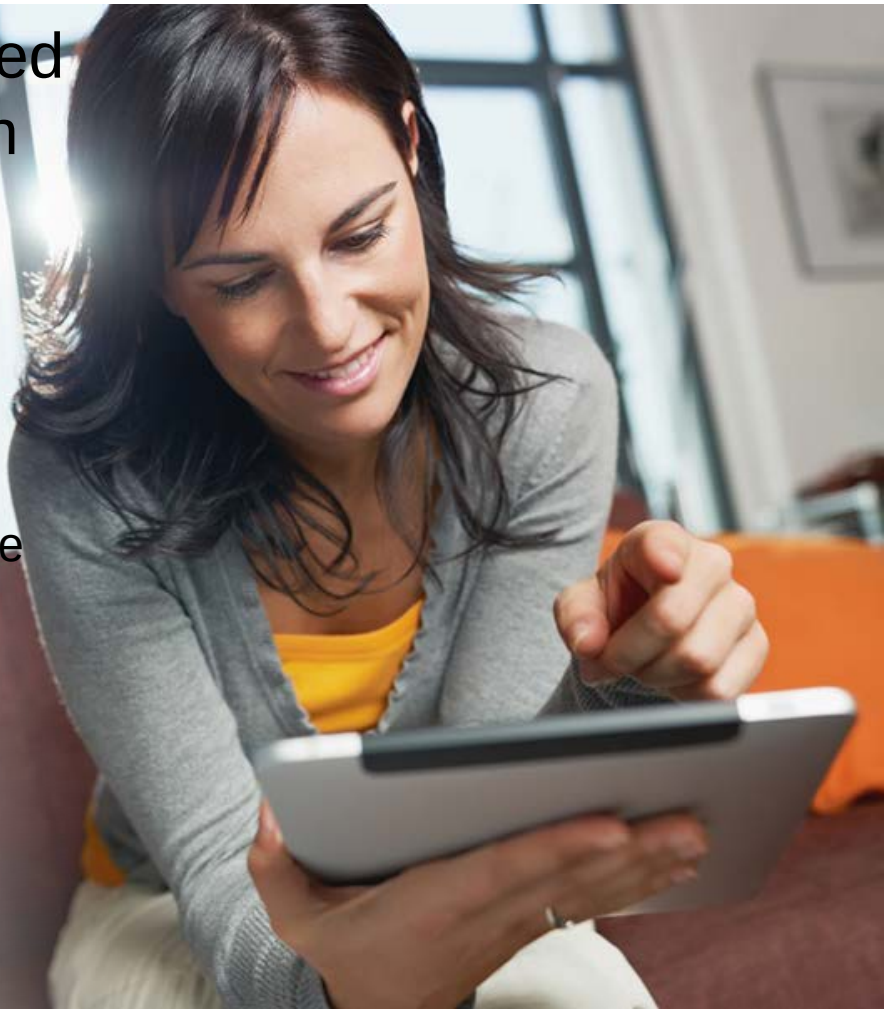
Next Steps





Grow! Online Version

- *Grow!* Face-to-Face was adapted into a self-paced online version
- 8 online interactive sessions
  - approx. 30 min in length
- REACT
  - built-in knowledge checks
- INTERACT
  - *think*, *plan*, and *practice* skills at home with your child and family
- REFLECT
  - an opportunity to reflect and discuss how your skills practice went



Grow! Online Intro Animation

THRIVE Programs STATUS

0 to 3 years

TAKE ROOT!

DELIVERY MODE: Online
PROGRAMS: Parents of infants and toddlers 0 to 3 years old
STATUS: **IN DEVELOPMENT;** *Take Root!* I for parents of babies 0 to 6 months to be offered this year! *Take Root!* II and III in development.
(Logic model and theory of change 100%; Content 50%; Online presence 25%)

3 to 5 years

SPROUT!

DELIVERY MODE: Online
PROGRAMS: Parents of children 3 to 5 years old
STATUS: **IN DEVELOPMENT**
(Logic model and theory of change 100%; Content 90%; Video based curriculum and delivery materials 10%)

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THRIVE Program Areas

5 to 10 years

GROW!

DELIVERY MODE: Face-to-face and Online
PROGRAMS: Parents of children 5 to 10 years old
STATUS:

Face-to-face version: FULLY DEVELOPED

- Eight military sites have completed implementation of *Grow!*
- Two sites are currently implementing the program
- Eight sites have completed facilitator training
- Two other sites are waiting on approval to begin facilitator training

If you are interested in implementing *Grow!* in your community, contact Dr. Jen DiNallo at THRIVE@psu.edu.

Online version: FULLY DEVELOPED; Preparing for Pilot Implementation

****If you are a parent of a 5 to 10 year old and want to participate in the *Grow!* program, call: 1-814-470-5640 or email: thrive@psu.edu**

10 to 18 years

BRANCH OUT!

DELIVERY MODE: Online
PROGRAMS: Parents of adolescents 10 to 18 years old
STATUS: **EARLY STAGES OF DEVELOPMENT**

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Thank you!

Jen DiNallo & Ali Turley

Questions? THRIVE@psu.edu
or jmd422@psu.edu