



Research drives our mission: *To grow rich family relationships that yield thriving students and schools.*

*And research defines **effective family engagement**...*

The Research is clear <small>(additional research and references below)</small>	Rich family relationships include...	and result in... thriving students	which result in... thriving schools
<p><i>The impact of caring and connectedness on adolescent health and well-being</i>, Resnick MD, Harris LJ, Blum RW, Johns Hopkins University, 1993</p>	<p>Adult/Teen Connection and Attachment</p>	<p>Increased social emotional health and well-being</p>	<p>Decrease in hostility and aggression, increase in positive and quality peer relationships</p>
<p><i>Mental Health is a Family Affair</i>, Stracke, M., Heinzl, M., Müller, A. D., Gilbert, K., Thorup, A. A. E., Paul, J. L., & Christiansen, H, . International journal of environmental research and public health, 2023</p>	<p>Appropriate Stress Management and Family Resilience</p>	<p>Decrease in student depression and anxiety</p>	<p>Decrease in students' functional impairment from mental health conditions</p>
<p><i>Parental listening when adolescents self-disclose</i>, Netta Weinstein ^a, Andrew Huo ^a, Guy Itzchakov, <i>Journal of Experimental Child Psychology</i>, 2021</p>	<p>Family Listening and Empathetic family conversations</p>	<p>Greater well-being and ongoing self-disclosure increase in students social and self awareness</p>	<p>Increase in student regulation and social skills</p>
<p><i>Strengthening adolescent agency for optimal health outcomes</i>, Vijayaraghavan J, Vidyarthi A, Livesey A, Gittings L, Levy M, Timilsina A, Mullings D, Armstrong C, 2022</p>	<p>Age Appropriate Responsibility and Autonomy</p>	<p>Experience natural results of choices self management and self regulation</p>	<p>Students who own their own outcomes, increased motivation and engagement, decreased chronic absenteeism</p>

The research is clear <small>(additional research and references below)</small>	Rich family relationships include...	and result in... thriving students	which result in... thriving schools
<p><i>Parent-Child Attachment and Emotion Regulation</i>, Laura E. Brumariu, <i>New Directions for Child and Adolescent Development</i>, 2015</p>	<p>Felt Safety</p>	<p>Emotional regulation</p>	<p>Decrease in disruptive behavior</p>
<p><i>Parenting Styles and Parent-Adolescent Relationships: The Mediating Roles of Behavioral Autonomy and Parental Authority</i>, Bi X, Yang Y, Li H, Wang M, Zhang W, Deater-Deckard K. 2018, <i>Frontiers in Psychology</i>, 2018</p>	<p>Healthy Authority and Limits</p>	<p>Increase in responsible decision making</p>	<p>Increase in academic agency, engagement and student achievement</p>
<p><i>Getting to the Heart of Emotion Regulation in Youth</i>, De Witte NAJ, Sütterlin S, Braet C, Mueller SC, 2016</p>	<p>Understanding of human development, particularly the body-brain reaction</p>	<p>Decrease in student anxiety</p>	<p>Increase in focus and overall mental health of students</p>
<p><i>Social Media and Youth Mental Health: The U.S. Surgeon General's Advisory</i>, US Department of Health and Human Services; 2023</p>	<p>Understanding technology and social media</p>	<p>Decrease in student anxiety and distractions</p>	<p>Decrease in social media related bullying and negative peer interactions</p>
<p><i>Promoting Adolescents' Heritage Cultural Identity Development</i>, Hölscher, S.I.E., Schachner, M.K., Juang, L.P, 2024</p>	<p>Cultural and Familial Identity</p>	<p>Increase in confidence and leadership skills</p>	<p>Increase in positive student outcomes</p>

Additional Research and References:

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Felt Safety, Attachment and Regulation

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