



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 (additional research and references below)	Rich family relationships include...	and result in... thriving students	which result in... thriving schools
<i>The impact of caring and connectedness on adolescent health and well-being,</i> Resnick MD, Harris LJ, Blum RW, Johns Hopkins University, 1993	Adult/Teen Connection and Attachment	Increased social emotional health and well-being	Decrease in hostility and aggression, increase in positive and quality peer relationships
<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	Appropriate Stress Management and Family Resilience	Decrease in student depression and anxiety	Decrease in students' functional impairment from mental health conditions
<i>Parental listening when adolescents self-disclose,</i> Netta Weinstein ^a , Andrew Huo ^a , Guy Itzchakov, <i>Journal of Experimental Child Psychology</i> , 2021	Family Listening and Empathetic family conversations	Greater well-being and ongoing self-disclosure increase in students social and self awareness	Increase in student regulation and social skills
<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	Age Appropriate Responsibility and Autonomy	Experience natural results of choices self management and self regulation	Students who own their own outcomes, increased motivation and engagement, decreased chronic absenteeism

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

Additional Research and References:

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Resnick MD, Harris LJ, Blum RW. ***The impact of caring and connectedness on adolescent health and well-being.*** J Paediatr Child Health. 1993;29 Suppl 1:S3-9. doi: 10.1111/j.1440-1754.1993.tb02257.x. PMID: 8268019.

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Moretti MM, Peled M. ***Adolescent-parent attachment: Bonds that support healthy development.*** Paediatr Child Health. 2004 Oct;9(8):551-555. doi: 10.1093/pch/9.8.551. PMID: 19680483; PMCID: PMC2724162.

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Appropriate Stress Management and Family Resilience

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Vivek H. Murphy ***Parents Under Pressure: The U.S. Surgeon General's Advisory on the Mental Health & Well-Being of Parents,*** 2024

Vivek H. Murphy ***Surgeon General: Parents Are at Their Wits' End. We Can Do Better.*** New York Times, August 2024

Family Listening

Netta Weinstein, Andrew Huo, Guy Itzchakov, ***Parental listening when adolescents self-disclose: A preregistered experimental study,*** Journal of Experimental Child Psychology, Volume 209,2021,105178,ISSN 0022-0965, <https://doi.org/10.1016/j.jecp.2021.105178>.

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Vijayaraghavan J, Vidyarthi A, Livesey A, Gittings L, Levy M, Timilsina A, Mullings D, Armstrong C; UN H6+ **Adolescent Agency and Resilience Writing Group. Strengthening adolescent agency for optimal health outcomes.** BMJ. 2022 Oct 27;379:e069484. doi: 10.1136/bmj-2021-069484. PMID: 36302546; PMCID: PMC9600168.

Casey B, Caudle K. **The Teenage Brain: Self Control.** Curr Dir Psychol Sci. 2013 Apr 1;22(2):82-87. doi: 10.1177/0963721413480170. PMID: 25284961; PMCID: PMC4182916.

Beata Mostafavi, **Failure to Launch: Parents are barriers to teen independence** | Michigan Medicine, July 2019

Felt Safety, Attachment and Regulation

Laura E. Brumariu, 2015. New Directions for Child and Adolescent Development, **Parent–Child Attachment and Emotion Regulation**, <https://doi.org/10.1002/cad.20098>

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Office of the Surgeon General (OSG). **Social Media and Youth Mental Health: The U.S. Surgeon General's Advisory** [Internet]. Washington (DC): US Department of Health and Human Services; 2023. PMID: 37721985.

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