

# On **TARGET**...Toward Togetherness

*“TARGET is a good way to **talk** about problems **without overreacting** and having to apologize later, LOL!”*

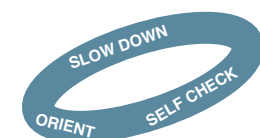
*– Lorna, mom by adoption and guardianship*

**L**ife is not always a walk in the park. Stress happens. Adding adoption or guardianship to the mix can bring on other complications. When families need help to stay pointed in the right direction, there's TARGET.

“TARGET taught me how to look at stressful situations and realize that my first reaction does not have to be my response,” Max\*, age 14, said after completing the program.

The 7 FREEDOM steps are the keys to helping young people and their families prevent triggers from past trauma from interfering with present situations and relationships.

Max learned there are simple ways he can do things differently. “My ‘SOS’ wristband



reminds me of the steps I can use to stay focused at school and at home.”

TARGET works for parents, too. “Sometimes without me realizing it, TARGET helps me rein it in when things that used to make me lose my cool with the kids come up,” mom Lorna said.

TARGET coaches arrange a comfortable and convenient



space to guide teens and parents through fun activities and discussions. Each weekly session is designed to be interactive, engaging and educational.

“I can’t think of anything that we have tried like TARGET. The activities and talks help you learn more about each other,” said Lorna. “We are doing things a lot differently now. You won’t believe the outcome.”

*\* Quotes from actual participants with names changed for privacy*

## **TARGET (Trauma Affect Regulation: Guide for Education and Therapy)**

is a free program that is being offered to Illinois adoptive and guardianship families. The 7 FREEDOM steps are shared in a series of in-home sessions so youth and their families can understand and control trauma-related reactions to everyday life stresses.



Learn more about how TARGET helps families stay on track after adoption or guardianship

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## **FREEDOM** steps toward togetherness

