

On **TARGET** ...to positive friendships

*“Junior High was so hard. After TARGET, I’m **more confident** in High School. I sit at a different table every day with different friends.”*

– Jamie, 13



There was a time when Jamie* let people treat her “however they wanted” because she didn’t know how to handle it.

Jamie started TARGET right as she was going into high school. One goal she and her mother set with their TARGET coach Jill was to pick good friends.

The first test came in the lunchroom. “I decided I wasn’t going to be in just one

little group. I would be more sociable.”

Some kids she knew from eighth grade gave her a hard time about the friends she picked. But, instead of getting mad or isolating herself, Jamie expressed how she felt and went on to sit where she wanted.

“I’m not so emotional now. I know different ways to deal with things,” she said.

What helps Jamie also helps her help other people.

“After school one day, my friend got so mad when this guy started making fun of him for how he dressed. Instead of going after him, we talked. I told him about consequences and good choices– all of the steps from TARGET.”

Later he sent Jamie a text that said thanks for being a real friend. Jamie told her mom what happened saying, “That’s the reason I am here. I found my purpose.”

** Quotes from an actual TARGET participant 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

Christine Feldman
Site Implementation Manager
christine.feldman@illinois.gov
www.qic-ag.org/il-site

Jamie’s **FREEDOM** steps to positive friendships

