

## On **TARGET** ...to school success

*“I use what I learned in  
TARGET at school everyday  
when it’s time to really **zoom** in  
and **focus**. ”*

*– Lexi, 14*



**L**exi\* remembers that math was really hard the year before she started TARGET. She struggled to stay focused in class. She said she spent more time paying attention to her friends than to the teacher.

“Math is easier this year. Even though my teacher talks fast, now I get what he is explaining.”

“TARGET taught me how to block out distracting thoughts about other things that were bothering me.”

The new focus carried over to history class. When it was time to research poverty in African communities, Lexi turned her project in early.

When Lexi and her sister started the TARGET sessions they met with Lynn at home. At first, Lexi thought it was “weird” to have someone come to their house to talk. But, “then it was good” after the first couple of times with Lynn coaching them through it.

“TARGET is unique from other therapy because it takes you past what you are

going through to understand what is really going on behind it,” Lexi said.

After finishing the TARGET sessions, Lexi said the biggest surprise was that she had learned how to identify problems and find new, positive solutions. She is now able to help younger students in their transition to high school, by using the seven FREEDOM steps to keep from losing their cool.

*\* Quotes from actual TARGET 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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### Lexi’s FREEDOM steps to success at school

