

# Grand H.E.L.P.

## Health, Education, Legal, and Parenting Information for Grandparents Raising Grandchildren



**Colorado State University**  
GRANDPARENTS RAISING GRANDCHILDREN

**Colorado State University**  
**Extension**

COLLEGE OF HEALTH AND HUMAN SCIENCES  
*Department of Human Development and Family Studies*

## Benefits of Group Therapy for Adolescents

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Many youth face challenges as they enter adolescence. With increases in independence and peer relationships, adolescents are required to make difficult choices in regards to substance use, forming relationships, and developing their identity. This may be particularly so for grandchildren who have already dealt with the transition of moving in with grandparents. These adolescent grandchildren may be at an increased risk for feelings of depression and anxiety, and behavioral issues.

Group therapy is one good option to help buffer your grandchild from these risks. Research has shown that group therapy can be beneficial for youth who have been in foster care in particular in terms of reducing risk factors previously mentioned. Group therapy for teenagers has many benefits in the areas of self-esteem, anger issues, depression, and substance abuse, to name just a few.

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### Upcoming Topics on the Grandparents Raising Grandchildren Website

#### December

"Helping your Grandchild Develop  
Healthy Friendships"

#### January

"Driving and Cell Phone Use Laws"

#### February

"Increasing your Grandchild's  
Sensitivity toward Others"

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Do not miss next month's issue of **GrandH.E.L.P.**  
discussing tips related to advocating for your grandchild.

*"Teen Group is a great resource for adolescents who need a little extra support!"*



A group therapy program delivered through the Center for Family and Couple Therapy (CFCT) at Colorado State University is "Teen Group", which meets two hours every week. The facilitators, who are family therapists, use a variety of techniques and activities to help improve the wellbeing of the youth in the program. For example, during Teen Group, the adolescents complete a variety of art therapy activities, such as self-portraits, intended to enhance their self-esteem and resilience.

In addition to promoting self-esteem, new topics are covered during each lesson. Youth who have participated in Teen Group have had the opportunity to design a public service announcement against bullying, discuss messages that popular music videos are sending about gender and race, and pick out figurines that represent members of their family to share with the group. For more information about joining Teen Group, contact the Teen Group Coordinator, currently Mackenzie Miller, at (970) 492-4004 or (970) 988-9811.

Grand H.E.L.P. is a supplementary newsletter to the Grandparents Raising Grandchildren Website. Each issue features articles on important topics for grandparents:

Summer: **Health**

Fall: **Education**

Winter: **Legal**

Spring: **Parenting**

**Call (970) 491-6281 to find a Colorado State University Extension office near you!**

## Sample Therapeutic Activity with Grandchildren

At Teen Group we encourage adolescents to set goals for themselves. One fun activity to encourage goal setting that you can do at home with your adolescent grandchild is to write letters to your future selves.

Letters might include hopes of where you will be in the future, things you hope to have accomplished, and what you are doing in the present to achieve these goals.

