



CHANGEinsight TM
a Program for Families

The CHANGES Parent Support Network requires that the following statement be read aloud at the beginning of the first large group segment of the month.

CPSN's Statement of Guiding Principles

We are a gathering of caring adults who are concerned about our young people in the community. This group is a member of the CHANGES Parent Support Network and we use the *CHANGEinsight* TM Program for Families as a self-help, active and constructive way to change our behavior and our kid's behavior. Drawing on the wisdom, experiences and support of others, each member of this group is responsible for developing and enacting his or her own plan for change, including Stands and weekly Small Steps. A member shall never tell another member what to do. In a non-blaming atmosphere, we strive to raise self-reliant, responsible and capable young adults who will be assets to our community. To build and maintain this atmosphere in our interactions, we require from each member:

1. CONFIDENTIALITY (Who is seen and what is said, stays here!)
2. NON-VIOLENCE (No violence from you to your kid, your kid to you, or from parent to parent. Threats of physical harm, abuse and weapons are not allowed.)
3. CLARITY OF SENSES (Sobriety and thought processes that are clear from drug or alcohol use are expected and essential.)
4. SUPPORT (Our group is only as effective as we make it. We ask that you give back to others in the group more than what you take.)