

*Programs and Services Offered by:*

## **Jon Mattleman, MS Counseling**

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I have 30 years experience as a mental health counselor and trainer with a focus on issues facing youth and parents. I am committed to ensuring productive communication, collaborative problem-solving, and supportive relationships with and for my clients. My areas of expertise include innovative and effective parenting strategies, depression in children and teens, and suicide identification, prevention, and intervention.

### **Individual Parent Consultation:**

Living with and parenting a teen is challenging. While we love them, there are many times when their words, actions, and behaviors are maddening --- to say the least! Often parents find themselves at a loss as they watch their child engage in damaging behaviors to themselves and others. Parent consultations are one or two session intensive meetings where we:

- Discuss the real (and often secret) motivators of your teen's behavior
- Learn new language to more effectively communicate and engage with your teen
- Explore new ways of assisting and supporting your teen
- Arrive at decisions to actively address issues and give provide direction to you and your teen

### **One Session Evening Parent Group:**

When your children were young, you freely exchanged valuable information with other parents about toilet training, pre-schools, and babysitters. Now that your children are older and you may not interact as often with the parents of your children's friends --- or sometimes, you don't even know who they are --- you have lost a valuable resource and support. The "One Session Evening Parent Group" is held in a parent's home and is facilitated with no more than ten parents at a time. Together we create a safe environment in which to openly discuss issues such as depression, drugs, and alcohol; and/or have an opportunity to establish common ground rules regarding issues such as curfews, parties, and Internet use. This highly interactive (and fun!) session may have a specific topic focus, e.g. Make Peace and Not War With Your Teen, or may be an open agenda discussion. Parents will leave sessions with skills they can implement immediately and a renewed sense of direction and hope.

### **"The Secret Life of a Massachusetts Teen" Presentation:**

"The Secret Life..." is a high energy presentation for large groups which actively focuses on what teens are really thinking, what they fear, why they do not share their fears, and how parents can more effectively support their teen. Parents will leave the workshop with strategies they can implement immediately, new ways of understanding teens, and innovative techniques for engaging teens. The Belmont High School PTO President had this to say about Jon's presentation: *"Jon's many years of working with teens become quickly apparent by the insightful information he presents, in a very funny and right-on-target way. His connection with the audience was visible by the many heads shaking in agreement and the flurry of questions parents were anxious to ask. My only advice is to reserve a big room - we had close to 150 parents attended on a cold and snowy night!"*

### **QPR Suicide Prevention Training:**

Did you know that there are 500 suicides a year in Massachusetts and that the Massachusetts Samaritans Suicide Prevention Hotline receives over 185,000 calls a year? Virtually every community has experienced suicide, yet few have taken steps to better understand this complex issue. I am a certificated QPR (Question, Persuade, Refer) trainer and have worked with hundreds of parents to help them understand suicide and to keep their children and community safe. The QPR Suicide Prevention model is based upon the following: suicide can be prevented in most cases, the person most likely to prevent an individual from dying by suicide is someone they already know, and that prior to making a suicide attempt a person typically sends warning signs of their distress and suicidal intent to those around them. Participants will leave this training understanding the myths of suicide, learning the signs of self injury and suicidal ideation, and knowing how to identify and how to be of real assistance to a person in distress.