

# The Milestones Project

The Milestones Project is designed to identify young people who are extremely high risk for violence either in schools, their homes, or within the community. The goal for the project is to involve parents or guardians with Milestones Project partners and community resources in interventions designed to prevent such violence.

This guide is a collaborative effort of the following:

- Public and Charter Schools
- Juvenile Court
- Local Law Enforcement
- West Yavapai Guidance Clinic
- Spectrum Health Care –Verde Valley
- DES/Department of Child Safety
- Community Counts
- You, the parent!

Yavapai County



Education Service Agency

<http://ycesa.com/teachers-and-administrators/milestones/>

# Milestones Principles

- Parents are primarily responsible for the safety of their children.
- Parents deserve a voice and, when appropriate, consent in any direct intervention into the lives of their children.
- The violent child is usually a troubled child.
- The violent child usually exhibits observable symptoms prior to acting out.
- Response to youth violence improves when community partners work beyond traditional roles.

**Are you concerned about your youth engaging in or being hurt by violence?**

# A Parent's Guide to Understanding Violence



**Warning Signs**  
*What do I look for?*



**Tips for Parents**  
*What can I do?*



**Resources**  
*Who can I turn to for help?*

*Help them find the right path*

# Warning Signs



## What do I look for?

- Has learning problems; problems at school with other students, teachers
- Has difficulty talking with you or friends
- Does not show interest in school or home activities, has lots of free time
- Is a loner at school, isolates at home
- Involved in disciplinary actions at school
- Appears to be a “victim” frequently
- Uses drugs, alcohol
- Has friends who are violent
- Is involved with gangs
- Is cruel to people or animals
- Is exposed to violence in the home and/or has experienced personal violence
- Commits violent acts or makes threats

# Tips for Parents



## What can I do?

- Listen, listen, listen! Make it easy for your youth to talk to you. Listen to him/her
- Support and encourage your youth to be involved in school/community activities, clubs, sports
- Praise your youth when he/she makes good decisions; help him/her to problem-solve
- Get involved in your youth’s school activities: volunteer, join the PTA
- Set house rules with clear rewards (privileges) and consequences
- Talk to your youth about drugs and their effects
- Monitor your youth’s exposure to violence in television, movies, video games, music
- Spend time with your youth!

# Resources



## Who can I turn to for help?

- Contact your child’s school counselor or administrator

### Prescott Area Resources

- Catholic Charities  
928-778-2531
- Dept. of Economic Security  
928-308-2988
- SW Behavioral Health Services  
928-772-1610
- West Yavapai Guidance Clinic  
928-445-5211
- Yavapai Community Health  
928-583-1000
- Yavapai Prescott Indian Tribe  
928-445-8790
- Yavapai Regional Medical Center  
928-445-2700
- Spectrum Health Care Group– Prescott  
928-445-5211

### Verde Valley Area Resources

- Catholic Charities  
928-634-4254
- Cottonwood Health Center  
928-639-8132
- Dept. of Economic Security  
928-649-6800
- Spectrum Health Care Group – Verde Valley  
928-634-2236
- Verde Valley Medical Center  
928-634-2251