

Ronald Reagan Presidential Library

Digital Library Collections

This is a PDF of a folder from our textual collections.

Collection: Turner, Carlton E.: Files
Folder Title: Tough Love
Box: 67

To see more digitized collections visit:

<https://www.reaganlibrary.gov/archives/digitized-textual-material>

To see all Ronald Reagan Presidential Library Inventories, visit:

<https://www.reaganlibrary.gov/archives/white-house-inventories>

Contact a reference archivist at: **reagan.library@nara.gov**

Citation Guidelines: <https://reaganlibrary.gov/archives/research-support/citation-guide>

National Archives Catalogue: <https://catalog.archives.gov/>

Last Updated: 6/16/2025



TOUGHLOVE®

1986 SCHEDULE

TM

The New York Times

For Problem Teen-Agers: Love, Toughness

By ERIC KENT

The main thing Toughlove does is give parents back some of their authority. And it focuses on the one thing that's most important to them: their children.

The program is based on the idea that parents should be in charge of their children's lives, not the other way around.

The program is based on the idea that parents should be in charge of their children's lives, not the other way around.



Phyllis and David York, the counselors who founded the Toughlove program.

"It didn't like it when we started going to Toughlove," she said. "It was used to having the support of her parents, but the parents never had support before. We just showed them."

The program is based on the idea that parents should be in charge of their children's lives, not the other way around.

12 Star Tribune

May 19, 1982

150 N. Thursday, Sept. 2, 1982 Philadelphia Inquirer

Toughlove:

A 'loving solution' that lays down stiff rules of behavior for kids who get in trouble

By ARTH ANDERSON

A few years ago, when a child was in trouble, parents would often turn to the police for help. But now, many parents are turning to Toughlove for help.

Philadelphia, Pa. — Toughlove is a "loving solution" that lays down stiff rules of behavior for kids who get in trouble.

More than 400 parents have signed up for the program.

Toughlove helps parents

By Bob Green

MILWAUKEE, Pa. — Toughlove is a heart with a clenched fist.

Mother's ultimatum:

It's not the address and phone number that's important. It's the fact that the mother is taking control of her child's life.

Toughlove Gives Support to Parents

Being Adolescents Be Responsible

The program is based on the idea that parents should be in charge of their children's lives, not the other way around.

The program is based on the idea that parents should be in charge of their children's lives, not the other way around.

The program is based on the idea that parents should be in charge of their children's lives, not the other way around.

The program is based on the idea that parents should be in charge of their children's lives, not the other way around.

The program is based on the idea that parents should be in charge of their children's lives, not the other way around.

The program is based on the idea that parents should be in charge of their children's lives, not the other way around.

The program is based on the idea that parents should be in charge of their children's lives, not the other way around.

The program is based on the idea that parents should be in charge of their children's lives, not the other way around.

The program is based on the idea that parents should be in charge of their children's lives, not the other way around.

The program is based on the idea that parents should be in charge of their children's lives, not the other way around.

The program is based on the idea that parents should be in charge of their children's lives, not the other way around.

The program is based on the idea that parents should be in charge of their children's lives, not the other way around.

The program is based on the idea that parents should be in charge of their children's lives, not the other way around.

The program is based on the idea that parents should be in charge of their children's lives, not the other way around.

The program is based on the idea that parents should be in charge of their children's lives, not the other way around.

The program is based on the idea that parents should be in charge of their children's lives, not the other way around.

The program is based on the idea that parents should be in charge of their children's lives, not the other way around.

The program is based on the idea that parents should be in charge of their children's lives, not the other way around.

The program is based on the idea that parents should be in charge of their children's lives, not the other way around.

The program is based on the idea that parents should be in charge of their children's lives, not the other way around.

The program is based on the idea that parents should be in charge of their children's lives, not the other way around.

The program is based on the idea that parents should be in charge of their children's lives, not the other way around.

Woman's World

Toughlove

by Brian Shannon

Her two teenage sons, she feels, are heading in the wrong direction. "They're out doing nothing," she says. "They stay out late, sometimes all night. One of the boys ran away to Florida. Alcohol."

Love's sometimes saying no

Program helps parents deal with problem children

By GARTH KRIEWAHL
Times Herald Reporter

Some parents can best show their love for their child by

children have taken road. He used to know his father. The man was

NBC TODAY

and justice included. He said that punishment is a Tough Love in an emotional level

By SUSAN CAMPBELL
Globe Staff Writer

A wrong word, a prying question, and the sparks flew at this house on Byers Avenue. Hour-long arguments that ended with Steve backing his fa-

"It is a big step, but I don't think parents who come to Toughlove will have trouble accepting that they have to take a stand," said Dr. Roger Paige, Missouri Southern State College psychology professor, the

how nice it felt not there arguing with u. The family is offe of a teen-ager's retorts talk about divorce suicide after a few home that daily be-

TOUGHLOVE KIDS PROGRAM



MAGAZINE

of problem youth

Toughlove

Parents Learn to Take a Stand Against Teen-Agers' Behavior

WORKSHOPS AND SEMINARS

TOUGHLOVE WEEKEND WORKSHOP

A Workshop for Parents of Out-Of-Control Kids and the Professionals Who Work With Them

CONTENT HIGHLIGHTS

- The **TOUGHLOVE** Belief System — what it is, why it works and how it is changing families
- How to arrive at a Bottom Line — and stick with it
- How to negotiate with families and with kids
- How to make the law work for you
- How to get and give group support
- How to start a **TOUGHLOVE** group and keep it going
- How to challenge for growth and strength
- Developing a community resource system of helpful professionals
- Taking **TOUGHLOVE** home with you

GROUP MEMBERS — REVITALIZE YOUR GROUPS!

Learn how to attract and keep new members, train new leaders, learn what other groups are doing about fund raising and publicity, and network with the caring people in your community from schools, mental health agencies and the juvenile justice system.

The **TOUGHLOVE** Weekend Workshop is a combination of learning and doing. You'll learn the techniques of **TOUGHLOVE**, and you'll try them out in small group settings, where you can present your problems and work toward solutions.

SCHEDULE: The two-day workshop is from 9-5 Saturday and Sunday.

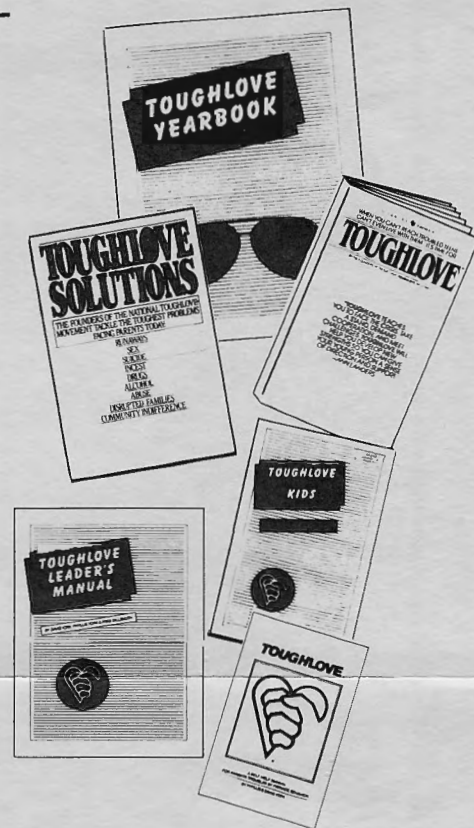
WORKSHOP FEE: \$165. Includes coffee and pastries, lunch each day, and all workshop materials.

TOUGHLOVE KIDS PROGRAM

Helping kids stay in school, finish school and rebuild their lives.

- 8:30 - 9 A.M. Registration
Coffee and Danish
- 9 - 12 Noon Principles, philosophy, skills and techniques of **TOUGHLOVE**
The **TOUGHLOVE** Structure of
- STANDS
 - BOTTOM LINES
 - PLANS
 - SUPPORT
- 12 - 1 Lunch on your own
- 1 - 3:30 Practical application of **TOUGHLOVE**
Using material from the **TOUGHLOVE KIDS PROGRAM**
Questions and Answers

WORKSHOP MATERIALS include: Curriculum overview, samples of the **KIDS PROGRAM** Leader's Manual and **KIDS YEARBOOK (WORKBOOK)**, **PROGRAM** Goals, Funding Source Information, Statistics, Kid's Self-help Manual.



WORKSHOP FEE: \$85 Includes coffee, pastries and workshop materials.

TOUGHLOVE SOLUTIONS

What **TOUGHLOVE** is . . . how **TOUGHLOVE** works

A one-day seminar for parents and professionals on the **TOUGHLOVE** approach to problem-solving for:

— individuals — families — communities

Learn what has worked for others . . . how you can make plans and find support for yourself, for kids and for your community.

PROBLEMS SOLUTIONS

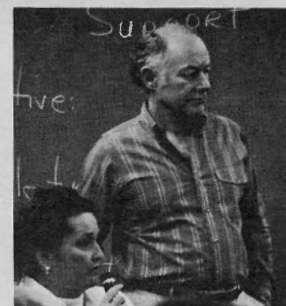
FAMILIES: keeping families and neighborhoods safe
SEX: age appropriateness and family values
SUICIDE: prevention, intervention and risk management
ABUSE: rebuilding families

RUNAWAYS: intervention for runaways and run-to's
SCHOOLS: the new **TOUGHLOVE** programs
KIDS: support for positive change, aftercare
DRUGS & ALCOHOL: a crisis for our times

SCHEDULE: 8:45-9 a.m. Registration; 9-12 Seminar; lunch on your own; 1:30-4:00 Seminar.

SEMINAR FEE: \$75. Includes coffee and pastries.

PHYLLIS AND DAVID YORK, the founders of **TOUGHLOVE**, are professional family therapists who have counseled thousands of families in a long career as Certified Drug & Alcohol Counselors and Registered Trainers for the State of Pennsylvania in private practice and as **TOUGHLOVE** consultants. They have worked with the renowned Eagleville Hospital and Rehabilitation Center counseling drug and alcohol abusers and training counselors and therapists specializing in family problems. They have developed an exciting, dynamic and provocative teaching technique that includes role plays, discussion, group interaction, small groups and demonstrations. They have authored five books and a newspaper column and continue to travel throughout North America helping troubled families, kids in trouble and the professionals who work with them. They have appeared on television and radio talk shows and have been featured in major magazines and newspapers. Their **TOUGHLOVE** program was the subject of a movie on ABC-TV.



1986 SCHEDULE

ATLANTA, GA: April 5-6, 1986

TOUGHLOVE WEEKEND WORKSHOP: \$165 per person

Atlanta Marriott Perimeter: 404-394-6500

ATLANTA, GA: April 8, 1986

THE KIDS PROGRAM: \$85 per person

Atlanta Marriott Perimeter: 404-394-6500

TUSCALOOSA, AL: April 19, 1986

TOUGHLOVE SOLUTIONS: \$75 per person

Stafford Inn: 205-345-5800

KANSAS CITY, MO: April 22, 1986

THE KIDS PROGRAM: \$85 per person

Alameda Plaza: 816-756-1500

WESTBOROUGH, MA: May 7, 1986

THE KIDS PROGRAM: \$85 per person

Westborough Plaza: 617-366-5511

SAN ANTONIO, TX: May 17-18, 1986

TOUGHLOVE WEEKEND WORKSHOP: \$165 per person

LaMansion Del Norte: 512 341-3535

PASADENA, CA: May 20, 1986

THE KIDS PROGRAM: \$85 per person

Pasadena Holiday Inn: 818-449-4000

TORONTO, ON: May 31, 1986

TOUGHLOVE SOLUTIONS: \$75 per person

Ramada Renaissance: 416 299-1500

WESTBOROUGH, MA: June 7-8, 1986

TOUGHLOVE WEEKEND WORKSHOP: \$165 per person

Westborough Plaza: 617-366-5511

MESA, AZ: June 21-22, 1986

TOUGHLOVE WEEKEND WORKSHOP: \$165 per person

Hilton Pavilion: 602-833-5555

HARRISBURG, PA: September 30, 1986

THE KIDS PROGRAM: \$85 per person

Harrisburg Marriott: 717-564-5511

VICTORIA, BC: November 8-9, 1986

TOUGHLOVE WEEKEND WORKSHOP: \$165 per person

Harbour Towers: 604-385-2405

SANTA CLARA, CA: November 15-16, 1986

TOUGHLOVE WEEKEND WORKSHOP: \$165 per person

Red Lion Inn: 408-279-0600

Confirmation and Schedule will be sent upon receipt of registration.

REGISTRATION INFORMATION

REGISTRATION: Complete the registration form below and mail to **TOUGHLOVE** with a check or purchase order: Enrollment will be limited, so register early to secure a place.

LATE REGISTRATION: If less than two weeks before the workshop date, call us at 215-348-7090. If space is available, we will verbally confirm your registration.

TUITION: Registration fees are listed above. Tuition fees include Workshop materials, and coffee and pastry each day. The **TOUGHLOVE** Weekend Workshop For Parents & Professionals also includes lunch each day.

REGISTRATION CONFIRMATION: Will be mailed to you prior to Workshop.

CANCELLATION OF REGISTRATION: Please notify the **TOUGHLOVE** office immediately if you must cancel your registration. Confirmed registrations cancelled less than one week before the Workshop or Seminar are subject to a \$25 service charge. Registrants who fail to attend are liable for the entire fee unless they contact **TOUGHLOVE** prior to the date of the Workshop or Seminar.

HOTEL RESERVATION: If you wish to stay in the Workshop hotel, we have provided hotel phone numbers for each location. Be sure to request a room in the block reserved for **TOUGHLOVE** to receive any special room rate that we have arranged for participants. Hotel accommodations are not included in Workshop or Seminar fees.

TOUGHLOVE, The **TOUGHLOVE** WEEKEND WORKSHOP, **TOUGHLOVE** KIDS PROGRAM Training, and the **TOUGHLOVE** SOLUTIONS Seminar are the property of **TOUGHLOVE**, Inc. and Phyllis and David York, Founders of **TOUGHLOVE**. Trainers are **TOUGHLOVE** staff members under contract to **TOUGHLOVE**, Inc. and Phyllis and David York.

TOUGHLOVE REGISTRATION FORM (all registrations payable in U.S. funds)

I/WE WILL ATTEND _____ THE **TOUGHLOVE** WEEKEND WORKSHOP (\$165 per person)

I/WE WILL ATTEND _____ THE KIDS PROGRAM TRAINING (\$85 per person)

I/WE WILL ATTEND _____ THE **TOUGHLOVE** SOLUTIONS... NEW DIMENSIONS IN **TOUGHLOVE** SEMINAR (\$75 per person)

IN _____ CITY _____ ON _____ DATE(S) _____

NAME(S) _____ PHONE _____

ADDRESS _____ STATE _____ ZIP _____

ENCLOSED IS A _____ CHECK OR _____ INSTITUTIONAL PURCHASE ORDER FOR \$ _____

I PREFER TO PAY BY _____ MASTER CHARGE OR _____ VISA

CARD HOLDER'S NAME _____ CARD NUMBER _____

EXP. DATE _____ MASTERCHARGE INTERBANK NUMBER _____

Registration by charge card may be made by telephone. Call 215-348-7090

Mail registrations should be sent to: **TOUGHLOVE**; P.O. BOX 1069; DOYLESTOWN, PA 18901





TOUGHLOVE®
WORKSHOPS & SEMINARS

**1986
THE TOUGHLOVE
WEEKEND WORKSHOP
TOUGHLOVE SOLUTIONS**

NEW!

**THE KIDS PROGRAM
HELPING KIDS:**

- stay in school
- finish school
- rebuild their lives

TOUGHLOVE
SELF-HELP FOR PARENTS, KIDS AND COMMUNITIES

"An effective way of uniting parents to square off against the youngsters' own powerful peer group that endorses drug-taking and rebelliousness."

Time Magazine

"TOUGHLOVE teaches you to face the crisis, take a stand, demand cooperation, and meet challenges. TOUGHLOVE will help you develop new strengths so you can give your young person a sense of direction and support."

Ann Landers



David and Phyllis York



TOUGHLOVE

A SELF-HELP PROGRAM FOR PARENTS, KIDS AND COMMUNITIES

P.O. BOX 1069 / DOYLESTOWN, PA 18901 / TELEPHONE 215-348-7090

Nonprofit Organization

U.S. Postage

PAID

Lansdale, PA

19446

Permit No. 379

Mr Carlton Turner
17th & G Sts NW
Washington DC 20500

3

THE WHITE HOUSE

WASHINGTON

March 8, 1982

Dear Mrs. Olitsky:

Thank you for your note in January regarding "Tough Love," and the copy of the TOUGHLOVE Manual.

Thank you, too, for the invitation to the weekend workshop. I was sorry my schedule wouldn't allow me to attend.

It is encouraging to hear from those who are using this positive approach in dealing with the problems caused by drug abuse.

Stay in touch.

Sincerely,



Carlton E. Turner, Ph.D.
Senior Policy Adviser
for Drug Policy

Mrs. Gwen Olitsky
Community Service Foundation
P.O. Box 70
Sellersville, PA 18960



Green Olitsky
Community Service Foundation
P. O. BOX 70 SELLERSVILLE, PA 18960

JAN 25 11 AM
DATE

SUBJECT

1-21-82

TOUGHLOVE

phone: 215-251-0421

TO:

Carlton E. Turner, Ph.D.
White House Office of Policy Development
The White House
Washington, D.C.

Dr. Turner

Thank you for the copy of your testimony and your kind note. I'd love to discuss our Toughlove program with you in more detail. As you state in your report (p.14), Toughlove DOES "encourage the expansion of the parent group concept." We also "expect the support and active involvement of the business community and labor." We share so many mutual goals and objectives! Ted Wachtel, the C.S.F. Director, would like you and/or your representative to be our guest at the weekend workshop to be held in Vienna, Va. at the Tysons Corner Marriott (on Feb 6-7) for one or both days. (over)

1-21-82
JAN 21 AM
TONGLOVE
Phone: 215-251-0474
P.O. BOX 10, Sellersville, PA 18950
Gwen Olitsky
The Weekend Workshop will be conducted by Phyllis and David York (the founders of Tonglove) with Ted Wachtel and additional Community Service Foundation staff people. We expect a large turnout, including representatives of the groups working with Dr. Mel Riddle (featured on p. 6 of your testimony). Please see enclosed Guidepost article for a story about Dr. Riddle and the Falls Church group. I understand that you will be in Europe when we visit the D.C. area (I spoke with a charming woman in your office during last week's snowstorm). If your plans change, please join us! If not, send a representative - we're proud of our program and the thousands of parents who are finding Tonglove a "loving solution to the problem of unacceptable teenage behavior".

Gwen Olitsky

TOUGH LOVE: Parents Helping Each Other

By JUDE JOHNSTON

"The ultimate caring response for any parent is risking the relationship to help that child," says Mel Riddile, coordinator of substance abuse for Fairfax County Public Schools.

"It took me awhile to say to my daughter, 'I'm going to do what needs to be done to help you, even if you don't love me anymore,'" says Claudia Collier of Falls Church, Va. The difficult thing with saying those words was having to "feel them inside."

Her story is not unlike those of hundreds of other parents. And like them, Collier has joined Toughlove, a self-help program for parents troubled by their teenagers' "unacceptable" behavior. The program is based on the premise that children should be accountable for their own behavior, and parents can make a difference.

Collier is a parent coordinator for Toughlove in Northern Virginia, which is the site of most Toughlove groups in the state.

"A year ago it became apparent that my child had a substance abuse problem," says the petite woman with dark, vivid eyes. "She had at one point been involved in sports. She was a vivacious person who had a nice group of friends. Then, about a year ago her grades went downhill. Her clothing

changed and her attitude at home became obnoxious.

"She started running away and was suspended from school several times for fighting and smoking. The school counselors tried to help, but I don't think they knew how to deal with it (substance abuse)," says Collier.

Then the Colliers found drug paraphernalia at home.

"I wanted someone to hear. But, instead people were saying, 'Poor dear you.' I didn't need that. I needed answers," says Collier, who next went to a psychiatrist. He told them that the problem stemmed from the lack of reg-

ular "family powwows." "I thought that was ridiculous," she added. Her child had a substance abuse problem.

It was Collier's neighbor who introduced her to Toughlove by dropping a copy of the program's self-help manual on her doorstep. Phyllis and David York, who started Toughlove five years ago, wrote *Toughlove, A Self-Help Manual for Parents Troubled by Teenage Behavior*, as a guide for parents having problems, and the manual is the only cost (\$6) members have in the program, according to Collier.

Collier read the manual, and reread it. Then, she called a member in Toughlove and told them she had a problem. "I called and said my problem was different. I said I had a real sweet kid but lately my world was falling apart."



TOUGH LOVE



Photo by Jude Johnston

GOING OVER the philosophy of Toughlove in the parent self-help manual are Mel Riddile, coordinator of substance abuse for Fairfax County Public Schools, and Claudia Collier, parent coordinator.

something to offer parents" in that way, he added.

If a parent has a problem, it is important, pointed out Collier, adding that is the philosophy behind Toughlove. "There is nothing too big or nothing too small," when it comes to problems parents have to work out with their children, she added.

"Parents are hurting if the 11-year-old does not clean his room, or the 18-year-old is not coming in at night," added Riddile.

Collier and Riddile are quick to point out that the program is not a drug program.

She went to a two-day workshop in Chicago, Ill., expecting to get some hope and came home with determination and knowledge she could make a difference. She also came back with the skills to start her own Toughlove group. "I contacted eight parents and said I have a problem, could they come and help me," says Collier about the first step in starting her group.

That is how Collier met Riddile. She approached Riddile with a request to

"If nothing else, Toughlove is helping parents to put their heads out of the sand," says Collier, who felt alone before she found the program.

The Fairfax schools are cooperating with the parent group by "acting as a resource to Toughlove. We are helping parents help themselves," explained Riddile. He emphasized that professionals do not run the group.

Counselors should not start a group, but instead show parents how to go about doing it, he advised.

In the 2½-hour weekly meeting, the group first meets as one, then the newcomers break away to tell each other their story, while the other members use schools for the evening Toughlove sessions, and he said "sure." She looked at Riddile with a smile. And, the tall, square educator admitted he had been interested in the Toughlove concept for some time, but had needed an impetus to get started. Collier provided that, he added, praising the workshops that give parents tools to develop and conduct groups.

The Yorks are scheduled to conduct training workshops in the Southern California area, Jan. 23-24; Washington, D.C., Feb. 6-7; Seattle-Tacoma, Wash., Feb. 20-21; Columbus, Ohio, March 6-7; and Dallas, Texas, March 20-21. For more information on the workshops call Teresa Quinn, (215) 257-0421.

Riddile, who has seen in the last few months the eight-membered group branch off to 15 to 20 groups with 20 to 40 participants in each group, is setting up workshops for school personnel — specifically social workers and guidance counselors — to introduce them to Toughlove as a resource.

"Toughlove is extremely practical. It has synthesized common approaches" to parenting, says Riddile. And in terms of counseling, the program is "the first time we have had

form smaller groups around an individual, called a worker, who has a problem.

The worker then discusses the problem, and the group members ask questions before they brainstorm for solutions. The worker pulls the solution from the list that he or she can realistically enforce, Collier explains.

The small groups combine to share their findings and break again to see if anything in the previous session can add to the worker's possible solution. The meeting ends after the group once more becomes one and the workers tell everyone what they plan to do that week to help their problem, she added.

Some of the actions group members might take is to phone the worker to see how things are going or to attend a court hearing or school session with the worker. Another thing members might do is to be a third party at a negotiating session between the parents and the child, with a written contract as a result. For example, the contract might say that if a child makes his bed every morning and sweeps his room once a week, then he can use the hair dryer that week.

"Be specific," Collier advised about such an action.

* * *

When Collier first started attending Toughlove sessions her daughter noted, "You're freaking out." Now she says, "Hey, mom, you need a Toughlove meeting."

"I think that says it all," Collier said with a relaxed smile.

For further information on Toughlove or obtaining the manual, contact the Yorks at Community Service Foundation, P.O. Box 70, Sellersville, Pa. 18960.

GIVING KIDS "TOUGH" LOVE

Never in the history of our times has there been so much trouble disciplining children, says America's most widely read columnist. But the solution is not permissiveness, not letting kids run the show. Instead, we must lay down specific rules making youngsters responsible for their actions. A fast-spreading national organization called **TOUGHLOVE** can help provide the guidelines. Ann tells you what they do—and what you, as parents, can do.



By ANN LANDERS

I never thought I'd live to see the day when I'd actually argue with the Bible . . . especially since I've frequently quoted the very passage I no longer feel applies: "Train up a child in the way he should go . . . and . . . he will not depart from it," meaning that if you carefully train your child, he or she will turn out well. Yet, unfortunately, the last 15 years have produced a great deal of evidence disproving this Biblical directive. My desk is groaning from the weight of letters that sound a lot like this one.

"Dear Ann Landers: We took our children to church, we didn't send them. We never had sitters. If we couldn't get his mother or mine to stay, the children came with us or we didn't go. We invested so much love and time and energy in our sons and daughters, yet they became in-

volved with truancy, drugs, shoplifting, a pregnancy—every kind of trouble you might expect from street kids. What went wrong?

Being a firm believer that the twigs grew in the direction they were bent, I didn't know how to respond to these anguished, guilt-ridden parents. Their letters describing years of tender loving care didn't square with what was happening to their children. Many carefully nurtured twigs seemed to be growing in bizarre and unpredictable directions. I had to rethink my answers and come up with something better.

A few years ago I printed a letter that said volumes. It was from a high school student who came across her mother's diary; the letter contained an entry the mother had written:

"All adolescent kids have diaries these days. Well, I think it's time for

mothers to have diaries, too. We ought to keep a daily chronicle reporting the heartaches of parents who did the best they could with their mixed-up sons and daughters. Only the kids suffer, do they? Only their feelings are hurt? Well, move over, children, your parents are having a very hard time trying to bring you up to be self-reliant, decent citizens. It seems like the cards are stacked against us. The more we give, the less we get back."

What's gone wrong? Obviously something has. I don't pretend to know all the answers, but after reading thousands of letters from teenagers in trouble, teachers who see them almost every day, guidance counselors who listen to them and parents who are wringing their hands in despair. I have concluded that *To page 104*



WHAT TOUGHLOVE IS ALL ABOUT: It tells parents with problem children to say "No" and help their kids grow up

(Right) Parents Phyllis and David York. (Left) Daughters Heidi, Jodi (seated) Ilene (standing).

Family counselors Phyllis and David York, founders of **TOUGHLOVE**, seemed to be able to help others but were having problems with their own youngsters. As David says, "It hit me that my kids were really going bonkers on us; there had to be something better we could do."

Giving in, placating anti-social behavior hadn't worked with their own three teenagers. What *did* work was setting the bottom line, such as forbidding use of the family car, limiting phone calls, refusing to intervene when a child got in trouble.

Founded just a little over four years ago, **TOUGHLOVE** is spreading its concept and teachings throughout the country. Right now, there are over 150 branches of this counseling group; each has 20 to 50 participants. The initial organization puts out a manual that costs \$6 entitled "**TOUGHLOVE, a Self-Help Manual for Parents Troubled by Teenage Behavior**." For further information, write to **TOUGHLOVE**, Community Service Foundation, P.O. Box 70, Sellersville, Pa. 18960, or telephone 215-766-8022.

Parents who have children with severe problems often feel guilty and helpless. This organization tells you that it's not all your fault and provides tools to help you cope.

Inside Our Family Circle

By ARTHUR HETTICH

Ann Landers views "out-of-control" teenagers

WHEN I became editor of this magazine, one of the first things I did was fly to Chicago to meet Ann Landers. I figured that as the top advice columnist in the world, "Eppie," as she is known to her friends, was really in touch with people and might be able to help me. What were people like my readers worrying about? What should I put in the magazine?

"Stick to the basics," Ann advised me as we looked over Lake Michigan from the terrace of her skyscraper apartment. "People are concerned not with the big issues of the day, but with *themselves* and how they relate to each other. Husband-wife problems—that's the No. 1 subject of my mail, by far."

In the intervening dozen years, Ann's advice to "stick to the basics" has proved to be solid and right. She's become a regular contributor and, unlike some well-known "prestige" writers, her articles seldom need any editing at all. She's that kind of pro. She has also become a friend, one whom I especially value for her humanity and warmth. So do many others. When, for example, she threatened to leave Chicago for sunny California, hundreds of her friends signed an "injunction," certified by a judge, preventing her from moving. She was so touched, she didn't.

One thing Eppie has always insisted on in our working relationship is that I suggest ideas for the stories she does. So I

was a bit surprised when she called me a while back and urgently requested to write a story on a subject of her own choosing. "The No. 1 topic of my mail may still be husband-wife relationships," Ann told me, "but now it's neck-and-neck with a problem we never heard of at all when I started doing my column 25 years ago. And that's the problem of teenagers being out of control. Suddenly I receive thousands of letters every week from parents who are worried sick about their teenagers—they're into drugs or drinking or both. Or their daughters are pregnant. Or they've dropped out of school. Or they live in a 'subculture,' and there's no way to communicate."

"Twenty-five years ago parents were the 'government,' so to speak, and teens were the 'people.' They obeyed the rules laid down by parents. Now, according to my mail, all that is gone. Just think: 70,000 assaults on teachers this year. Over a million unmarried teenage girls pregnant. Easy availability of hard drugs in every town, city and suburb. Family concerns have changed, and I want to write about them."

While a great deal has already been written about teenage rebellion in our permissive society, Ann believes the problem is far more extensive than is generally thought. Her first article on the subject, "Giving Kids Tough Love," appears on page 34. Look for others in upcoming issues.

"TOUGH LOVE"

From page 34

peer pressure is a far more dominant factor in shaping teenage behavior than parental influence.

The experts with whom I checked (juvenile authorities, drug-abuse and mental health counselors, some psychologists, a few psychiatrists) supported my notion. I'm not suggesting that parental training and role models mean nothing. What I am saying is that in our present-day culture what a teenager's peers think of him carries more weight than what his parents say.

The need to be accepted, the fear of being outside the charmed circle, the desire to be "in" is vitally important to adolescents today. And, all too often that means keg parties, getting drunk, smoking dope, popping uppers and downers, snorting cocaine, using angel

dust and acid and having sex.

Moreover, a generation that has grown up with its eyeballs hooked onto a TV screen is constantly searching for ways to combat boredom and anesthetize themselves against the pain of growing up. Teenagers (and adults, as well) have discovered that alcohol and drugs can put troubles on the back burner and make you feel "different."

According to a report put out in 1980 by the Department of Health, Education and Welfare (now called the Department of Health and Human Services), one out of 10 high school students regularly uses pot. This means these kids smoke at least one or two joints every day. I happen to believe that this figure is too low. High school teachers have written to tell me that on Monday mornings, at least one-third of the juniors and seniors walk into classrooms stoned. An even more

frightening fact is that some of these students drive themselves to school, which helps explain why auto accidents are today's leading cause of death among teenagers. And emergency room attendants tell us that approximately 65 percent of all fatal teenage accidents are alcohol or drug-related.

How can parents combat outside influences that run counter to everything they have tried to teach their children? What advice do I have for them? Plenty. And I've already had responses telling me it works. The following letter opened my eyes and sent me in a completely new direction. It came from Bucks County, Pennsylvania.

"Dear Ann: Please print this for parents with unreachable, mixed-up, always-in-trouble teenagers. I know where they are coming from. My husband and I have been there and there's no hell like it.

"We, too, were desperate and without hope. Our son was a bum, in debt, stealing from us, on drugs, breaking up the furniture, cursing and hitting us. We were beside ourselves with anxiety and fear. We tried everything to please him, and nothing worked. The nicer we were, the worse he got.

"Finally we called the police. They gave us the phone number of an organization called TOUGHLOVE. From that day on we became members of a community network of parents who are successfully coping with their kids' hostile, antisocial behavior.

"Before we came to TOUGHLOVE, we were ashamed and felt weak and guilty because we couldn't stand up to our son. We thought that no other parents in the community had failed so miserably as we had. Then we met other members of TOUGHLOVE and discovered that we were no longer helpless. We had the support of other parents, the police, the schools, the courts and rehabilitation facilities.

"We didn't have to throw our son out of the house, nor did we have to continue to take his abuse. We laid down a whole new set of rules and gave him a choice. He could live by our rules or get out. He chose to stay.

"I'm enclosing a pamphlet that tells you more about TOUGHLOVE. Please, Ann, share it with your readers. It's the greatest thing that happened to us and we want to spread the word. Thanks for your help.—Forever Grateful!"

I read the pamphlet and it made a lot of sense. It explained a program designed to help parents who feel heart-sick and helpless about their teenagers. The program asks parents to choose which road they want to take. Will it be confrontation, firm guidelines and mutual respect—or excuses (as usual), denial, gutlessness, continued indulgence and bribery? It encourages parents to meet the crisis head on, take a stand and demand cooperation.

Actually, the permissive method of child-rearing surfaced in the '40s, blossomed in the '50s and gained total respectability in the '60s. Psychiatrists and psychologists told us that if we spoke softly to our children; held, rocked and cuddled them; let them stop

soiling their diapers and panties when they decided it was time to stop; allowed them to get the anger out of their systems, being careful never to say, "NO, YOU CAN'T DO THAT" unless they started to burn down the house, they would develop healthy egos and grow up to be well-adjusted young men and women, self-assured, highly motivated and a joy to us.

We beat down our natural instincts, slavishly adhered to the teachings of these "experts" and developed dark circles and high blood pressure while our kids talked back to us, spit on us, hit us, broke their toys and threw themselves in the aisles of supermarkets (or department stores) until they got their way. These same kids turned out to be selfish, spoiled, hostile, disrespectful, lazy and unmotivated. They had no respect for us, their teachers or the law.

To add insult to injury, some psychiatrists charged up to \$100 an hour to tell us, "There are no bad children . . . only bad parents."

The sad truth of the matter is that for too many years parents have been bamboozled by "experts," and have sopped up half-baked theories in "how-to" books instead of using the brains God gave them and reacting to their natural instincts when their kids pushed them too far in an attempt to test limits.

I'll never forget a letter I received from a 19-year-old just three years ago. She had no friends and couldn't hold a job because she was always shooting her mouth off, telling acquaintances, colleagues and bosses exactly what she thought of them. "I was brought up that way . . ." she declared. "I was allowed to say anything to anybody. My parents raised me that way and now I am all messed up and it's their fault. Any suggestions, Ann?"

I replied, "Yes . . . accept responsibility and quit blaming your parents for your mean mouth and foul moods. If you don't like the way you are—go to work on yourself and become something different. Enough of this 'You damaged me. Now take care of me' nonsense. It's a cop-out. Guilt laid on parents by you kids is so thick you can cut it with a knife—and all it does is perpetuate financial and emotional dependence and create a climate of hostility and ultimate failure."

So what can parents do with kids who have them backed against the wall? They can make a 180-degree turn and go the TOUGHLOVE route. (See opening page for further information.) Heaven knows reasoning, pleading, crying, threatening and bribing hasn't worked. It's time to try something else, and I believe self-help groups like TOUGHLOVE are the most effective approach to problem-solving.

People who have shared the same problems and triumphed over them give one another tremendous strength. They say, "I did it; you can do it, too. I'll help show you how."

Parents today encounter the following problems all too often:

- You are confused when your teenager comes home in varying states of intoxication or completely stoned—yet denies he's had alcohol or dope

even though you've found drug paraphernalia in his room.

- You're heartsick and don't know what to do because your child is failing in school.

- Your 15-year-old takes things that belong to others.

- Your sophomore student lives in a filthy room and refuses to do any chores in the house.

- Your star-athlete son gets into trouble with the law.

- Your daughter stays out past curfew.

So mothers and fathers ask themselves why they're such rotten parents and say, "I'd like to kill that kid for putting us through this" . . . or, "A lot of our friends have the same trouble, they just don't talk about it." Or, "It's all our fault, so now we have to take care of them."

Bullfeathers!!!!!!

You need TOUGHLOVE if you feel helpless and unable to cope with your teenagers' behavior or if you feel victimized by them, disappointed in yourself as a parent, guilty because you think you have done a rotten job and are frightened by the potential for violence in yourself and your children. These feelings are experienced by the affluent, the disadvantaged, middle-income families, the uneducated, intellectual, single, divorced, married, permissive, repressive, black and white. Anybody.

Remember, you have the right to a night's sleep without worrying where your kid is—or being awakened by a phone call from the police or a hospital or a drunk teenager who's stranded somewhere. It's time you started taking care of yourself and letting your teenager be responsible for his or her actions. That's where the concepts of TOUGHLOVE come in.

You must find the courage to withdraw your money, influence, affection, anger, guilt and pleas that he or she learn to shape up. You must begin to make real demands entailing severe consequences. You must make it clear that you will not live in a house with people who mistreat you and do not respect the rules you have laid down. You do not need your teenager's approval. You're the boss. The sooner your youngster understands this, the better.

Of course, after years of accepting blame and guilt laid on by some psychiatrists, it's not easy to make this about-turn alone. You'll need help. Telephone the parents of your kids' friends. Tell them, "I'm worried about my children's behavior. Will you come to a meeting at my house tonight?" They'll probably say, "Thank heaven you called. I have been worried sick about mine, too."

Call your neighbors even if they don't have children. You'll need allies in this battle and they can help. Call an understanding clergyman and sympathetic schoolteachers. Call those you know who work with delinquent children. They know the ropes.

Once you start a support group, other parents will want to join. Your local school may become interested. They're just as eager as you are to

learn how to deal with difficult kids. Never in the history of our country has there been so much trouble disciplining children. Last year there were over 70,000 assaults on teachers in our public schools. When principals and teachers learn that parents are banding together to demand that their kids be respectful, law-abiding citizens, they'll want to be part of this effort.

Of course, it's unrealistic to expect unruly, antisocial children to change overnight. Some will become extremely hostile and resentful when they discover they are no longer in control. This is where the support of friends and neighbors comes in.

When Johnny does not come home at midnight, which was the curfew you laid down, lock the door and bolt it. Tack a note on the outside saying, "IT'S PAST MIDNIGHT. YOU ARE NOT WELCOME HERE. GO TO THE PATTERSONS OR THE SMITHS" or some other neighbors.

Arrange with these people to take your kid when he breaks the house rules. Agree to take their kids when they do the same. Often teenagers will talk more easily with their friends' parents than with their own. This can be an excellent beginning. Then negotiate with the Pattersons or Smiths about the terms under which Johnny will be allowed to return home.

Not all kids are in trouble. We see many children who are law-abiding, generous, kind and a pleasure to have around. They're not spaced out on drugs; they're not running away from home and they're not driving their parents crazy. Chances are that these children were not raised by books. They were raised according to clearly defined guidelines. If they went beyond these guidelines, the consequences were sure and swift.

If you have a kid in trouble whom you've always catered to, don't feel guilty. Most of the child-rearing teachings of the past 25 years encouraged parents to treat children as equals and let them learn by doing their own thing.

Remember, too, as I said earlier—peer pressure means more to most children than what their parents say. There are countless factors over which parents have no control.

The economics of the country, for example, the post-World War II money boom, with TV showing us all those wonderful things we simply couldn't live without . . . all have created a wildly acquisitive society.

And let's not forget Vietnam—the biggest mistake this country ever made. The richly deserved disgrace of losing to a small country 10,000 miles away not only infuriated a whole generation of young people, but made them anti-American and provided them with an excuse to look like bums. It also helped them get heavily involved with drugs.

But that belongs to history and now we must look to the future. We must get back to the basics and love our children enough to stop protecting them against their destructive, self-defeating behavior. Because in the end, if we allow them to destroy themselves, they will destroy us, too. ■

TOUGHLOVE:

A New Way of Dealing With Problem Teens

Running counter to almost everything we've been taught about handling kids, it is today's most startling approach to the problem of incorrigible adolescent behavior

BY ELISE PIQUET

UNTIL LAST MAY, 16-year-old Doug* lived at home with his parents in a luxurious home in a Philadelphia suburb. Then, after yet another raging fight over drugs and stealing, Doug and his father, Bob, agreed it was best for him to live elsewhere. "We were upset when we had to ask him to leave," says Bob. "But we felt that it was in the best interests of the family. Besides, it was really his choice not to abide by the family rules."

• This past spring, John and Joan Stearns met their 15-year-old daughter on the front porch of their home after she had been out all night. Fed up with her behavior, they told her, "We wish it hadn't come to this, Lisa, but we're afraid you can't come back into this house." They locked the door. Lisa moved in with a friend three blocks away and refused all contact with her parents for three months.

• Stuart, 16, lived with his divorced mother, two younger brothers and a sister. He had a generous allowance, his own telephone and use of the family car. But over the past year his mother has been frantic over his increasing violence, lying and stealing. Now his telephone has been removed, he can no longer use the car and he must work for his own money. If he does not obey the rules, he too will have to leave.

To preserve their families, the parents of Doug, Lisa and Stuart have opted for the "Toughlove" solution to the problem of incorrigible adolescent behavior—a startling approach in that it is the very opposite of many things we have

*Names of Toughlove participants have been changed.

been taught to believe about handling our kids.

For years, we have been told that compassionate listening, understanding and reasoning are the only ways to solve family problems. If young people cut school, stay out late, experiment with alcohol and drugs, defy authority, lie, cheat and steal, we believe these things can be corrected by talking them out, showing our concern and love. Family counselors Phyllis and David York, the founders of Toughlove, say that this approach is great—when it works. But when "soft love" doesn't work, then "tough love" is called for.

It all began with the Yorks' own family. Of their three teen-age daughters, two were in serious trouble. They skipped school, used drugs and alcohol, became abusive and were impossible to control or direct. "We were a product of the 60s-style of family," says 53-year-old Dave. "You know, all love and sweet reason, no heavy disciplining, the emphasis toward togetherness and away from materialism. The democratic family."

Says Phyllis: "Things just got worse and worse. Our approach of understanding and patience—being nice—didn't help at all. And I was angry because it was affecting my relationship with Dave."

Then came the morning when the Yorks were awakened in their Lansdale, Pa., home at seven o'clock by six policemen with drawn shotguns and a search warrant. Their 18-year-old was charged with holding up a cocaine dealer with a gun. She had now disappeared. As Dave stood there in his shorts, groggy with sleep and shock, and Phyllis stood, dazed, in her bath-

robe, the Yorks suddenly had had their fill.

"After the police left," Phyllis says, "we knew we were no longer able to deal with the problem ourselves. We called a friend and asked her to help us. She took over, and eventually things worked themselves out."

That was over seven years ago. The Yorks had already counseled more than 6000 families and had heard many horror stories paralleling their own. Realizing the importance of support from other adults in times of crisis, they gradually evolved their philosophy of Toughlove.

In Search of Support. Toughlove is modeled in part on Alcoholics Anonymous, where the first step is to admit you have a problem, then deal with it supported by others who have a similar problem. Toughlove demands that parents first admit they can no longer control their adolescent's behavior. They are then taught, in their parent-support group, the steps to take to regain control.

Unlike Alcoholics Anonymous, however, participants do identify themselves. Says Dave York, "They receive support knowing their neighbors are facing the same problems with their kids." It is understood that their primary needs are emotional support and self-confidence. Once they have contacted Toughlove, they are invited to attend a special orientation, where one or two experienced couples explain what is expected

of them: to give as well as get service, to wait for help, to attend meetings regularly. All Toughlove parents have had incorrigible children themselves; they welcome newcomers with warmth but no sentimentality.

The atmosphere of a typical Toughlove meeting is cheerful and optimistic, like that of a town meeting where problems are shared and dealt with on an equal level. From a radius of up to 25 miles, 40 or 50 parents will meet in a church or schoolroom, at, say, 7:30 every Monday night. Their leader is generally the person who started the group, who has been trained by the Yorks themselves.

The meeting opens by introducing newcomers, visitors and special speakers. Then everyone moves to form circles of 10 or 12 people, where the real work of the evening takes place. These support groups consist of people who live close to one another and who have become "advocates" to someone else by having said at an earlier meeting, "I live around the corner; come by for coffee tomorrow."

A scraping of chairs as the six women and five men settle in, then someone asks, "Who wants to go first?" Marcia raises her hand. She is worried about her son's sullenness and vicious swearing, especially at her. She is also concerned about his health, and about her own anger and depression. Then she smiles at Janet and Tom across the circle and says, "You don't know the relief just to be able to call

you." "Oh yes we do!" they say, and everybody laughs, including Marcia.

Each person speaks in turn. No one is ever interrupted. Husbands and wives sit together, and they tell about their child's behavior and attitudes and their own feelings—mostly rage, guilt and helplessness. When advice is asked for, it is given directly: "Stop being an idiot; take out Cathy's telephone and make her use the one in the kitchen."

Janet talks for 30 minutes. "I've been so depressed all week I could hardly move, but today was the worst." Her 14-year-old daughter, Sandy, has cut school, stayed out all night and come home drunk. Janet also found marijuana when she cleaned her room on Saturday.

This is Janet's fifth Toughlove meeting. The empathy is palpable as everyone listens. "Is there anything we can do for you right now?" asks Tom. Janet blows her nose. "Put her up until she's 21?" she asks wryly. They all laugh and shake their heads. "Call us, even only for five minutes," says Bob, who is Janet's advocate. Bob's wife, Ruth, squeezes Janet's hand. Then the others offer advice: "Why didn't you call Bob and Ruth last week when you felt so desperate?" "Keep after Sandy's teacher." "Ignore Sandy when she swears at you." "What are you doing cleaning her room if she's being so horrible?" Janet ends up looking much better than when she started, and she promises to keep in touch with her advocates.

Step by step, week by week, parents are taught how to face their crises, to keep in touch with their support group, to take a firm stand and stick to it. They are also taught how to enlist the help of the police, social workers, youth centers, therapists, the courts and schools, to form a community network that will work with the parents as well as the children.

Parents regain control in their families by setting "bottom lines" for their children and themselves. Although the Toughlove manual suggests what these bottom lines might be, the parents usually think up their own. "I will not tolerate



"Thank goodness you've come!"

GEORGE DOLE IN MEDICAL ECONOMICS

violence in my home," is a typical bottom line, or, "I will no longer go to court for you."

This is then backed up with firm parental action, without tears, threats or pleading. It may be forbidding use of the family car, or stopping an allowance, or grounding on weekends. Getting tougher, the parents withdraw their money, their resources, their material goods and problem-solving abilities. Through it all, the parents are meeting at least once a week with their support group, and are likely to be in daily contact with their special advocate parents.

The parents of Doug, Lisa and Stuart went through all these stages, including therapy for their children and themselves. When the kids still ran wild and stayed out all night, they acted. The parents of Doug and Lisa took the toughest of all Toughlove bottom lines: "I will not allow my child back into my home until we have worked out a way for us to live in harmony together." This gives the adolescent the choice of living by the rules, or having the door locked against him. The choice is his.

"The kids have been choosing their line of action all along," says Dave York, "but the parents haven't realized that they have choices, too—the choice of standing their ground, and actually becoming a better parent in the long run. It's hard, and painful as hell, but everyone benefits."

Advises Phyllis: "Toughlove is recommended as a loving solution for families in real crisis, when parents have lost control. As parents, we must stop overprotecting our children and finding excuses for their intolerable behavior. We must teach our children that cooperation comes first in the family. Respect leads to love and friendship, not the other way around."

"Toughlove is for parents who feel betrayed and victimized by their children," she continues. "It's for those who feel guilty, who think they're not 'good enough' as parents. Dave and I have been through all those feelings, and so has every member of every Toughlove group around the country."

We know that what a parent in the last stages of desperation needs most is support from others in the same boat."

The Monroe Story. Bob and Nancy Monroe were just such desperate parents. Bob, 48, is an architect and Nancy is a teacher. They have a 15-year-old daughter, Sue, and two sons, Mike, 18, and Doug, 17.

Says Bob, "Our boys started to get in trouble five years ago, when we lived in Colorado. Doug, a personable con artist, full of energy and imagination, began taking drugs he got from a friend. I found

Doug. I asked him if there was anyone in our town who could help us, and he told us about the local Toughlove chapter. We went to our first meeting in May 1980."

Today, on the refrigerator door in the Monroes' kitchen, there is a "contract" negotiated by the Monroes' Toughlove support family, which got Mike back home a year ago. Signed by Mike, Nancy and Bob, it lists Mike's wants (to come home, live with his family, eventually move out on his own), his commitments on drugs ("I will not come home stoned, drunk or high; I will not use hard drugs or liquor; I

"As parents, we must stop overprotecting our children and finding excuses for their intolerable behavior. Cooperation comes first in the family. Respect leads to love and friendship, not the other way around"

him spaced out on the basketball court after school one day, and when I contacted the father of the supplier, all he said was, 'Boys will be boys.' Mike was using alcohol and drugs, too, and we thought the answer was more family involvement. Then we tried cajoling. I knew other families were having the same problems, but no one said anything or tried to do anything outside their own four walls.

"Three years ago we moved back to Pennsylvania. Doug stole jewelry, money, finally even our car. The police would pick him up, but as a minor he was brought home to us. And we protected him. But we were going out of our minds trying to deal with him. Finally he was expelled from school. Over Thanksgiving 1979 the police called to tell us Mike had been arrested after overdosing on speed in the railroad station. He spent several weeks in a psychiatric hospital. All in all, it was a hellish winter. Nancy and I never felt so isolated in our lives."

Nancy, a strong, handsome woman, speaks in a quiet voice. "I was so desperate all I could do was cry. The juvenile officer who had arrested Doug for stealing became a friend. He went to see Mike in the hospital and called to ask about

will not play games with my parents relative to drugs"), his cooperation ("I will obey all house rules; I will involve myself with the family"), and finally his promise to see a drug counselor. His parents' commitments state: "We will moderate weekend curfew. We will not hassle over appearance. We will discuss all problems."

Mike sits quietly next to his sister, Sue, at the kitchen table. He is handsome, with an air of subdued self-possession. His jeans are clean, his hair falls over his shoulders and his spirit is obviously far from broken. His voice, too, is quiet and pleasant. "I think Toughlove infringes on a kid's rights, but I've done time in jail where your rights *really* suffer. I know I got into a lot of trouble, but I finally learned how to handle myself. I don't drink now; I take a little pot sometimes, but I really don't need all that stuff. Our contract was fair. But it's been a tough, tough time, and I'm glad it's over."

Mike is keeping to his contract; with the help of his attorney, his probation officer and the judge, he has kept his record clean. His high I.Q. will not be wasted: he graduated from high school and last fall entered the Marines. The result of his story is a happy one. In

time, this may also be the case for Doug.

"We didn't see Doug for six months," says Bob. "We had fought bitterly over his drugs and stealing. Finally, I packed his suitcase and said, 'Don't call us, we'll call you.' His drug counselor took him in. But Doug soon left his house, bummed around on the drug scene all summer, got some sort of a job. Eventually he did get himself back into the Rehab Facility. We are hoping that, with the help of his counselors, he is on his way to recovery. But that's up to him."

He adds, "You know, in Toughlove we're almost relieved when kids get arrested, because it gets them into the judicial system. This means another adult authority can force your kid to enter treatment, to be incarcerated, to have a Juvenile Probation officer. People think we're locking the door on our teen-agers to get rid of them. This is just not true. What we're doing is saying, 'Hey, you've gone too far. You've broken the rules. You are only a child. But if you insist on taking the freedoms of an adult, you will have to deal with them as an adult.'"

Toughlove in Perspective.

How do the kids themselves feel about Toughlove? All agree it is rightly named. Some typical comments of those back home with their families: "It's tough, all right. It's horrible." "I hated it. It wasn't fair." "My parents went too far. It's too hard on us kids when all the grownups gang up on us." "I wouldn't go through it again for anything."

But they also grant that, in the long run, it was worth it: "I learned how to be responsible for my own actions. I really grew up. I can really talk to my parents now, instead of just fighting them all the time." "When you're addicted you think it's fun to lie, it's daring to steal. But it's so dumb, and I found out I was a big dummy, not an adult at all. Now that it's over, it's worth it, as awful as it was."

"Because of the loose structure of Toughlove groups," Dave York points out, "it's impossible to collect accurate statistics on success or failure. Sometimes parents and kids don't get together no matter how hard they try. Some leave for a long spell before they can be friends with their family again. All we can give is our definition of success, which is that the family copes better with its problems and sees alternative approaches, even if the kid isn't straightened out immediately. Most families who stay with Toughlove are having better relationships with their kids, and vice versa."

Toughlove has stirred controversy among some mental-health experts. The majority of professionals are in support of parents setting firm limits, sticking to them and forming their own support groups. But they ask two questions: What about the causes, not the symptoms, of the child's behavior? And what happens to the child when Toughlove doesn't work?

Sylvia Brody, a New York City clinical child psychologist, says, "I feel it is unwise to deny the importance of warmth and the child's happiness. Despite their seemingly impossible actions, troubled children need love and patience, as well as clear standards. There is no guarantee that the other parents in the group will always know the best ways to handle the child. The groups need to have experts talk to them. But it is excellent for parents not to blame or beg their adolescents and to take a firm stand, and very desirable for parents to have a support group of their own."

Says Richard Bocchini, psychologist at Hall Mercer, the Community Mental Health Center of Pennsylvania Hospital, "The concept of setting limits on children's behavior is important and necessary, but the time to do this is in their early development, with parents supplying comfort and love as time goes on, so that these limits

don't suddenly appear during the trying time of adolescence. Teens have to experiment, but a history of consistent limits will mean that they will turn to the family for continued support and acceptance. Still, despite professional misgivings I have about Toughlove, I think it has served well in raising our consciousness about the plight of both adolescent and parent."

If the experts are uncertain about Toughlove, what is certain is that the Yorks have touched some parental nerve with great impact. Toughlove is now a national movement. Boxes containing over 50,000 letters from every state in the union, plus countries in Europe and Asia, line the walls of the Yorks' Sellersville, Pa., headquarters. Calls for help come from therapists, family counselors, youth workers, judges and church groups, as well as from desperate parents. There are now more than 250 listed Toughlove groups, ranging from four or five families to over 60, the majority in New Jersey and Pennsylvania, but some as far away as Georgia, Texas, California, Alaska and Hawaii, plus one in Canada.

"I think Toughlove's appeal can be explained by the isolation of the nuclear family," concludes Ted Wachtel, president of the Community Service Foundation in Sellersville, a nonprofit group that sponsors the Toughlove movement. "Families live side by side nowadays without the faintest connection with their neighbors. But the kids all hang out together. Their parents can say don't take dope, don't steal. But schools are too crowded for teachers to follow up, police are too busy with violent crimes and courts are too full to take action."

"We, and the Yorks, believe in the interaction of community members getting involved in each other's problems. Clearly, the Yorks' work with parent support groups and community action is answering the needs of thousands of people everywhere." **ii**

Make your wife happy this Valentine's Day—give her a five-pound box of money.

—Los Angeles Times Syndicate

TOUGHLOVE

P.O. BOX 70
SELLERSVILLE, PA. 18960

HOW TO START YOUR TOUGHLOVE PARENT SUPPORT GROUP

YOU NEED A TOUGHLOVE GROUP IF YOU HAVE A TEENAGER WHO IS:
failing in school, playing hookey, getting suspended from school,
living in a filthy room in your home, leaving dirty dishes all
over, lying, leaving rolling papers, pipes, bong and seeds around,
coming in drunk or doped, stealing from family members, getting
fines, running away, and/or friendly with kids who are in trouble.

If this is a description that you recognize, then you have the
most important element to start a TOUGHLOVE group--YOUR NEED!
Starting from here, the rest is a "piece of cake." After all, the
worst thing you could do now is nothing.

Here is what you'll need:

1. A few TOUGHLOVE manuals
2. A non-blaming attitude
3. A few supportive people
4. A willingness to do a small amount of organizing

1. THE MANUALS will help you inform people about the problem and
what you are doing about it.

2. A NON-BLAMING ATTITUDE is necessary because parents like us,
who are having problems with out kids, are very sensitive and quick
to feel blamed, even when no blame is intended. The best way to
avoid others' "blame antennas" is to talk about your own problem
and request their help. "I'm having trouble with my kid and I
would like your help" is an approach that works well.

3. A FEW PEOPLE (most people feel "stuck" here) is REALLY the
easiest part. Remember, at least 30% of parents of teenagers are
having problems like yours. Don't let your feelings of shyness,
guilt, shame or fear stop you--you need to make something happen
for you, your family, your kid in trouble and your community. The
best way to find some supportive people is by asking: family members
(your other kids can help--it's their problem too), friends, rela-
tives, neighbors, parents of your kid's friends, and your kids--
they know the kids whose families need help! Remember--you only
need a few people, but don't be surprised if you get a lot.

4. ORGANIZING your first meeting is really easy. Get together with
those few people (or a lot, if you have them) who have agreed to
help you. Decide which people will take responsibility for doing
the following:

- A. COMING OUT OF THE CLOSET
- B. WHERE AND WHEN
- C. SPREADING THE WORD

A. COMING OUT OF THE CLOSET: Get the names and phone numbers of
members at this meeting who are willing to become TOUGHLOVE
community contacts. Their job is to respond to inquiries as you
spread the word and as your group grows. To accept this task is



TOUGHLOVE TRAINING

WEEKEND WORKSHOP

for parents and professionals

This TOUGHLOVE Weekend Workshop will present a loving solution for families that are being torn apart by unacceptable adolescent behavior.

The training will focus on helping parents and professionals to deal effectively with difficult teenagers.

In this workshop you will learn how to:

- Assess crisis
- Confront supportively
- Negotiate
- Use Your Community
- Start a Group
- Keep a Group Moving
- Structure Your Group

The workshop sessions will be led by David and Phyllis York, the founders of TOUGHLOVE. They will present useful information, with an emphasis on demonstrating and practicing skills and techniques. Every effort will be made to utilize time effectively so that the workshop will provide an intensive two-day experience of immediate and practical value to all participants.

The sessions on Saturday and Sunday will begin at 9AM and close at 5PM. Pastries, coffee and lunch will be served.

Register for the Weekend Workshop by writing to TOUGHLOVE, Community Service Foundation, P.O. Box 70, Sellersville, PA 18960 or by calling (215) 257-0421.

We look forward to seeing you there.



REGISTRATION FOR TOUGHLOVE WEEKEND WORKSHOP

NAME(S) _____ PHONE _____
ADDRESS _____
ZIP CODE _____

Enclosed is \$ _____ to reserve _____ places at the Weekend Workshop
to be held in _____ on _____, 1982.

I prefer to pay by _____ check, _____ MASTER CARD or _____ VISA.

Card Holder's Name _____ Card No. _____

Card Expires _____ Master Card Interbank No. _____

Registration by charge card may be made by telephone. Mail registrants
should send to: TOUGHLOVE, CSF, P.O. Box 70, Sellersville, PA 18960.



TOUGHLOVE WEEKEND WORKSHOP

ANAHEIM, CALIFORNIA January 23-24, 1982 (Sat-Sun 9am-5pm)

Grand Hotel, 1 Hotel Way, Anaheim, CA (opposite Disneyland)

COST: \$150 per person

WASHINGTON, D.C. February 6-7, 1982 (Sat-Sun 9am-5pm)

Tysons Corner Marriott, 8028 Leesburg Pike, Vienna, VA

COST: \$130 per person (at I-495 and Route 7)

SEATTLE, WASHINGTON February 20-21, 1982 (Sat & Sun 9am-5pm)

Sea-Tac Marriott, 3201 S. 176th Avenue (near Sea-Tac Airport)

COST: \$150 per person

(Please add proper exchange rate if paying with Canadian funds).

TO REGISTER: Contact TOUGHLOVE, Community Service Foundation,
P.O. Box 70, Sellersville, PA 18960

(215) 257-0421

Behavior

Getting Tough with Teens

A movement to bring out-of-control youngsters into line

As professional counselors, David and Phyllis York had some success with other people's children, not much with their own. Five years ago, police in Lansdale, Pa., showed up at the York house with shotguns and a warrant for their 18-year-old daughter. The charge: holding up a cocaine dealer. Says David York, 52: "It hit me that my kids were really going bonkers on us and there had to be something better we could do."

So the Yorks founded Toughlove, an association of anxious parents who were dedicated to drawing the line against out-of-control youngsters and forcing them to behave. Now there are more than 25 Toughlove groups, the majority in Delaware River valley towns in Pennsylvania and New Jersey, and the Yorks just might have the makings of a national movement of fed-up parents.

The basic idea of Toughlove is simple enough: when dealing with children who are constantly in trouble, understanding and forgiveness may be laudable, but they just do not work. York recalls dealing with seriously troubled youths in Spring Valley, Calif., in 1970: "I started out being this nice therapist. 'Let me listen, let me be this daddy to you guys.' And what really needs to happen is to grab these kids and say, 'You really can't do that. You've got to follow the rules here, and if you don't we're going to call the police and have you locked up!'"

Toughlove parents are encouraged to "set the bottom line" on acceptable behavior and back it up by forbidding use of the family car, limiting phone calls, and refusing to intervene when the youngster is in trouble. If a youngster consistently breaks a curfew, parents may lock him or her out, tacking to the front door a card listing names of other parents in the group who are willing to take the offender in until he or she agrees to live by the rules. A teen-ager with a drug habit may come home to find bags packed and a note advising him or her to get into a drug rehab program or find another place to live.

"It's just oldtime discipline, where the parents run the home and there is cooperation among the family members," says Susan Kohn of Warminster, Pa., a Toughlove mother who turned her son Jeff, 17, in to the police after he admitted to burglarizing a home to support his drug habit. Police enrolled him in a rehabilitation program, and he is now back home, working and attending Narcotics and Alcoholics Anonymous. Judy Keator, 14, of Doylestown, Pa., ran away from home twice before her parents joined Toughlove. Then one of the other parents in

the group became Judy's "advocate" and negotiated a contract with her parents: no drugs, alcohol or cigarettes in the house; responsibility for chores; an allowance; guaranteed privacy in her room. The contract has been in effect for seven months, with the advocate calling periodically to see how things are going. "Toughlove helped my parents understand what I was going through, and I could understand what they were going through," says Judy. "We can talk now, and we really get along."

According to the Yorks, the typical Toughlove youngster is caught up in de-

puts "a child out with no understanding of the parents' contribution to the problem." Says David York: "Unfortunately, people are treating drug and alcohol abuse like it's a symptom of an underlying problem. I think it *is* the problem, because when that kind of abuse stops and the kid begins to work some things out with his family, then a lot of anxiety, a lot of the crap that's going on in the family stops."

Toughlove brings parents together to buck up one another at meetings and to follow the progress of problem youngsters. If a runaway is picked up in another state or a youngster is arrested, members in the group are ready to go to the scene. Says Ted Wachtel, president of the Community Service Foundation in Sellersville, Pa., which sponsors the Toughlove movement: "If a child winds



The Yorks and their three children, Heidi, Jodi and Ilene, at their Point Pleasant, Pa., home

With youths constantly in trouble, a belief that understanding and forgiveness don't work.

pendence-independence games with parents. Says Phyllis York: "Drugs, alcohol, all that whole life-style is nothing but a false kind of independence, while these teens have really been caught in a state of dependence. They do not feel that they have the skills to deal with life on their own." The Yorks worked as family and youth counselors for 13 years in Vermont, California and Pennsylvania. In 1972 they hired on at Eagleville (Pa.) Hospital and slowly evolved the philosophy of Toughlove.

The thinking comes partly from the self-help movement, partly from various schools of therapy that say behavior must change before the psyche does. Otherwise, a youngster can use an emotional problem, and the sympathy it may generate, to excuse damaging behavior. That approach troubles some in the mental health field. Richard Bocchini, a Philadelphia psychologist who works with children and families, says the group

up in prison, it is sometimes too much of an emotional experience for the parents to go at first, so other members of the group make the visits."

Toughlove does not work all the time, but so far it has been an effective way of uniting parents to square off against the youngsters' own powerful peer group that endorses drug taking and rebelliousness. One tactic of Toughlove is to make a list of a youngster's closest friends, then go out and meet the parents of the friends and try to make an alliance. The message: Don't feel guilty; don't get into shouting matches with youngsters; don't be a victim; get over disillusionment. Says the Toughlove self-help manual for parents: "We really were not prepared for such a rapidly changing culture full of distractions like dope, violence, and a peer group that means more to our children than a home and family." In Toughlove's view, the time has come for parents to stand up against a hostile culture.

—By John Leo.
Reported by Barbara B. Dolan/Sellersville



Gwen Olitsky--TOUGHLOVE
Community Service Foundation

P. O. BOX 70 SELLERSVILLE, PA 18960

DEC 03 1981
1861 60 330

TO:

• Dr. Carlton Turner
• Office of Policy Development
• THE WHITE HOUSE
• Washington DC 20501

① Send copy of President Speech +

DATE 30 November 1981

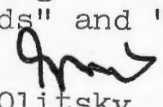
SUBJECT TOUGHLOVE

Testimony

② Make Note of Growth
to work with

Dear Dr. Turner:

Ann Wrobleski wrote, in response to my letter to Mrs. Reagan about TOUGHLOVE, that you are helping Mrs. Reagan in her campaign against drug and alcohol abuse. Ms. Wrobleski said that your office "handles drug policy for the Administration", so I thought you might like to see some of our TOUGHLOVE material. We now have at least 300 community groups across the country and have been featured in national magazines, newspapers and radio and TV shows. TOUGHLOVE is a community support network for parents troubled by teenage behavior. We believe in community involvement and use of a "non-blame attitude" to work with parents, schools, the law and psychologists. TOUGHLOVE is a self-supporting non-profit organization that neither seeks nor uses government or private funding. We take pride in being a grass-roots network that is growing rapidly because we are meeting a need throughout America. I believe that our work is in keeping with the President's policy of "communities meeting their own needs" and "caring for their own". Thank you for your attention.


Gwen Olitsky



TOUGHLOVE notes

FALL-WINTER, 1981

AN OPEN LETTER TO ANN LANDERS:

Dear Ann Landers,

We were impressed and almost overwhelmed when you featured our organization in your column last Spring. I say "almost overwhelmed" by the 20,000 letters your column generated, but with the help of dedicated volunteers—parents and kids—we were able to respond to every letter. Your story in the November 3rd issue of FAMILY CIRCLE, the world's largest-selling women's magazine, was a beautiful and thought-provoking endorsement for TOUGHLOVE. Your magazine editor, Arthur Hettich, writes about your humanity and warmth. We like to talk about your honesty and courage. You speak honestly of the changing culture and our need to look at family life anew, to stop punishing parents for the deeds of their children. HOORAY for your courage in telling your millions of readers to take a stand against peer pressure and the drug culture, to ask for community support and to throw aside their feelings of shame and hopelessness and helplessness . . . to "make a 180-degree turn and go the TOUGHLOVE ROUTE."

You echoed the words we've been hearing from across America and Canada. If America's most widely-read columnist had to rethink her answers, then perhaps it will be easier for thousands of parents—and communities—to begin to do the same. Your recognition of "teenagers who go wrong" as one of the major problems confronting families today and your request to Mr. Hettich to publish a feature story on this subject provides a model for every TOUGHLOVE Community to follow!

Gwen Mitsky

TOUGHLOVE TAKES TO THE ROAD: WEEKEND TRAINING COAST-TO-COAST

As TOUGHLOVE continues to grow, with hundreds of groups across the USA and Canada, your requests for information and training encourage us to develop new material. Processing of orders for the TOUGHLOVE Manual has been improved, as has the Network Registration. Our most constant request has been for "more, more, more information!" about starting groups and keeping them moving along, working with the community, using the law and specific methods of negotiating with families. As a response to the steady demand for training in the TOUGHLOVE method, David and Phyllis York have developed a WEEKEND TRAINING program which they are taking to major cities. Evaluation forms from the first trainings tell us that participants are encouraged and enthusiastic about all that they learn during a very intensive two-day period. Our Chicago and Newark/New York Workshops offered the "more structured" Mini-Workshops on Day Two that you requested. Look for our schedule in this issue and plan to send representatives from your group to Training so that they can bring back the information and material that will help your TOUGHLOVE Parent Support Group to be more effective in your community.



WEEKEND TRAINING SCHEDULED

Southern California	January 23-24, 1982
Grand Hotel, Anaheim	
Washington, D.C. area	February 6-7, 1982
Marriott, Tyson Corners, VA	
Seattle-Tacoma area	February 20-21, 1982
Sea-Tac Marriott	
Columbus, Ohio	March 6-7, 1982
Marriott Inn East	
Dallas, Texas	March 20-21, 1982
Marriott Inn North	

For more information, call Teresa Quinn
215-257-0421



TWO-WAY COMMUNICATION IS A GOAL

We attempt—through the Network, training, written material and our telephone availability—to give you the information you request. We ask that you, in return, communicate with us! Please send news clippings about TOUGHLOVE that appear in your local papers (we have been “plastering” the office walls with them!). Call or write with your questions. Every single letter is read by someone in the office—usually a parent who has shared many of your own experiences. Sometimes a few people will stop packing books, sending Newsletters and/or answering phones to “brainstorm” in an effort to appropriately answer a letter. We really care about communication! Teresa Quinn and Jim Stanger are available during working hours to talk to TOUGHLOVE group members and/or folks who want to start a group. For callers who would like to schedule or attend training, Teresa is your contact person. JoAnn Stanger is in charge of the computer, mailings and our volunteer typists. Pam Ottenberg coordinates the Network and bookstore orders. Deedee Tibolla has been typing and answering phones. Actually, EVERYONE answers phones, including the Yorks and Ted and Sue Wachtel and TOUGHLOVE folks who drop in to chat or pick up books. We need all the help we can get!

WHAT KIND OF MEMBER ARE YOU?

A lot of members are like wheelbarrows: No good unless pushed.
Some are like canoes: Need to be paddled.
Some are like kites: If a string isn't kept on them, they'll fly away.
Some are like kittens: They are more contented when petted.
Some are like footballs: You can't tell which way they'll bounce next.
Some are like balloons: Full of wind and ready to blow up.
Some are like trailers: They have to be pulled.
Some are like lights: They keep going on and off.
Many—thank Heaven—are like the North Star: There when you need them, dependable, ever loyal and a guide to all people.

—Anonymous



IN MEMORIAM

The Community Service Foundation gratefully acknowledges donations to TOUGHLOVE in the memory of CHRISTOPHER BRIAN CLEMENTS, age 19 of Plymouth, MI, son of Judy Hanson and Ronald Clements. Mrs. Hanson wrote us to ask that contributions sent to TOUGHLOVE in her son's memory be used to “help other parents and other children.”

Joe Billups, our new friend in BROWARD COUNTY, FLORIDA, gave us permission to reprint a letter he sent to the many people who responded to a TOUGHLOVE article in the local paper. Perhaps this will inspire other groups. Joe is responsible for getting at least 6 groups started!



Dear Parent:

Pardon the impersonal run-off format of this note, but it is the quickest way I know to reach you. In one way or another, you have expressed an interest in being part of a self-help mutual support group of parents trying to cope with unacceptable adolescent behavior.

Based on the feelings expressed by yourself and many others, such groups are needed. However, getting started is extremely difficult. For one thing, a lot of people would rather complain than act. The common complaint is that there is nothing for parents of troubled and troubling youths in Broward County, or that help, when available, is too expensive. We'll change all that. So let's get down to work.

This present venture is a grass-roots, unfunded effort to apply principles that have worked with remarkable success in other parts of the country. We need your help in getting the word out and in getting groups started in strategic areas all over Broward County. We'll use the “Toughlove” approach.

Do your very best to clear your calendar so that you can attend either one of two organizational/informational meetings, scheduled for this next Friday (date) or Saturday (date). The Friday evening meeting will be at 7:00 P.M. The Saturday morning meeting will be at 10:00 A.M. Both will be held at _____.

If you can't attend either, keep in touch anyway. For awhile, I'll act as the contact person and let you know where meetings are scheduled.

If you know other parents who are perplexed, bewildered or at wit's end, tell them about our efforts and encourage their participation.

Most of you have my work number _____ and my home number _____. I may not always be “in,” but anyone answering will give me your message. At neither number will you get a recording.

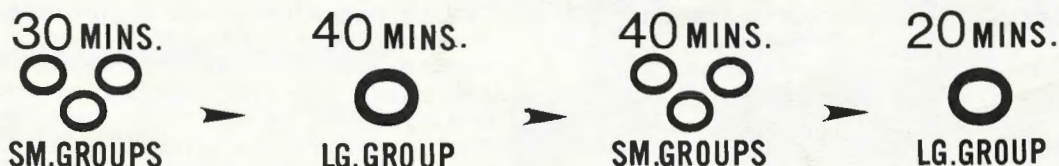
Cordially,
Joe Billups

P.S. If you know of agencies or organizations or community leaders (such as clergy) who might want to be involved, please contact them. Unlike most programs, we're starting from the bottom and working up. This program, however, will remain parent-centered and parent-run.

IN THE WORKS: Video tapes and a TOUGHLOVE Handbook. Please send us your individual and group success stories (and what hasn't worked!) for use in the Handbook. We expect to make training tapes available in the three most common formats— $\frac{1}{2}$ inch VHS and BETA and $\frac{3}{4}$ inch U-MATIC.

STRUCTURING YOUR WEEKLY MEETINGS: ACTING-OUT YOUNG PEOPLE NEED ACTION RESPONSES

As your group grows and begins to have 20 or more people, you need to structure your weekly meetings. Meetings that keep leadership problems and rambling to a minimum, while allowing for individual ideas and feelings to focus on developing ACTION PLANS is usually satisfying to all. We have found the best way to accomplish all these tasks is to follow a structure that uses small groups of 10-12 folks followed by meetings of the whole group. The procedure we recommend is:



SMALL GROUPS

30 MINS. **CHECKING IN:** Most folks feel close and find it easier to talk in small groups, so set the room up in small circles with room for 10-12 in each group. These small groups are most effective if they are made up of people who live near one another and can provide those all-important visits to one another's homes when needed (for support). Each small group appoints a weekly leader to keep the group moving on the necessary tasks. When folks come into the meeting, they sit in their circles and share last week's events. They specify how the bottom line and support system from last week worked, what successes they had and what new problems have developed. This segment lasts ONLY 30 minutes—so you don't have time for new bottom lines or lengthy discussions. The SMALL GROUP LEADER must watch the clock and keep the discussion flowing so that all members have a chance to "check in" during this portion of the meeting.

As your group grows, you will have people coming for the first time. NEW MEMBERS need an ORIENTATION SESSION and we will describe this in another article.

LARGE GROUP

40 MINS. **GENERAL MEETING:** Have the small groups all join together after the first 30 minutes. You will need a COORDINATOR to keep time and to run this large group. Some Coordinators give a "5-minute warning" and then insist that the group come together after the first 30 minutes of the weekly meeting. The coordinator will ask for "any success stories?" and group members report on last week's LARGE or SMALL accomplishments. Applause is well-deserved for these positive steps and helps everyone to feel good. The remainder of this 40-minute segment is for reviewing old information (from the TOUGHLOVE Manual), for hearing new information from guest speakers (lawyers, judges, doctors, agency people, police, school representatives, etc.) or for a group discussion of a topic of common interest (planning to go out to the community to publicize your TOUGHLOVE program or exchanging information about the community). Remember to request that guest speakers attend the entire meeting because you also have much to teach them! Avoid blame and blaming by stressing an attitude that asks "How can we help each other?"

SMALL GROUPS

40 MINS. **SETTING BOTTOM LINES:** Folks should rearrange their chairs and get back into their small groups. Using the information from the large group session, if applicable, those people that are ready should USE THE SMALL GROUP to set NEW BOTTOM LINES and to develop a specific plan to implement the new position. The plan includes the all-important SUPPORT from other group members that will help folks stick to these new (and often scary) positions. The SMALL GROUP LEADER has an obligation to see that every plan has offers of support from the group! Be sure not to let the group bully someone into making a bottom line that he is not ready to "live with." Helping folks to take a SMALL STEP and keeping to it works better than pushing someone to commit himself to a large step that he fails to complete. A bottom line for a newcomer might be as simple as "I'll come back next week." REMEMBER: YOU ARE ONLY PLANNING FOR THE NEXT WEEK, NOT FOREVER!!!

LARGE GROUP

20 MINS. **WRAPPING UP:** Move again into your large group. Folks who have worked in the small group give a brief report. Some folks may need special support—someone to go to school, court, etc.—that the person could not get in the small group—and the large group could help here. Don't forget that very important APPLAUSE to give folks support and courage for the week ahead. The meeting then comes to an official end.

Group members often stay around to socialize or meet with especially troubled folks to clarify events and/or ideas or to finish old business.

We think that getting your TOUGHLOVE group to follow this structure and approximate time-frame will keep it moving in the ACTION-ORIENTED style that leads to success. Don't let your groups or families get sidetracked—our problems are too important.

David York

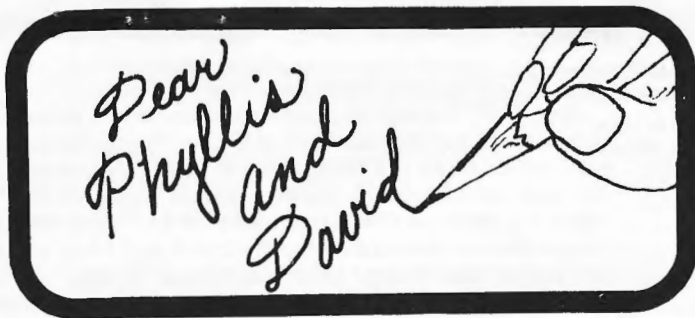
Time problems with groups are usually just that—TIME problems. Coordinators must learn to be "clock-watchers" and to continually remind group members to "move along" when they are talking. At first it might seem awkward, even rude, to have your group leader say "Just tell us the 'meat' of the story—we're running out of time" or "You're dragging out the story—what finally happened?", especially when you are the speaker, you are really trying to make your group understand your problem, and you know that you are under enough stress already without being told to "hurry, hurry, hurry..." It will not take long for your group members to begin to condense stories and really get to the meat of explaining, setting bottom lines and offering support. Try it... you'll like it!

GROUP SCOOP: Your Community Column

A public meeting to present the TOUGHLOVE concept to the Midlands of **SOUTH CAROLINA** was sponsored by the **CAYCE-WEST COLUMBIA** Jaycees, who have adopted the TOUGHLOVE program as a community action project . . . **GLEN ROCK, NJ's** Jean Baker Wunder (we met her at the Newark/New York Training) has been a busy lady, doing TV shows for TOUGHLOVE, meeting with folks from **RUTHERFORD, BERGENFIELD** and **DANVILLE**, donating manuals to the mental health center and library and distributing posters and flyers. WOW!! . . . **SYCAMORE, ILLINOIS** sent news clippings and wrote that "the Methodist Church of Sycamore voted unanimously yesterday to be our sponsors . . . received a call from a minister in Chicago requesting info to be used with his week-end retreats" . . . Kathy and Jim Cary of **LONGMONT, CO** wrote about the "packet of TOUGHLOVE information that we put together to present to the schools, social services, the juvenile judge, etc." . . . Congratulations to Madeline Druckenmiller for getting the **ALLENTOWN-BETHLEHEM, PA** group going after attending the Philadelphia workshop. Thanks for the organized membership list! . . . **CENTER PORT, NY** has a membership that is "growing by leaps and bounds," obviously true since they ordered 23 manuals one week and 46 the next! . . . **NORTHEAST PHILADELPHIA, PA** sent a note to say, "We got a tremendous response to Phyllis and David's appearance on the Frank Ford (radio) show—please rush 20 books" . . . **BAYVILLE, NJ** sent a lo-o-ong list of members—look for the TOUGHLOVE workshops to be sponsored in **NJ** by the EIC in March . . . **LANCASTER, PA** is contacting area clergymen and placing public notices to inform the community about their initial meeting . . . the Gills, in **NORTH CANTON, OHIO** write, "our religious leaders have all given us their backing and recommendation. They realize the need for our group. That is really encouraging." . . . **SEATTLE, WASHINGTON** is buzzing with Dr. Jennifer James' radio program and all the families who are contacting Elizabeth Goodridge to find out about her group. By the way, Dr. James has caused a "run" on bookstores (for the TOUGHLOVE Manual) all over **SEATTLE!** . . . **LORAIN COUNTY, OHIO** wants to exchange information with other **OHIO** groups. They've already had speakers from the local juvenile detention home, drug and alcohol agencies and the juvenile court system. They want to know "how to keep the group moving?" GET SPONSORSHIP FROM YOUR LOCAL SERVICE ORGANIZATIONS BECAUSE YOUR TOUGHLOVE GROUP IS PROVIDING A SERVICE BACK TO THE COMMUNITY!!! . . . a lovely note from Dee Lukens of **HEMET, CA** to say "Thanks for your letter and supportive telephone call! We've made some changes for the better since I talked with you." See you in January, Dee, at the Southern CA workshop . . . **HERSHEY, PA** had a TOUGHLOVE consultant come up for a 1-day training, which led to an interview (for public television) with the Yorks which will appear in November . . . **LINCOLN, NE** is sponsored by the community center and "getting referrals from the juvenile probation officers and the mental health clinic case workers. After only three meetings we feel this a good sign" . . . the staff of **MODESTO, CA** Youth Services Bureau requested 20 manuals to start a group for **STANISLAUS COUNTY** . . . **SPRINGFIELD, DELAWARE COUNTY, PA** sent their membership list, which is broken down by neighborhood since they cover such a large area . . . **BENSALEM, PA** sent a list of "jobs" within the group—complete with job descriptions, names and phone numbers of people holding the various positions AND a membership list (they are ORGANIZED!) . . . **MORRISVILLE, PA** is off to a GREAT start with donations from the Lions Club and the Rotary for training, which will begin in November. This group is a spin-off from the **YARDLEY, PA** group . . . **GLOUCESTER, NJ** is so organized that they have their own hotline, helped **CUMBERLAND COUNTY, NJ** get started and raised \$600 with one bake sale . . . a note from **SCHENECTADY, NY** to say, "a rewarding and exciting venture . . . we quickly sold the 25 copies of the manual . . . local agencies and police are highly supportive" . . . **WARMINSTER PA** TOUGHLOVE group donated \$50 to help get the new **HERSHEY, PA** group started!! . . . Pastor Wendel Arms told us about the group in **GALESBURG, ILLINOIS** that bought the manual, started meeting and is going strong . . . from **SAULT STE. MARIE & ST. CATHERINES, ONTARIO** come more requests for more manuals for their new groups . . . welcome to the McLeans in **ANCHORAGE, ALASKA** . . . **HUNTSVILLE & FAIRHOPE, ALABAMA** and **PHOENIX, ARIZONA** wrote to us about new groups, as have folks in **FT. SMITH, ARKANSAS** and **BROCKPORT, NY** . . . A mother in **FALLS CHURCH, VA** wrote for four copies of the manual—one for her son's parole officer, one for her priest and two for co-workers who have problem kids . . . lots of notes from Joe Billups in **SOUTHEAST FLORIDA**, who says, "By the end of September, there should be parent support groups meeting every week night in **BROWARD COUNTY, FLORIDA, DADE COUNTY, FLORIDA (Miami)** and **PALM BEACH COUNTY**, to our North. I've tried to help them organize into their own groups." Joe, we applaud you and we'll see you in the Spring at the Florida workshop . . . **EAST STROUDSBURG, PA** sent a copy of their letter responding to a TV editorial. They are trying to mobilize support for publicizing the need for facilities for runaways and to help pass laws that will help kids "get help." . . . **STURGEON BAY, WISCONSIN** held a meeting to see "who and how many are interested. Enough are" . . . **BURLINGTON, VERMONT** group is "really taking off. It started with seven of us (including Glo and Belmont Pitkin, who have been of great help). These seven realized a real need for TOUGHLOVE in our area, thus decided to publicize via radio and newspaper (free ads, of course!) and the response thus far is amazing. We had more than 30 at our last meeting with a multitude of heartbreaking situations being represented from families of all backgrounds. A local TV station has volunteered to make a 30 minute tape of an interview with parents . . . we hope to reach even more families via this taping, who thus far have hesitated to 'come out of the closet' " . . . Several groups got together (where did they find a room large enough?) to celebrate Paul and Norma Franceus' (**HUNTINGTON, L.I., NY**) wedding anniversary with a cake and gift T-shirts they had made especially for those super organizers (we saw the shirts at the Newark/New York Training—wrapped around Paul and Norma) . . . **ELKINS PARK, PA** initiated a meeting for several area groups with Warminster Hospital personnel, to discuss mutual concerns (emergency room, detox programs, in-patient treatment, etc.) which led to setting dates for exchanging speakers . . . Zara Kilmurry gave us all a lift with her cheery card from **SOUTH YARMOUTH, MASS** to say "things are roaring down here! The Chief Judge for our district has promised a few changes in the procedure there, is coming to a meeting and if he likes what we're doing will make attendance mandatory in some cases! We've had referrals from attorneys, D.A., court, P.D.'s and local mental health agencies and psychologists. I have speaking engagements set up for welfare department, court officers, Alcohol Rehab, foster parents association, the local high school counselors and the state rehab center in **BOSTON**. WHEW!! . . . We've negotiated three kids back home and they are doing well, off the street and have solved more problems . . . Miss you all"—ZARA, WHERE DO YOU FIND TIME TO MISS ANYONE OR ANYTHING?!!!! YOU ARE AN INSPIRATION!!!! . . . what a great idea—three groups decided to share an information line for **PORTAGE, PAW PAW AND KALAMAZOO, MICHIGAN** . . . Manuals have been sent to **MALAYSIA, AUSTRALIA, ISRAEL, INDIA, DENMARK AND ENGLAND** . . . Claudia Collier's house guests from **SOUTH AFRICA** took manuals home and expect to start a group there!

PLEASE NOTE:

When writing to us about your group, please include Community and State or Province in your letter! Thanks.



Q. My 16 year old daughter has a boyfriend who always hangs around. They've been involved in some drug incidents at school and I don't like him, but her whole happiness seems to depend on him! If he's happy, she's happy—when things aren't right between them, she makes OUR life miserable. I find I automatically set another place at the table every night, wash some of his clothing, and take him on family outings (so our daughter will join us). He's in the house when I go to bed and often in the kitchen before I get there in the morning. He's very polite and nice around us . . . but I have an uneasy feeling that he kind of moved in . . . I'm not sure about all this.

A. "The Boyfriend" is a great name for a Broadway musical but not for an uninvited new family member. Take away his plate (and chair) at the table. Stop doing his laundry and including him in family outings! Set up "visiting hours" in your home. Talk to your support group about the support you will need when your daughter discovers that The Boyfriend has been "given the gate!"

Q. I KNOW that I sent my 14 year old kid off to school every day. Two weeks after school started, I got a phone call from the Vice Principal to say that Robert hasn't been attending classes. He said I can be fined for not sending him to school. Help!

A. Go to school with another TOUGHLOVE member who will HEAR what is being said. Work out a plan *with* the school to confront Robert's behavior. Don't blame the school or let them blame you. Keep your GOAL in mind—to help you, your family and your kid. Remember that people blame because they feel helpless. Most important: be sure that the "fine" is put on Robert . . . it is not your consequence, it's his.



SHOULD YOU INCORPORATE? We have had questions from groups about the wisdom and method of registration for non-profit status. This is a group decision, and we cannot advise you to incorporate or not to incorporate. We will tell you that you **SHOULD NOT** use the name "TOUGHLOVE" in a formally incorporated group name. We suggest using "(Area name) Parent-Community Support Group" for your registered name. This involves much work and some expense. You do not need a lawyer—but it would be nice to have a group member who is a lawyer offer to donate his time and expertise! There is a booklet available from the IRS that tells you everything you would ever want or need to know about "how to incorporate." You can call your local IRS office to find out how to obtain this booklet.



Newark/New York Weekend Training

A Message from Ted Wachtel: "AN OFFICIAL GROUP IS . . ."

Initially, we assumed that people would be sending representatives to training . . . to learn about TOUGHLOVE and to bring back information to their groups. We are very concerned that groups who are calling themselves TOUGHLOVE groups are appropriate. We share the concern that has been expressed by judges, probation officers, school personnel and other parents that people who represent themselves as TOUGHLOVE families are sharing the philosophy that we are talking about throughout the United States and Canada. We are suggesting that any person having a question about the appropriateness of a parent or group, contact Teresa Quinn at our Sellersville, PA office to verify whether or not a person or group has been represented at a TOUGHLOVE training. To continue to maintain the impact and strength that the TOUGHLOVE philosophy is having, it is important TO YOU that there be a similarity of philosophy, strategy and structure. We are traveling to major cities to make training available to all groups. We list all TOUGHLOVE groups, contact persons, meeting dates and times . . . and names of persons (and their groups) who have attended our training. For more information, contact Teresa Quinn.

SPEAKERS' BUREAU: YOU ASKED FOR IT!

We've had so many requests for folks to come out and talk to groups about TOUGHLOVE that we've asked JOANNA HOGAN to assume the responsibility for coordinating a Speakers' Bureau. Joanna can help you to introduce TOUGHLOVE to a community group, explain the concept of "community cooperation" to your school district (or police or social service agencies) or "troubleshoot" problems you might be having with your own support group. At present, this is largely a regional effort, but some speakers are willing to travel. For more information, contact:

JOANNA HOGAN
SPEAKERS' BUREAU
26 Buckwalter Road
Phoenixville, PA 19460
215-933-1928

From Our Mailbox



EXCERPTS FROM YOUR LETTERS:

"My husband and I live a quiet life and have tried to pay back what (our son) has stolen but the amount is now over \$10,000 which we cannot cover. Most of the original homes he broke into were our neighbors. We have since moved into an apartment because it was uncomfortable for us in our old neighborhood."

"... he won't pay board and room. We don't know what he makes as he won't let us see his paycheck. He says it is none of our business. He borrowed a car and there was some damage done . . . so we are being sued for damages."

"Being the parent of four teenagers, I am completely exhausted constantly—trying to fight the outside elements and hold my family together."

"... we are worried and concerned about her messing up her life, and running away from her problems. Should we make an effort to find her, and to bring her home again? . . . We realize that it is normal and natural for children to grow up and go away from home. But all in good season, and with good feelings on both sides. Not with a bitter taste in the mouth. Not knowing where they are, and if they are all right. With all attachments broken . . . It breaks our hearts to have this one go this way . . . Can you help?"

"I'm sure I don't need to tell you why I am writing for more information on your organization. Today, on my lunch hour, I am going to Family Court to file a P.I.N.S. petition against my daughter. This is one of the hardest things I have had to do in my life, but I am desperate. I love her."



Phyllis and David York conduct a Speakers' Bureau training session

Dear TOUGHLOVE People—

First of all, the workshop in Philadelphia was absolutely great, and I got so much out of it. One thing I learned for sure is that there is a need, even in this rural community. My own problems are not as great as I was afraid they were, but perhaps that is because I am much less afraid of the problem. I found that my husband and I had already started to face things in a TOUGHLOVE way—on our own—but the workshop instilled in me a really confident, purposeful belief that what we are doing is right. I did not stand up and say this, although I think I should have, but I feel many, many, many parents are so confused about teenage behavior—and most of all drugs—that they are afraid—not of the child, necessarily, but of what will happen if they go through with this.

The workshop, most of all, taught me what I needed to know—how to start organizing. Hence reason for this letter . . . Want to get started!

Regards to all,
Elizabeth Duffield
Aldie, VIRGINIA

Dear Phyllis and David,

The purpose of this letter is to tell you that I got so much more out of the workshop than I hoped or believed possible. I went because I saw you on the Phil Donahue show and because my neighbor needed my support. I went to the workshop to learn more about the program . . . I came away with at least three years worth of personal therapy! Although I know that we continue to grow until the day we die, I think I hit the last stage of my own crisis at the workshop. It was like having a box of slides of my own emotional development and putting them in order. What a freeing experience! I looked around and said, "I used to say that," "I used to sound like that," "I used to react like that" (still do occasionally), "I can relate to that grief, pain, depression, cop-out"—and much more. It would take a book to relate my story so I won't say anything except "Glorioskie—there's a world out there—and I can fly!" I loved you both for different reasons and for that, thank you.

Sincerely,
Agnes Stevens
Detroit, MI

FROM JIM STANGER: "I was so touched when a mother in our group shared a letter from her son, who is in a rehab now . . . 'Mom, I really am glad that the TOUGHLOVE people were there when you and Dad needed them.' " Enough said.

TOUGHLOVE Notes

Gwen Olitsky Editor
Jim Bunn Technical Assistance
Lee Rush Photo Editor
Dean and Elizabeth Sabatino Layout
Deborah Row Logo
Phyllis York
David York
Ted Wachtel Contributors
"Thanks" to Teresa Quinn, Pam Ottenberg, Jim Stanger, Al Faaet and Deedee Tibolla.

Please use this tear-out to share information. We would like to know where your group meets and who the contact person/group leader is. We are scheduling training for 1982 and would appreciate suggestions for suitable sites.

NAME _____ PHONE _____

ADDRESS _____ ZIP CODE _____

PLEASE SEND:

_____ TOUGHLOVE: A Self-Help Manual for Parents Troubled by Teenage Behavior	\$ _____
_____ \$6 each, \$4 each when ordering 10 or more copies—allow 4-6 weeks for delivery	\$ _____
_____ *First class postage and special handling—add \$2/manual, \$5 for 10 copies	\$ _____
_____ PARENT SUPPORT NETWORK REGISTRATION . . . Includes TOUGHLOVE Notes . . . \$5	\$ _____
_____ TOUGHLOVE FLYERS to publicize your local group . . . Package of 100 costs \$7	\$ _____
_____ TOUGHLOVE POSTERS in 8x11 format . . . Package of 50 costs \$3	\$ _____

My group meets in _____ town _____ state

Meeting place _____

Day of week _____ Time _____

Contact Person _____

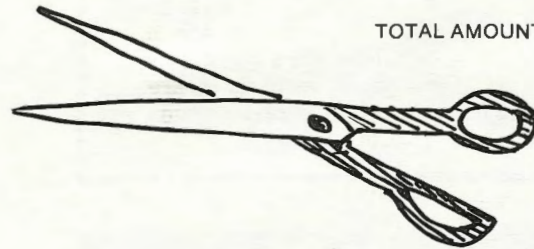
Contact Phone # _____

Group Coordinator _____

Mailing Address for Groups (for Newsletters, workshop info., etc.) _____

MAIL TO: Community Service Foundation
Box 70, Sellersville, PA 18960

TOTAL AMOUNT \$ _____



"SUPPORT"

How was your week-end
My dear friend . . .
Peaceful when it came to an end?
Has there been trauma, stress and strife
Did you unite then with your wife?
I hope if it went placidly
You both enjoyed each other's company.
Share you must, the good and bad
Being supportive in what you've had.
And when, we come to meet again,
Renewed support from each new friend.
We find at all our gatherings
What others find so troubling
Some problems will then seem so slight
Others so much greater that you might
Leave the evening lighter hearted
Hoping your support has started
To make a hurt one know you care
Giving and getting the support all share.

by Mary Makosky

CHILDREN OF TOUGH LOVE

We've loved them
And we've nurtured them
The best way that we could.
Yet for some unknown reason
Things didn't turn out as they should.
We are not looking for rose gardens,
We're all willing for some thorns;
It's just for us things are tough
Each has a heart that mourns.
So gather we together
Week in and week out,
Sharing all our problems
Feeling our way about.
We may not reach solutions,
Time alone will cure the pain.
But we are loving parents
Whose attempts won't be in vain.
Support we give and gather
Will keep us all intact.
It'll make for easier living,
We all know it to be a fact.
A call from someone hurting
Is what it's all about—
You soothe their wounds,
They do the same.
TOUGHLOVE is the group's name.

by Mary Makosky, Holland, PA



Community Service Foundation

BOX 70 SELLERSVILLE, PA 18960

Non-Profit Org.

U.S. POSTAGE

PAID

Sellersville, PA. 18960

Permit No. 61

PLEASE NOTE OUR NEW PHONE NUMBER 215-257-0421

PLEASE NOTE: The TOUGHLOVE logo is a registered trademark. If you would like to reproduce the logo in any way for your group, drop us a line.

IMPORTANT NOTICE: To continue receiving information from the Community Service Foundation (including TOUGHLOVE NOTES) please use the COUPON inside to join the TOUGHLOVE PARENT SUPPORT NETWORK.



Phyllis and David York at Newark/New York Training



... Looking for that "special" holiday gift? Consider the terrific Grandmother in Canada who sent five manuals to her five children (to TOUGHLOVE the grandchildren!)—for Christmas! She even sent us printed labels to use with the "gifts!" They should have a Merry Christmas—and for sure a better New Year!

TOUGHLOVE SALUTES: CLAUDIA COLLIER of FALLS CHURCH, VIRGINIA FOR STARTING 11 GROUPS IN THE VA-Wash. DC area. She willingly goes out to talk about the TOUGHLOVE beliefs and encourages workshop attendance. TOM and GERRI ELLIOTT, our Canadian representatives, who seem to be getting all of Canada mobilized, for arranging a media tour for the Yorks and making all arrangements for the TORONTO workshop. A special thanks to JIM REED, GERALD ROBINSON and their production crew for their sensitive coverage for CBC of the Chicago Workshop.



TOUGHLOVE TRAINING

WEEKEND WORKSHOP for parents and professionals

DEC 03 1981

This TOUGHLOVE Weekend Workshop will present a loving solution for families that are being torn apart by unacceptable adolescent behavior.

The training will focus on helping parents and professionals to deal effectively with difficult teenagers.

In this workshop you will learn how to:

- Assess crisis
- Confront supportively
- Negotiate
- Use Your Community
- Start a Group
- Keep a Group Moving
- Structure Your Group

The workshop sessions will be led by David and Phyllis York, the founders of TOUGHLOVE. They will present useful information, with an emphasis on demonstrating and practicing skills and techniques. Every effort will be made to utilize time effectively so that the workshop will provide an intensive two-day experience of immediate and practical value to all participants.

The sessions on Saturday and Sunday will begin at 9AM and close at 5PM. Pastries, coffee and lunch will be served.

Register for the Weekend Workshop by writing to TOUGHLOVE, Community Service Foundation, P.O. Box 70, Sellersville, PA 18960 or by calling (215) 257-0421.

We look forward to seeing you there.



REGISTRATION FOR TOUGHLOVE WEEKEND WORKSHOP

NAME(S) _____ PHONE _____

ADDRESS _____

ZIP CODE _____

Enclosed is \$ _____ to reserve _____ places at the Weekend Workshop
to be held in _____ on _____, 1982.

I prefer to pay by _____ check, _____ MASTER CARD or _____ VISA.

Card Holder's Name _____ Card No. _____

Card Expires _____ Master Card Interbank No. _____

Registration by charge card may be made by telephone. Mail registration
should send to: TOUGHLOVE, CSF, P.O. Box 70, Sellersville, PA 18960



TOUGHLOVE WEEKEND WORKSHOP

January 23-24, 1982
(9AM-5PM Sat & Sun)

ANAHEIM, CALIFORNIA

Grand Hotel
1 Hotel Way
Anaheim, California

(opposite Disneyland)

COST: \$150 per person

February 6-7, 1982
(9AM-5PM Sat & Sun)

WASHINGTON, D.C.

Tysons Corner Marriott
8028 Leesburg Pike
Vienna, Virginia

(at I-495 and Route 7)

COST: \$130 per person

(Please add 20% if you are paying registration with Canadian money).

TO REGISTER CONTACT: TOUGHLOVE, Community Service Foundation,
P.O. Box 70, Sellersville, PA 18960

(215) 257-0421

TOUGHLOVE



A SELF-HELP
PROGRAM FOR PARENTS
TROUBLED BY
TEENAGE BEHAVIOR

DEC 08 1981

TOUGHLOVE is a program helping parents troubled by teenage behavior:

IN SCHOOL
IN THE FAMILY
WITH DRUGS & ALCOHOL
WITH THE LAW

TOUGHLOVE asks you to choose which way you will love your teenager!

SUPPORT	EXCUSES
RESPONSIBILITY	ESCAPE
CONFRONTATION	DENIAL
ACTION	HELPLESSNESS
COOPERATION	INDULGENCE
DEMANDS	BRIBERY

TOUGHLOVE deals with:

- stresses and strains on today's families.
 - the expectation generation
 - drug and alcohol use and abuse
 - today's adolescents
-

TOUGHLOVE will help you to use community resources like your:

CHURCH
FRIENDS
SCHOOL
PUBLIC AGENCIES
NEIGHBORS
POLICE

TOUGHLOVE teaches you to:

FACE YOUR CRISIS
TAKE A STAND
FIND SUPPORT
DEMAND COOPERATION
OVERCOME OBSTACLES
MEET CHALLENGES

TOUGHLOVE will help you

develop new strengths to be able to give your young person firm, selective, loving support.

Dear Parent,

We know how lonely and helpless you feel when your kid is in trouble. You are not alone; there are many parents in your community who are having similar problems, and who also are needlessly feeling isolated, guilty and ashamed.

We realize it is hard for you to reach out at a time like this, but we have seen that parents who join a Toughlove Parent Support Group find that their lives dramatically change for the better. Take a risk and come to a parent group so that you can judge for yourself.

David York
Phyllis York

TOUGHLOVE information

(215) 766 - 8022

257 - 5442

Community Service Foundation

BOX 70 SELLERSVILLE, PA 18960
