

Wiggle Room:

An easy-to-use, highly effective, groupwork process for use with adolescents ages 11-17.



This easy-to-use process can be added to prevention, intervention and psycho-educational curriculums to build group trust and cohesion. Wiggle Room creates a safe place where teens ask questions, take risks and make mistakes as they learn new skills.

When used with hundreds of youth for nearly a decade in two states, the results were:

- All teen groups were well-attended. No groups sputtered out from poor attendance;
- Less than 10 youth were screened out or asked to leave the program;
- Bonds between teens and between teens and adults grew so strong that many teens continued in our youth program for up to 3 years.

Adults with a wide range of education and life experience have been trained to use Wiggle Room effectively. Clinical supervision and support helps everyone stay safe.



We are dedicated to capturing the practice wisdom of seasoned human service professionals and packaging it so that others can find it easily, access it affordably, and grow it forward into new solutions.

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Fuel future innovations!

About Jo Johnson
CEO / Author / Social Worker

I am launching my first for-profit venture to create a sustainable business that does good and generates income for its Authors. I have 4 decades of experience working with children, families and communities in 17 states.

Questions?

Contact Jo Johnson at:



jo.johnson@thescholarstore.com



www.scholarstore.com

Wiggle Room: Making Space to Grow and Change!

An effective groupwork process for youth ages 11-17



The Scholar Store, LLC

**Transferring knowledge
across generations!**



THE SCHOLAR STORE

Transferring Wisdom Across Generations

Does your teen program...

- Have trouble getting teens to show up?
- Struggle to maintain attendance for all sessions of a program?
- Lose teens when a few start arguing or fighting with each other?
- Wonder if teens are really learning as much as they could?

Have you tried to solve these problems by...

- Buying more pizza?
- Raffling off cool things?
- Hiring younger staff?
- Begging your schools to let you offer programs during class time because youth won't attend and after-school program?
- Serving only teens who are ordered to attend?



Wiggle Room is written in an e-document format that allows you to select the information you want and need.



Part I: Establishing a Great Teen Program

Want to start something wonderful? These e-docs aid you in beginning a teen program or strengthening an existing one with information on how to:

- Understand the community and youth you serve
- Engage your community at its phase of development
- Introduce your program in a way that builds relationships, generates ongoing support and increases appropriate referrals
- Select and equip good people to do great work

Part II: Core Concepts

These e-docs describe four core concepts that are woven into the individual and group contacts with youth.

- Survivor roles of teens in troubled families
- Stages of group development
- Strengths and needs of teens stuck in survivor roles
- Mindful communication and problem-solving

Part III: Creating Wiggle Room One-on-One

Adults often talk with teens outside group meetings. Learn how to use these moments to engage Heroes, Rebels, Clowns and Ghosts in conversations that will allow them to increase insight and build on their strengths.

Part IV: Facilitating Great Teen Groups!

In this section, the focus is on learning group facilitation skills needed from one's first contact with teens through all stages of group development. Special attention is given to building group trust and cohesion so that every teen feels connected and safe.

