

Growing Together

Premiering September 23, 2025 on Smoky Hills PBS, 7pm Central

Episode 3:Adulting: Preparing Young People for Adulthood

Host: Dallas Arp

Guests:

Holly Creamer, Regional & Clinical Director, [Kansas Behavior Supports \(Now Heartland ABA\)](#)

Dr. Jessica Provines, Asst VP for Wellness, [Wichita State University](#)

Melanie Scott, MS, Licensed School Counselor (KS), LPC

(Some of the resources listed were mentioned in the episode and some are additional recommendations.)

Dr. Jessica Provines:

www.ActiveMinds.org - supports mental health awareness and education for students. National organization with chapters in high schools and colleges that uses a peer to peer model. Resources also available for K-12.

www.CollegeParentCentral.com - Information for parents of college students. Includes podcasts, e-books, articles, and parent workshops. Geared more for traditional college, but applicable to all parents with a teen transitioning from high school to higher ed.

www.Suspenders4Hope.com - A program developed at Wichita State University, used nationally, that provides a strategic approach to mental health wellness, preventing suicide, substance misuse, and sexual violence. In-person and online training.

Consulting with your child's school's parent and family resources.

Melanie Scott:

- School Counselors can provide a local community resource list. For more information, contact your child's school counselor and make an appointment or check the school website.
- Hope Rising <https://hoperisingoklahoma.org/resources/#hope-driven-parenting>
- 1-800-CHILDREN- 24/7 number to help with parenting questions and support
- Kansas Service Children's League Parenting Tip Sheets [Parent Tip Sheets - Kansas Children's Service League, Inc.](#)

- Kansas Parent Information Resource Center
<https://ksdetasn.org/kpirc/kansas-parent-information-resource-center>
Contact Dr. Jane Groff at jgroff@kpirc.org or
<https://ksdetasn.org/kpirc/kansas-parent-information-resource-center-staff>
- Help Me Grow-<https://helpmegrowks.org/family/>
- KSDE Parent Information
<https://www.ksde.gov/Agency/Division-of-Learning-Services/Career-Standards-and-Assessment-Services/CSAS-Home/Graduation-and-Schools-of-Choice/New-and-Returning-Students/Information-for-Parents>
- Individual Plans of Study <https://ksdetasn.org/resources/927>

Holly Creamer:

Youth and Young Adult Resources | National Alliance on Mental Illness (NAMI) - note the "commitment planner" visual/pdf within.

Tips for Understanding and Adapting to the Teen Years | Essentials for Parenting Teens | CDC

A Complete Resource Guide to Autism | KBS | Kansas Behavior Supports

Mental Health Resources to Support Adolescents | HHS Office of Population Affairs

Local Mental Health Service Providers - Fort Hays State University (FHSU)

Our Services - Western Kansas Therapy Associates