

# Teen MOPS Leader Series Speakers



## **Breanna Hayes**

**Breanna** works at the [Justice and Mercy Legal Aid Clinic](#). She graduated from the University of Colorado-Boulder with Bachelor's Degrees in Psychology, Sociology, and Spanish Literature. Born and raised in Denver, Colorado, she still calls Denver home – for the time being. She recently took up beekeeping, and has the stings to back it up.



## **Jenny Macias**

**Jenny** is the Community Program Manager for [Hope House of Colorado](#). She earned a Bachelor's of Liberal Arts degree in Communications from Colorado State University and began working as the Mentoring Program Manager at Hope House of Colorado in February 2012 and transitioned to Community Program Manager in 2014. She loves building relationships with teen mothers at Hope House and providing them with the support they need to achieve success for themselves and their children.



## **Melinda Marasch**

**Melinda** is a Licensed Clinical Social Worker and a social work/mental health consultant. She has dedicated 20 years to her passion in helping others. Melinda is a member of the international Motivational Interviewing Network of Trainers (MINT), and has presented numerous trainings across the U.S. on therapeutic approaches such as Motivational Interviewing, Trauma Informed Care, self-care, mental health issues, de-escalation and more. Find out more on her [website](#)



## **Reb Duke**

**Reb** is a lover of God and people. She has a special place in her heart for homeless youth and has been ministering with [Dry Bones Denver](#) among this population since 2005. She finds peace and solitude in the mountains as often as possible and loves all things Colorado like hiking, skiing, cycling, and trail running.

## Teen MOPS Leader Series Discussion Questions

### **Developing Trust** with Reb Duke

1. What are some ways you can earn the trust of teen moms in your group?
2. How can you foster a culture of trust within your Teen MOPS Group?

### **Loving Teen Moms Who Don't Feel Loveable** with Reb Duke

1. What are the areas in your life where you feel unlovable? What steps can you take today to love your whole self?
2. How do moms in your group try to push you away and test your ability to love them?
3. How can you create a habit of imprinting positive words on your teen moms?

### **How to Answer Teen Mom's Hard Questions** with Reb Duke

1. How is Jesus an example of sitting beside people who are struggling?
2. Who is a part of your support network that you can trust with your hard questions?
3. Are you willing to stand beside those struggling with tough questions?

### **Generational Poverty** with Jenny Macias

1. After learning the differences between generational poverty and middle class, can you think of your own examples where you have seen these "hidden rules" in action?
2. How have you noticed these differences in world views play out in the lives of the teen moms you support?
3. As a Teen MOPS Leader, how can you teach a teen mom to be "bilingual" in a middle class world?

### **Introduction to Trauma Informed Care as A Teen MOPS Leader** with Melinda Marasch, LCSW

1. How can you utilize the principles of trauma informed care within your Teen MOPS group?
2. How have you seen trauma change the way your teen moms react to various situations?
3. How can you support the teen moms trying to resolve their trauma?

### **Using Motivational Interviewing as a Teen MOPS Leader** with Melinda Marasch, LCSW

1. How does Motivational Interviewing help you establish boundaries?
2. What advantages does the Motivational Interviewing Spirit offer to you? What advantages does it offer the moms you work with?
3. What tips do you plan to utilize when engaging in a change talk with your Teen MOPS group?

### **Trauma Informed Care: Importance of Self Care** with Melinda Marasch, LCSW

1. Do you currently feel burned out or have compassion fatigue? On a scale of 1-10 where do you fall today?
2. What are three self care strategies or tips that you will implement today?
3. What is one new perspective on self care that you took away from this video?