

Parenting Through Change (PTC)

Based on the Parent Management Training-Oregon Model (PMTO)

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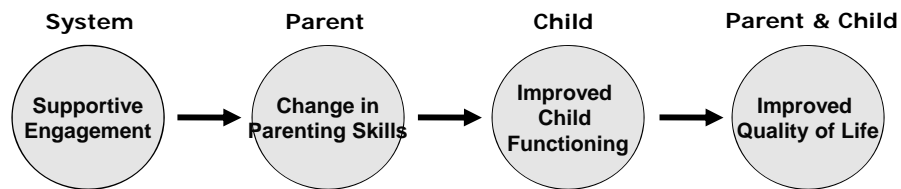
Parenting Through Change

PTC is one of a “family” of Oregon Parent management training interventions (PMTO) based upon the principles of coercion theory (Gerald Patterson,1982). Developed by Marion Forgatch with recent follow-up studies indicating that improvements associated with participation in the 14 week program were maintained over nine years.

DeGarmo D.S.& Forgatch M.S.(2005)

Why are these skills “Advanced”?

- Decades of research revealed;
 - Types of parent-youth interactions that interfere with the parent’s ability to effectively influence the child’s behavior (i.e., the coercive interaction, Patterson)
 - Skills the parent needs in order to change the child
 - Evidence that when the parent learns these advanced skills, the child’s functioning and the parent’s quality of life improves (e.g., feels better, less depressed, economically better off in the future)



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Parenting through Change

Based on decades of research and development of intervention programs for youth with conduct problems as conceived by:

Gerald R. Patterson and Marion S. Forgatch
along with their colleagues

John B. Reid
Tom Dishion

Patti Chamberlain
Kate Kavanagh

Parenting Through Change

Tailored for serious behavior problems for youth from preschool through adolescence

- Overt antisocial behavior (noncompliance, aggression, defiance, hyperactivity, fighting)**
- Covert antisocial behavior (lying, stealing, truancy, fire setting)**
- Internalizing problems (depressed mood, peer problems, deviant peer association)**
- Delinquency**
- Substance abuse**
- School Failure**

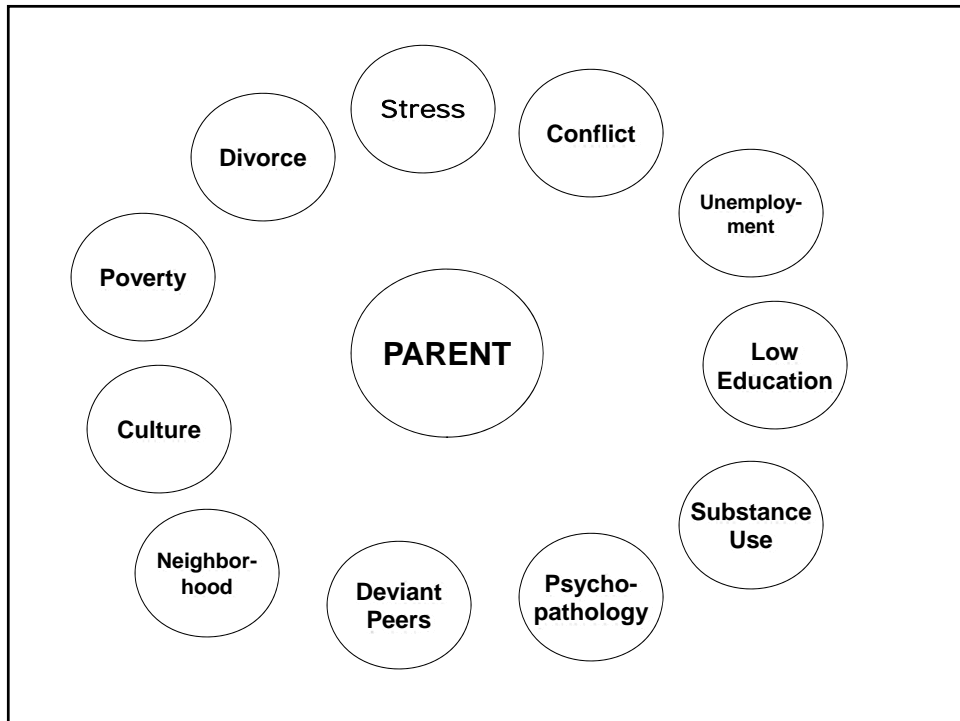
Parenting Through Change

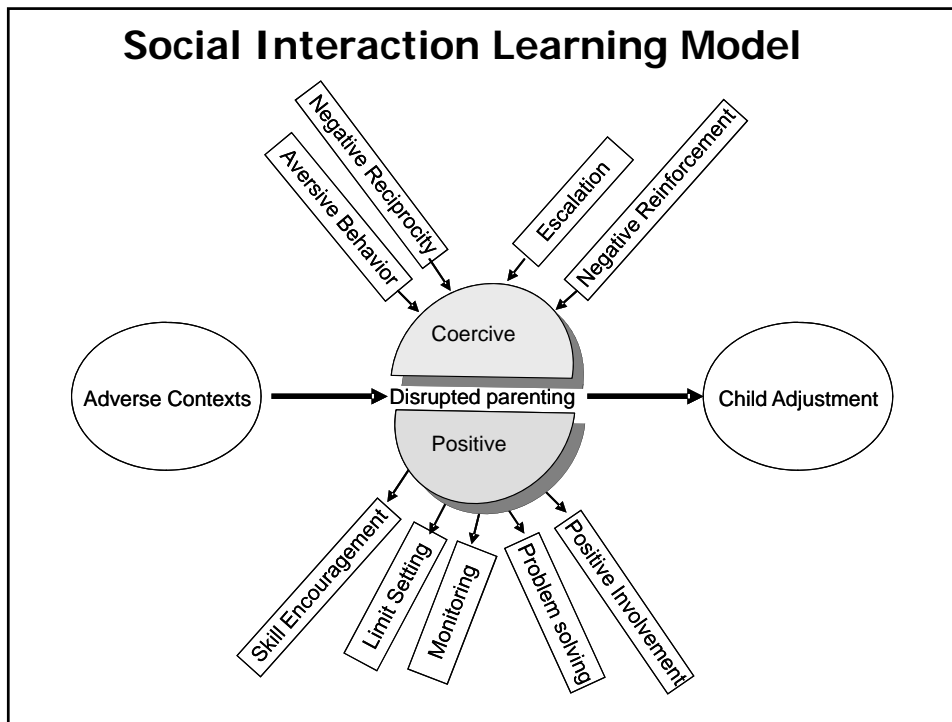
Family intervention designed to empower parents

- **Caregivers as primary treatment agents**
- **Identify and build on strengths in family**
- **Intervention with family members and subsystems as necessary**
 - Couples**
 - Grandparents**
 - Youngsters**
 - Siblings**
 - Extended family & kin**

Parenting Through Change (PTC)

Parents Perspective





Parenting Skills to Empower Parents

Skill Encouragement: Teaching children new behavior - small steps & positive consequences

Limit Setting: Discouraging problem behaviors - consistent, non-corporal, small negative consequences

Monitoring/Supervision: Attending to children's behavior at home and away from home

Family Problem Solving: Interpersonal planning, troubleshooting, contingency agreements

Positive Involvement: Demonstrating interest, attention, caring

Core Parenting Practices	Supporting Parenting Practices
Skill Encouragement Limit Setting Monitoring/Supervision Family Problem Solving Positive Involvement	Directions Tracking Emotional Regulation Communication

ELIGIBILITY CRITERIA FOR PTC

Family participants will be referred because at least one child in the family has behavior problems.

Families will be selected on the following inclusionary criteria:

- Children must be between the ages of 5 and 12
- Reside at home with at least one caregiver
- Score on the CAFAS Home subscale indicates moderate or severe impairment (i.e. 20 or 30)

CAFAS score on either the Behavior Towards Others subscale or the School subscale indicates moderate or severe impairment (i.e. 20 or 30).

ELIGIBILITY CRITERIA FOR PTC cont.

Youth are excluded from participation if the youth's scores on the CAFAS indicate severe impairment (score of 30) on any of the following subscales: Moods/Emotions, Self Harm, Substance Use, Thinking, and Community.

Caregiver(s) providing direct care of the youth are excluded for any of the following:

- Is addicted to alcohol or other drugs that seriously impairs ability to parent youth
- Is neglectful of the youth to the point of ignoring the youth's most basic needs
- Is a sexual predator of the youth or other youth in the home
- Is actively psychotic

Parenting Through Change Group 14 Weeks – 1 ½ hour for each session

- Working Through Change
- Encouraging Cooperation
- Teaching New Behavior
- Setting Limits
- Following Through
- Promoting School Success
- Communicating with Children
- Observing Emotions
- Managing Emotions
- Problem Solving
- Managing Conflict
- Monitoring Children's Activities
- Building Skills
- Balancing Work and Play

**Sessions are
highly
structure**

PTC Session

- Welcome
- Warm Up
- Review homework assignment
- Incorporating troubleshooting and adjustment as necessary
- Introduction, practice and tailoring of new material
- Closing with new home practice assignment

Characteristics of a successful PTC Program

- Open Communication and Support from Community Partners, Courts, Schools, DCH, and others.
- Engage and Encourage
- Food, Daycare, Parent Incentives
- Mid-week call, Assessments
- Follow through, Follow up
- Comfortable and Safe

How do we check outcomes

- Outcome Analysis – Pre and Post CAFAS and CWL needed for inclusion
 - Measures
 - Child and Adolescent Functional Assessment Scale®, CAFAS® (Hodges,1989)
 - Analyze Total Score for Youth and 8 Subscale Scores
 - Caregiver Wish List®, CWL® (Hodges,2002)
 - Analyze Total Score for “Wish List for Your Child” (Child Compliance)
 - Analyze Total Score for “Wish List for You” (Parenting Skills) and 6 Subscales Scores.
- Evaluations after every session for feedback.
Attendance Sheets

CAFAS® SUBSCALES

- School/Work
- Home
- Community
- Behavior Toward Others
- Moods/Emotions
- Self-Harmful Behavior
- Substance Use
- Thinking

CAFAS[®] : The Essentials

Each of the 8 subscales has problems, strengths and, goals.

For each Subscale, problems are divided into 4 levels of impairment:

Severe	Moderate	Mild	Minimal/None
30	20	10	0

For problems, raters select behavioral descriptors that describe child's severest functioning in the last 3 months.

Higher Score = Greater Impairment

Note – Scores for youth served by mental health in Michigan: Mean=85

Caregiver Wish List (CWL): The Basics

- Parent gives a self-report of his/her parenting skills
- Each question is linked to a skill, which is supported by the empirical literature
- Each skill can be taught by a coach (practitioner)
- The CWL is **STRENGTH !!** -based & skill-based
- Helps mitigate the “one-size fits all” approach to most Parenting programs
- Available in written and computer formats

Caregiver Wish List[®]: Six Skill Areas

Providing Direction & Following Up

Monitoring Activities

Encouraging Good Behavior

Connecting Positively with Youth

Discouraging Undesirable Behavior

Problem Solving Orientation

Each Domain is further divided into "sub-skills, for example... 21

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	Providing Direction & Following Up
Consistency	Organized; has expectations and routines (which have socialization value)
Clarity	Specific, to-the-point, positively stated (tells what <i>to do</i>), and age-appropriate
Tone	Neutral or pleasant (calm)
Timing	Sensitive to the impact of timing for youth (given at a time that maximizes compliance)
Compliance Check	Consistently checks compliance If non-compliance observed, redirects

	Monitoring Activities
Monitor School	Monitors school performance & behavior Responds immediately to school's concerns
Monitor After School	Structures activities Monitors via rules, phone contact, supervision (age-appropriate)
Know Friends, Teachers, Other Caregivers	Enhances caregivers positive involvement Prevents association with bad influences
Know Whereabouts	Requires specifics about whereabouts Occasionally checks truthfulness
Vigilance	Investigates suspicions or reports of worrisome activities immediately

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Using the Caregiver Wish List

- Enhances understanding of caregivers current parenting style and assists therapists in connecting with family storyline.
- Lays groundwork for respectful interactions
- Sets goals that are strengths-based, family driven and focused on skill building
- Establishes boundaries in treatment
- Provides a conceptual map (based on principles in literature and data)
- Creates a common language and way of assessing parent/youth growth and development in family roles & interactions
- Increases ability to assess change over time

- 2010 PTC Groups Began in Michigan
- Red = Current PTC groups (or new groups beginning May 2011)
- Green = Third generation to begin PTC groups in October 2011



ULTIMATE OUTCOMES

SKILLED THERAPIST SKILLED PARENTS SKILLED CHILDREN

Parent Management Training Oregon

