

Evidence-based practices are a way to ensure that consumers receive appropriate treatments with the potential for the greatest success to meet their individual person-centered needs.

Evidence-based practices are also a method for SCCMHA to ensure the best use of limited resources through the delivery of proven services and supports for persons with disabilities in the Saginaw Community.

For more information about Evidence-Based Practices, please call our Evidence-Based Practice and Trauma-Informed Care Coordinator at 989-272-7372 or go to <https://www.sccmha.org/resources/evidence-based-practices.html>.



SAGINAW COUNTY COMMUNITY MENTAL HEALTH AUTHORITY

Main Facility

500 Hancock, Saginaw, Michigan 48602

Phone

(989) 797-3400

Toll Free 1-800-258-8678

Michigan Relay 711

24 Hour Mental Health Emergency Services

(989) 792-9732

Toll Free: 1-800-233-0022

www.sccmha.org

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SAGINAW COUNTY
COMMUNITY MENTAL
HEALTH AUTHORITY

Parent Management Training

Oregon Model
(PMTO)

An Evidence-Based Practice

Parent Management Training Oregon Model (PMTO)

Parent Management Training Oregon Model, or PMTO, is an evidence-based, structured, family-based, behavioral intervention program designed by Dr. Gerald Patterson and his colleagues at the Oregon Social Learning Center (OSLC), a renowned research center for children and adolescents who display serious conduct problems.

Target Population

- 1) Youth from preschool through adolescence who display serious behavior problems including:
 - Overt antisocial behavior (aggression, hyperactivity, fighting)
 - Covert antisocial behavior (lying, truancy, fire setting)
 - Internalizing problems (depressed mood, peer relationship problems, deviant peer associations)
 - Delinquency
 - Substance use
 - School failure
- 2) Families experiencing multiple problems including:
 - Parents with mental health problems (depression, anxiety, antisocial personality traits/disorder)
 - Family Contextual problems (poverty, residing in an economically challenged neighborhood)

- Family Structure transitions (divorce, re-partnering)
- Marital conflict



What to Expect

- 1) PMTO is an interactive model that combines parenting practice training as well as environmental factors to help empower parents.
- 2) PMTO teaches the following parenting skills:
 - Skill Encouragement
 - Limit Setting
 - Monitoring/Supervision
 - Family Problem Solving
 - Positive Involvement

Children's Services at SCCMHA

SCCMHA provides a wide array of children's services including case management, home-based services, outpatient therapy, crisis management services, and psychiatry.

Children's services are provided by SCCMHA and its network providers which include:

- SCCMHA Child, Family and Youth Services
- Saginaw Psychological Services
- Westlund Guidance Clinic

