

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

CS Approved— March 2020



SAGINAW COUNTY
COMMUNITY MENTAL
HEALTH AUTHORITY

Parenting Through Change (PTC)

An Evidence-Based Practice

What is Parenting Through Change (PTC)?

PTC is an evidence-based program based on years of research and development of proven skills that help families and children during challenging transitions. The world tugs at parents and children in so many ways. Providing parents with tools to help their children enhances the relationship.

The goal of PTC is to build skills, give hope and to enhance parenting tools. This is an engaging, hands-on group for parents and other caregivers who have children with difficult behavior.

PTC can be applied to families with multiple problems:

- Parents with psychopathology (depression, anxiety, antisocial)
- Adverse contextual problems (poverty, poor neighborhoods, health problems)
- Family transitions (divorce, re-parenting, moves, new births, deaths)
- Marital conflict



PTC Intervention Model

In PTC, parents learn new skills to increase effective parenting, that can be used on the child in the home. Through participation in a 10-week group, parents practice skills learned in group and can be utilized in the home.

PTC is 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

For More Information:

Discuss PSH eligibility with your current treatment provider or contact Matt Linkowski, mlinkowski@sccmha.org 989-797-3540



PTC Sessions (10 week group format)

1. **Working Through Change:** The Change process begins by strengthening hope, identifying strengths and building on a better tomorrow.
2. **Encouraging Cooperation:** We will demonstrate how to increase your children's cooperation and help them follow your directions.
3. **Teaching Positive Behavior:** You will learn how to break goals into small, achievable steps. Learning through encouragement sets children up for success.
4. **Observing Emotions:** We will explore the power of emotions and how they relate to family life as well as how to recognize our own emotions.
5. **Active Communication:** You will learn techniques that will work for you to regulate emotions.
6. **Setting Limits:** We will help you find the correct balance of encouragement, discipline and setting limits on children's behavior to keep them safe.
7. **Follow Through:** We will review and practice the Time Out procedure before you try it out. You will practice how to explain this effective strategy to children.
8. **Problem Solving:** Relationships are nourished with good communication. We will demonstrate the use of active listening to engage in communication.
9. **Managing Conflict and Encouraging Routines:** All families have problems. We will introduce a tool to help families plan activities, manage conflicts and negotiate agreements.
10. **Putting It All Together:** We will show how to deal with differences in opinion. A life goal is to make sure you have a balance of work and play.