

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— Reunification (PTC-R)

An Evidence-Based Practice

What is Parenting Through Change– Reunification (PTC-R)?

PTC-R is a two-part program:

1. PTC-R (Parenting Through Change Reunification)
2. PTC-RH (Parenting Through Change — Return Home)

PTC-R 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, including the trials and tribulations of reunification.

The goal of PTC-R is to build skills, give hope and reunify the family. This is an engaging, hands-on group for parents and other caregivers who have children in foster care and are seeking reunification.

Intervention Model Part 1

In PTC-R, parents learn new skills to increase effective parenting while the child is not in the home. Through participation in a 10-week group, parents practice skills during group and during parenting time.

Group facilitators provide a welcoming and safe environment for parents as they rebuild their families. Topics are presented in a step-by-step approach integrating and revisiting topics discussed throughout the 10 weekly sessions.

Intervention Model Part 2

In PTC-RH, 6 individual sessions are provided to parents as reunification approaches or upon the child's return home.

The family is seen individually for at least six weeks and the worker reviews relevant strategies and materials. Families learn additional skills to support and assist them in dealing with the changes and challenges that arise during the time of reunification. These skills focus on the strength of the parents and rebuilding the family.

PTC-RH (Return Home) Sessions

(6 week individual format)

1. **Building on Strengths:** PTC-R Review
2. **Encouraging Routines:** Incentive Charts
3. **Limit Setting and Encouragement:** Finding a Balance
4. **Promoting School Success:** Building Skills at Home, Communicating with Schools
5. **Keeping Our Family Safe:** Monitoring
6. **We're In This Together:** Bridging Relationships

For More Information: Discuss PTC-R eligibility with your current treatment provider or contact Matt Linkowski, mlinkowski@sccmha.org, 989-797-3540.

PTC-R Sessions (10 week group format)

1. **Creating 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. **Regulate Emotions:** 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. **Active Communication:** Relationships are nourished with good communication. We will demonstrate the use of active listening to engage in communication.
9. **Problem Solving:** 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.