

Parenting

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Change for Reunification

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History of PMTO in Michigan



History of PMTO in Michigan

PMTO chosen in response to:

- ▶ Challenges serving the parenting needs of families of children with serious emotional disturbances (SED)
- ▶ Harsh and ineffective parenting
 - children's noncompliance to parental directives
 - increased child behavior problems and delinquency.
- ▶ PMTO and PTC have had a significant impact in the State of Michigan with our families with children with SED.
- ▶ Research of 40 + years shows
 - increased parenting skills and satisfaction,
 - increased child cooperation at home and school,
 - decreased child delinquent behaviors,
 - decreased parent and child depression
 - decreased risk of juvenile incarceration
 - Increased maternal education, income, occupation
 - Increased marital satisfaction.

Parenting Through Change (PTC) Group Model

Parenting through Change (PTC)

Evidence-based program

Provided to parents in group format

- ▶ Reduces harsh parenting
- ▶ Increases positive parenting
- ▶ Prevents and reduces
 - Externalizing behaviors
 - Internalizing behaviors
 - Deviant peer association
 - Delinquency
- ▶ Promotes healthy child and parent adjustment

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

Parenting through Change for Reunification (PTC-R) is a program designed for parents with children who have been placed in foster care.

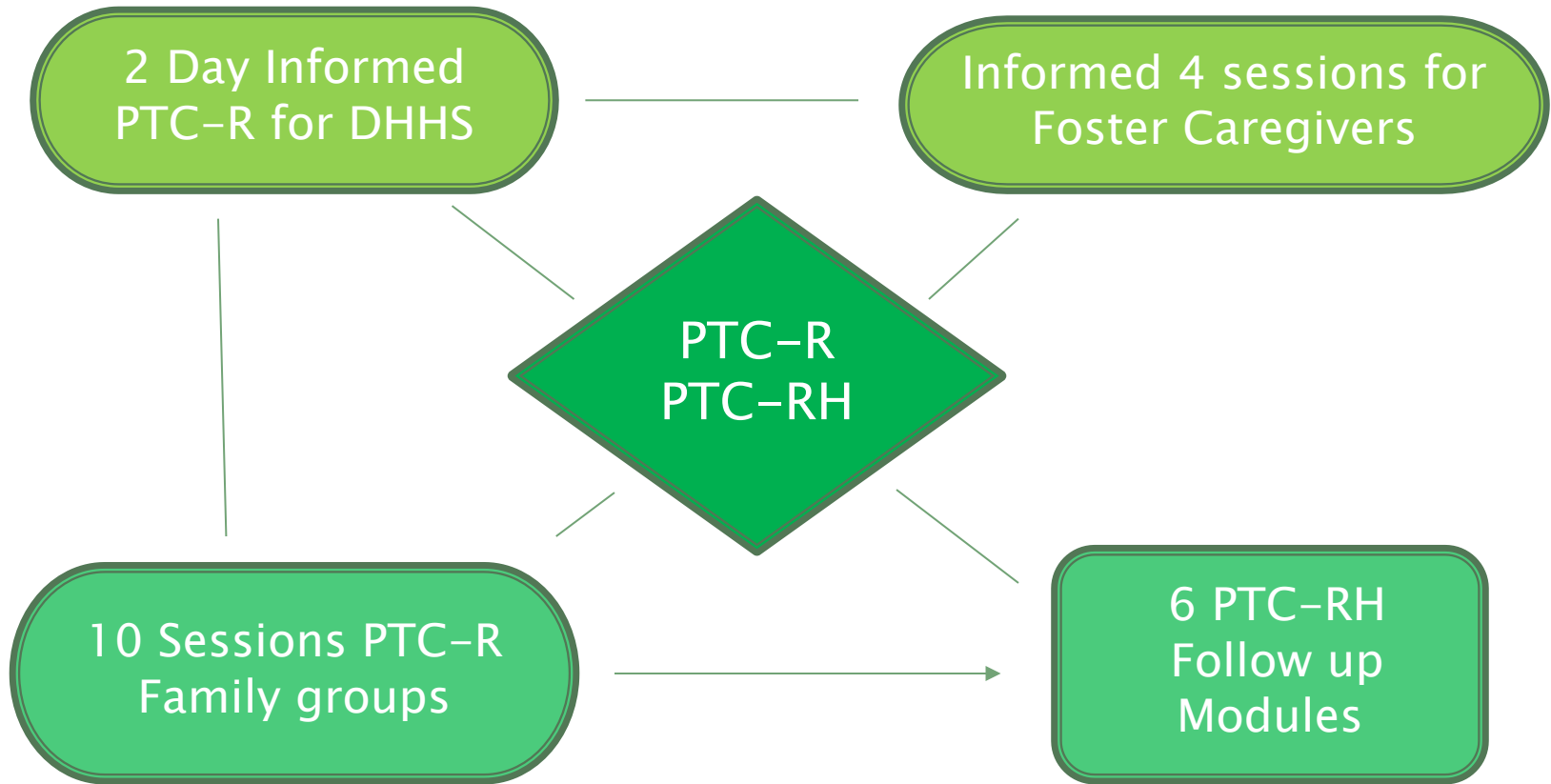
PTC-R is delivered to groups of birth parents and other caregivers whose goal is to reunify with their children.

PTC R informed training for foster parents and foster care workers

PTC–R in Michigan

- ▶ Families recruited jointly by CMH and DHHS
- ▶ 10–Session group format for parents/caregivers
(PTC–R; preparation for reunification)
- ▶ Individual sessions available upon return home of child (PTC–RH– Return Home)
- ▶ Assessments: Pre and Post treatment, during group, parenting time and individual sessions

PTC – R and PTC–RH



Video

PTC-R Pilot Data

From 2015–2017:

- ▶ Total number of families served: 92 (including 10 in progress)
- ▶ Total number of individual parents served: 117 (including 12 in progress)
- ▶ Of the 82 families in completed groups, 63 families (77%) attended at least half the sessions.
- ▶ Of the 58 families entered in the portal–32 children were reunified

PTC-R Pilot Data

- ▶ Total number with Initial and Exit on CAFAS: 29
 - ▶ Average initial CAFAS: 84
 - ▶ Average Exit CAFAS: 58
 - ▶ Average change: 26
-
- ▶ Total number with Initial and Exit on PECFAS: 12
 - ▶ Average Initial PECFAS: 82
 - ▶ Average Exit PECFAS: 73
 - ▶ Average change: 9

Trailblazing Pilot Sites

2015

- Ingham County
- Detroit Wayne–The Children's Center (TCC)

2016

- Saginaw/Bay
- Kalamazoo
- Oakland
- Lenawee/Monroe

2017

- Detroit Wayne– Starfish and Lincoln Behavioral Services/Starfish Family Service
- St Clair County CMH
- Macomb CMH

Evaluation Tools

- **Child and Adolescent Functional Assessment Scale(CAFAS)® and Preschool and Early Childhood Functional Assessment Scale (PECFAS)®**
 - Analyze Total Score for children and youth and 8 Subscale Scores–pre/post
- **Family Strength and Areas of Growth Survey– Pilot**
- **Parenting Time Evaluation**
 - Analyze Parenting and Childs Interactions

Parenting time– Observation Tool

completed by DHHS worker focuses on

- ▶ CHILD BEHAVIOR
- ▶ ENCOURAGEMENT
- ▶ POSTIVE INVOLMENT
- ▶ COMMUNCATION
- ▶ PROBLEM SOLVING
- ▶
- ▶ DISCIPLINE

Michigan PTC-R DHS Parent Progress Report

Report Information:

This report generated on 02/02/2016 1:19pm for Parent Alice H

Parent Time Observations by DHS:

Parent:	Date:	From:	To:
Alice H	02/02/2016	10:00am	11:00am
Alice H	02/01/2016	10:00am	11:00am
Alice H	01/18/2016	11:00am	11:50am
Alice H	01/01/2016	11:00am	11:45am

Group Attendance:

Session:	Date:	Attended:	Attendance Notes:
winter 2016 Session #1	01/28/2016 9:08am-10:08am	G Received in group	Really up and Role playing, very supportive of other parents

Parent Coaching Group Attendance:

Session:	Date:	Attended:	Attendance Notes:
No Parent Coaching Group sessions were found.			

Follow Up Individual Sessions Attendance:

Session:	Date:	Attended:	Attendance Notes:
No Parent Coaching Group sessions were found.			

PTC-R GROUP Table of Contents

Week	Topic
1	Creating Change
2	Encouraging Cooperation
3	Teaching Positive Behavior
4	Observing Emotions
5	Regulating Emotions
6	Setting Limits
7	Following Through
8	Active Communication
9	Problem Solving
10	Putting It All Together

Follow Up Modules – Return Home

6 Modules (individual delivery)

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

Referral considerations

- ▶ Children with Serious Emotional Disturbance (SED) served through CMHSP or provider
 - Temporary court wards in foster care or in out of home placement
 - Goal of reunification
- ▶ Parenting issues may have led to removal
- ▶ Recruit children receiving or needing CMHSP services
- ▶ Parents voluntarily participate in PTC-R group

DHHS Support

- ▶ Help to identify and recruit families
- ▶ Support foster care staff and foster parents to attend and participate in the PTC– R Informed Training (orientation to the model and skill introduction)
- ▶ Bridge communication between parent, DHHS and CMH
- ▶ Train visitation coaches

DHHS Support

- ▶ A minimum monthly contact with the identified PTC–R therapist during this pilot program for updates and check in.
- ▶ Support the birth parent/caregiver attending the PTC–R groups and learning new skills
- ▶ Complete parenting time observation and upload or submit into portal

Questions??

- ▶ State contacts:
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