

Confident Parents Thriving Kids



MENTAL HEALTH & WELLNESS SUMMIT

FEBRUARY 7, 2018



Canadian Mental
Health Association
British Columbia

Agenda

Overview of Confident Parents: Thriving Kids – Tara Wolff

- Who are we, and who do we serve?
- Parent Management Training – Oregon (PMTO™)
- How families access the program, the referral process
- Inclusion and exclusion criteria
- Outcomes
- Potential for expansion



Active demonstration of part of a Confident Parents: Thriving Kids session – Tara Wolff & Benson Lee

The Osoyoos Indian Band's experience of delivering PMTO face to face in community – Jacki McPherson



Confident Parents: Thriving Kids

- **Family-focused** coaching service that teaches caregivers key positive parenting practices through a **6, 10 or 14** week program
- **Length of program based on the severity** of presenting problems and the level of support required by the parent
- **Delivered via telephone** at times convenient to families including **evenings and weekends**
- **No cost to families** thanks to funding from the Ministry of Children and Family Development



Confident Parents: Thriving Kids

Aligns with *Healthy Minds, Healthy People: A Ten-Year Plan to Address Mental Health and Substance Use in BC* regarding earlier intervention for children and youth with emerging mental health problems in order to mitigate the impact of these problems down the road

Confident Parents: Thriving Kids

BC wide, family focused coaching service for caregivers to learn and integrate effective family management practices that promote social skills and cooperation in their child

Parent Support Coaches are trained and skilled at adapting program skills to meet the diverse context families across BC bring

What types of problems are addressed?

Preventative and early intervention for families with youngsters demonstrating externalized behavior problems such as **difficulty paying attention or following directions, aggression, anti-social behavior, conduct problems, oppositional defiance and delinquency**

Anti-social behaviours can develop through negative reinforcement from parents and peer groups. Confident Parents aims to reduce coercive patterns in parent-child relationships which can exacerbate the issue



Confident Parents: Thriving Kids

Positive parenting plays a crucial role in supporting children to recover from traumatic events and circumstances.

Stress from adverse situations can result in difficulty for parents to respond to their children's behaviours calmly and effectively. The program offers parents sessions on **emotion recognition and regulation**, using **positive communication and collaborative problem solving** to support parents to respond to challenging situations successfully.

Parent Management Training - Oregon Model (PMTO™)

Evidence based foundation that Confident Parents: Thriving Kids and the work being done in Osoyoos Indian Band is based upon

Sees **parents** as the **primary agents of change**



Parent Management Training - Oregon Model (PMTO™)

Five Core Principles:

Skill
Encouragement

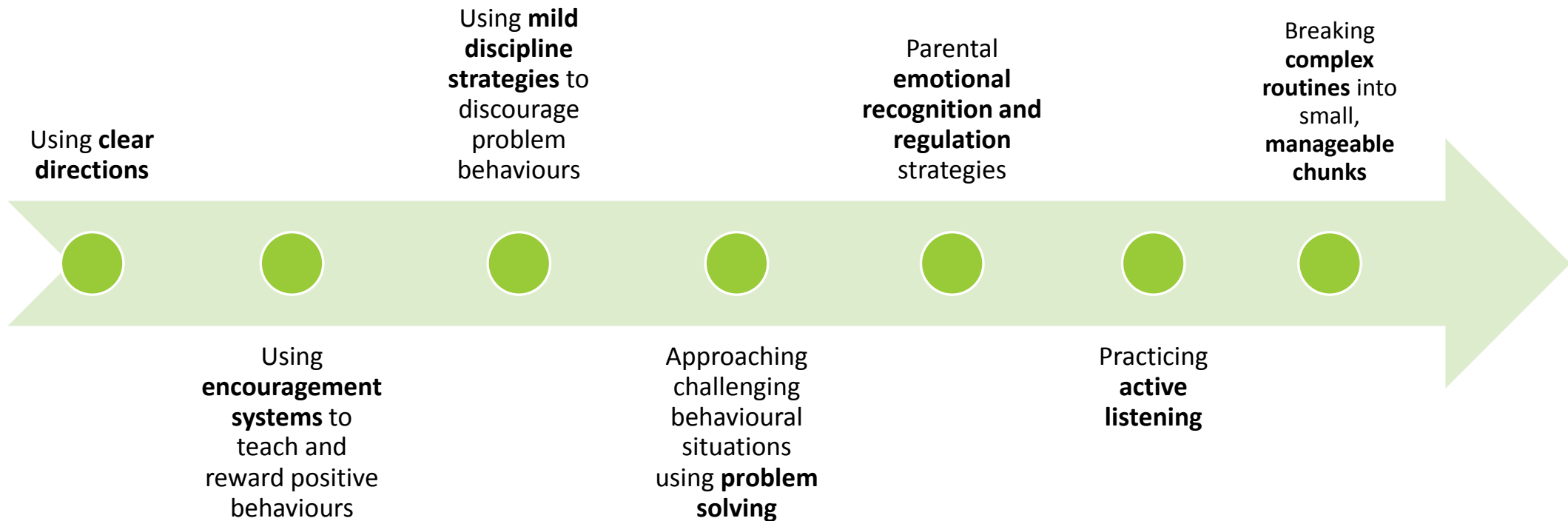
Limit
Setting

Monitoring

Problem
Solving

Positive
Involvement

PMTO™ Supporting Parenting Practices – how PMTO™ helps



Program access

Access to Confident Parents: Thriving Kids requires a referral from a primary health care provider such as a GP, Pediatrician or Nurse Practitioner

While the referral is for the child, the program works with that child's **primary caregiver** (parent, grandparent, foster parent, guardian, etc.)

A member of the Confident Parents team will connect with caregivers within 3 – 5 business days following receipt of a referral to schedule an intake interview using BCFPI (Brief Child and Family Phone Interview), a standardized interview tool used across Child & Youth Mental Health Services



Referral Criteria

Inclusion:

Child is between the ages of 3 to 12

Child exhibits ongoing **mild or moderate** conduct problems that negatively impact family functioning, or outcomes in school / community

Resides with referring primary caregiver a minimum of 50% of the time

The primary caregiver is able to attend weekly sessions for 6, 10 or 14 weeks at the same time-point weekly and carry out Home Practice Assignments designed to help them practice the skills learned in session in real life with their child

Referral Criteria

Exclusion:

Child is younger than 3 or older than 12 at the time of referral

Diagnosis of FASD, Autism, or significant intellectual impairments or cognitive delay in the child

The child's primary caregiver is experiencing significant impairments themselves, such as major illness in caregiver that would prevent them from being able to fully participate in sessions or completion of Home Practice Assignments

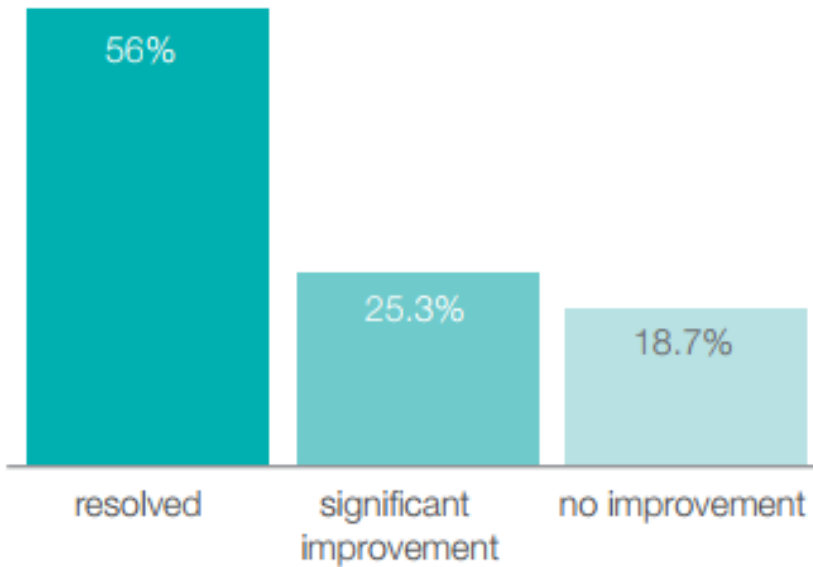
Caregiver is unable to commit to a weekly session time-point for 6, 10 or 14 weeks

Child exhibits severe to extreme impairments in mood or emotional health; acute suicidality, severe self-harm or substance abuse challenges

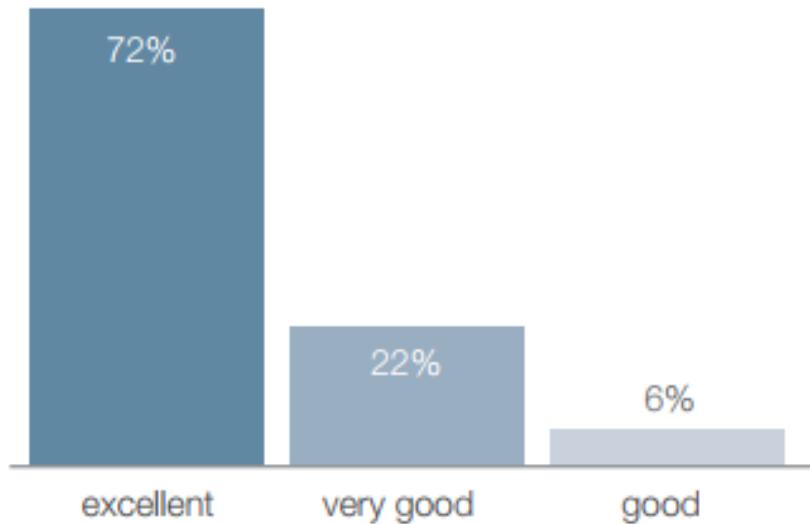
Overall outcomes (last year)

OUTCOMES

Brief Child and Family Phone Interview
pre and post measurements (Active Child)



Parent Satisfaction in overall quality
of the program



Outcomes for Indigenous families

Since launch in 2015, 4% of all families served through CPTK self-identified as **Indigenous**

Of those Indigenous families served, who completed an Exit (giving us a pre-post program comparison score), **83% reported significant improvements or complete resolution** to the challenge that brought them to the program

Let's see this in action!

Welcome Benson Lee, Confident Parents: Thriving Kids Parent Support Coach Supervisor and BC PMTO mentor to demonstrate a portion of a session

Potential for expansion

PMTO™ is adaptable to a variety of cultural context

CMHA BC is seeking to partner with other community agencies to deliver PMTO™ face to face in their communities

Materials can be changed to reflect the site's home community

In 2016 CMHA BC piloted a partnership with the Osoyoos Indian Band to deliver PMTO™ face to face in the Okanagan

Welcome Jacki McPherson to share more about their experiences

Osoyoos Indian Band



Colonization and Residential Schools



Osoyoos Indian Band



Benefits of PMTO™ and how it's been adapted to fit
First Nations communities



Osoyoos Indian Band



Next steps...





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Confident Parents referral forms, online brochure and annual report are available at:

www.confidentparents.ca

For more information about CMHA BC Division and our selection of wellness programs visit:

www.cmha.bc.ca

