

Evidence-based practices are a way to be sure that consumers receive the right treatments. They give the best chance of the greatest success to meet their individual person-centered needs.

Evidence-based practices are also a way for SCCMHA to be sure of 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](http://www.sccmha.org)

CS Approved— April 2021



SAGINAW COUNTY  
COMMUNITY MENTAL  
HEALTH AUTHORITY

# Parent Management Training

Oregon Model  
(PMTO)

An Evidence-Based Practice

## Children's Services at SCCMHA

SCCMHA offers a wide range of children's services including:

- case management
- home-based services
- outpatient therapy
- crisis management services
- 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

To learn more, please call Saginaw County Community Mental Health Authority's Centralized Access and Intake Unit (CAI) at (989) 797-3559.



## Parent Management Training Oregon Model (PMTO)

Parent Management Training Oregon Model, or PMTO, is an evidence-based, organized, family-based, behavioral helping program put together by Dr. Gerald Patterson and others at the [Oregon Social Learning Center \(OSLC\)](#).

### Target Population

- 1) Young people from preschool through the teen years who show serious problems with how they act, including:
  - Aggression, hyperactivity, fighting
  - Lying, fire setting
  - Depressed mood
  - Problems with friends, choosing friends who get in trouble a lot.
  - Missing a lot of school
  - Substance use
  - School failure
- 2) Families who have many problems including:
  - Parents with mental health problems (depression, anxiety, antisocial personality traits/disorder)
  - Family-related problems (poverty, residing in an economically challenged neighborhood)
  - Changes in the Family Structure (divorce, re-partnering)
  - Marital problems



### What to Expect

- 1) PMTO puts parenting skills training and environmental issues together. It helps parents feel like they have more say in their families.
- 2) PMTO teaches the following parenting skills:
  - Skill Encouragement
  - Limit Setting
  - Monitoring/Supervision
  - Family Problem Solving
  - Positive Involvement