

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)

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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. These skills help families and children during times of difficult change. The world tugs at parents and children in so many ways. Giving parents the tools to help their children improves their relationship.



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

PTC can work for families with many different problems:

- Parents with psychopathology (depression, anxiety, antisocial)
- Difficult contextual problems (poverty, poor neighborhoods, health problems)
- Family changes (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 used in the home.

PTC is tailored for serious behavior problems for youth from preschool through teen years.



- Behaviors like not listening, aggression, defiance, hyperactivity, fighting
- Behaviors like lying, stealing, truancy, fire setting
- Depressed mood, problems making or keeping friends, choosing friends who get in trouble a lot
- Missing a lot of school
- Substance Abuse
- School Failure

**To Learn More:** Is PTC right for your family?

Discuss PTC with your current treatment provider or contact Matt Linkowski, [minkowski@sccmha.org](mailto:minkowski@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.