

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

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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

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SAGINAW COUNTY
COMMUNITY MENTAL
HEALTH AUTHORITY

Problem-Solving Skills Training (PSST)

An Evidence-Based Practice

About Problem-Solving Skills Training

PSST uses modeling and reinforcement to help children and teens develop and use better problem-solving skills. The target age range is 7-14. Children and teens who show aggressive behavior often have negative thinking and have trouble with controlling their actions. PSST focuses on this negative thinking. Children and teens are helped to develop skills that reduce how much they think there is hostile intent with the actions of others and learn non-aggressive responses to perceived baiting by peers.



How Does PSST Work?

PSST can be used in groups of three to five children for eighteen to twenty-two sessions. The therapist provides coaching and modeling for the skills taught through role plays of social situations so that skills are practiced with the therapist providing cues, feedback and praise. Homework tasks are assigned between sessions and include active parental involvement. A parent component teaches problem-solving skills to families to manage interpersonal situations through practice, modeling, and role playing, corrective feedback, and the use of social and token reinforcements.



Goals

- Train the child to think differently about situations and behave differently in diverse situations
- Help the child internalize the problem solving steps so that they are able to use them to evaluate potential solutions to problems occurring outside of therapy
- Learn and generalize problem solving skills and how to apply problem solving skills using self-instruction
- Learn how to generate positive solutions that would enable the child to avoid physical aggression, resolve the conflict, and keep themselves out of trouble

To Learn More

Contact Westlund Guidance Clinic at 989-793-4790 to learn if Problem-Solving Skills Training services are right for your child.