

Evidence-based practices are a way to be sure that persons served 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 scan the QR:



SAGINAW COUNTY
COMMUNITY MENTAL
HEALTH AUTHORITY

Address

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

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SAGINAW COUNTY
COMMUNITY MENTAL
HEALTH AUTHORITY

Parenting Through Change - Reunification (PTC-R)

An Evidence-Based Practice

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

PTC-R has two parts:

1. PTC-R (Parenting Through Change Reunification)
2. PTC-RH (Parenting Through Change - Return Home)

PTC-R is an evidence-based program based on lots of research. It teaches important skills to help families and kids during tough times. Parents and kids face many challenges, like when they're trying to reunite.

PTC-R aims to teach skills, give hope, and bring families back together. This program is hands-on and engaging for parents and caregivers with kids in foster care who want to reunify.

Intervention Model Part 1

In PTC-R, parents learn new skills to be better parents while their kids are not at home. They join a 10-week group to practice these skills.

Group leaders create a welcoming and safe space for parents to rebuild their families. Topics are taught step-by-step and revisited over the 10 weeks.



Intervention Model Part 2

In PTC-RH, parents get 6 one-on-one sessions as their child gets ready to come home or has just returned. The worker meets with a worker for at least six weeks. The worker goes over important tips and materials. Families learn new skills to help them handle changes and challenges during this time. These skills focus on the parents' strengths and rebuilding the family.

PTC-RH (Return Home) Sessions

(6-week individual format)

1. **Building on Strengths:** Review PTC-R
2. **Encouraging Routines:** Incentive Charts
3. **Setting Limits and Giving Encouragement:** Finding a Balance
4. **Promoting School Success:** Building Skills at Home, Talking with Schools
5. **Keeping Our Family Safe:** Monitoring
6. **We're In This Together:** Bridging Relationships

Is PTC right for your family?

Discuss PTC with your current treatment provider or contact Matt Linkowski at minkowski@sccmha.org or 989-797-3540.

PTC Sessions (10-week group format)

1. **Creating Change:** We'll start by finding hope, looking at your strengths, and thinking about a better future.
2. **Encouraging Cooperation:** We'll show you how to get your kids to cooperate and follow directions.
3. **Teaching Positive Behavior:** You'll learn how to set small goals for your kids and encourage them to succeed.
4. **Observing Emotions:** We'll talk about feelings and how they affect family life. You'll learn to recognize your own emotions.
5. **Regulating Emotions:** You'll learn ways to manage your emotions.
6. **Setting Limits:** We'll help you find the right balance of encouragement, discipline, and setting rules to keep your kids safe.
7. **Follow Through:** We'll practice the Time Away method and teach you how to explain it to your kids.
8. **Active Communication:** We'll show you how to use active listening to improve communication in your relationships.
9. **Problem Solving:** Every family has problems. We'll teach you a tool to help plan activities, manage conflicts, and make agreements.