

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 (PTC)

An Evidence-Based Practice

PTC Sessions

(10-week group format)

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 improve their parenting at home. Over a 10-week group program, parents practice these skills with their children.



PTC is for serious behavior problems in kids from preschool to teenage years.

- Not listening, aggression, defiance, hyperactivity, fighting
- Lying, stealing, skipping school, setting fires
- Depression, trouble making or keeping friends, choosing bad friends
- Missing a lot of school
- Substance abuse
- School failure

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.

1. **Working Through Change:** Start by building hope, finding your strengths, and aiming for a better future.
2. **Encouraging Cooperation:** Learn how to get your kids to cooperate and follow your directions.
3. **Teaching Positive Behavior:** Break down goals into small steps. Encourage your kids to help them succeed.
4. **Observing Emotions:** Understand the power of emotions in family life and learn to recognize your own feelings.
5. **Active Communication:** Learn ways to manage your emotions.
6. **Setting Limits:** Find the right balance of encouragement, discipline, and setting limits to keep kids safe.
7. **Follow Through:** Practice the Time Away method and learn how to explain it to kids.
8. **Problem Solving:** Good communication helps relationships. Learn active listening to improve your talks.
9. **Managing Conflict and Encouraging Routines:** Every family has problems. Discover a tool to plan activities, manage conflicts, and make agreements.
10. **Putting It All Together:** Learn how to handle differences in opinion. Balance work and play in your life.