

**PARENTING SKILLS TRAINING AS
PREPARATION FOR PARENTS
USING WELLNESS & RECOVERY
MANAGEMENT WITH THEIR YOUTH**



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Curriculum History

- Beginning with Parenting with Love and Logic©
 - Based on research – teaching emotional communication skills, positive discipline & logical consequences
 - weekly group support
- Without modification, injected – information about children’s behavioral health disorders and their treatment

Making it Practical

- Added to the curriculum – empowerment skills through teaching techniques (discussions and homework) to promote practice and practical problem-solving

Incorporating Wellness

- Now adding -wellness and recovery management exercises
- Adults – who is in control of schedules, entertainment, meals ...
- Youth – what is a bad and perfect day
- Both – progressive relaxation and affirmations or positive imagery



Incorporation Recovery Management

- Guiding Problem solving –
 - ❖ empathy
 - ❖ power message
 - ❖ offer or discuss choices
 - ❖ acknowledge consequences
 - ❖ give permission to either solve or not solve the problem

Practical Recovery Management

- Teaching discussion of crises before they happen
 - ❖ Respite or time out
 - ❖ Self-care plan or medication
 - ❖ Safety plan

The results

Time since completing class	3 months	6 months	12 months
Number of parents reporting	25	52	64
Usefulness of the content class	5	5	5
Average # of crises per day with children in past 3 month	3.5	< 1	< 1
My child makes good decisions & behaves responsibly	15% increase	31.8% increase	14.8% increase
I find myself having fun as a parent	20% increase	20.8% increase	6.1% increase
I find myself less stressed out when dealing with my child	2 % increase	22.2% increase	1.7% increase



Final Thoughts

- Read the entire draft paper with the literature review, methodology and discussion of the results at

<http://www.ayfn.org>

Make comments on-line or contact Frances Purdy
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