

Confident Parents Thriving Kids



Canadian Mental
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Mental health for all

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1. What is Confident Parents: Thriving Kids?

The program is a family-focused coaching service effective in reducing mild to moderate behavioural problems and promoting healthy child development in children ages 3-12. The program is grounded in the Parent Management Training—Oregon Model developed by Implementation Sciences International Inc.

2. Why the switch to this new program?

The Confident Parents: Thriving Kids program is a strengths based, family centered intervention that is readily adaptable to meet the unique needs of BC families. The program has a robust evidence base and provides the ability to tailor service to families in 6, 10 and 14 week modules based on the severity of presenting problems and the level of support required by the parent.

3. How is it delivered, what does the program entail?

The program will continue to be delivered via telephone by trained Coaches whose role is to support parents and/or caregivers to serve as the primary change agent for their children. Parents learn effective family management practices that promote social skills and cooperation in their child. These practices are proven to prevent, reduce and reverse the development of mild to moderate behaviour problems that create challenges at home, school and in social settings.

The program is offered at no cost to BC families, and Coaches are available to meet with parents during day, evening and weekend hours to meet each family's needs.

4. As the referral agent, do I have to do anything differently?

The inclusion criteria for admission into the program is the same as with the previous program, however, we will provide you with a new referral form reflecting the updated program details. Additionally, we will continue to provide updates on the progress of your clients as they complete the program.

5. When will the program be available?

Effective immediately all families referred will receive service under the new Confident Parents: Thriving Kids model. In addition, we will continue to contact families within 3–5 business days of referral to schedule their initial screening interview.

6. What does the program material cover?

The program is a positive parenting program that focuses on five key principles:

1. Encouragement of positive behaviour.
2. Systematic, mild consequences for negative behaviour.
3. Monitoring of children's activities, peers etc.
4. Problem-solving to prevent problems and address day-to-day family living issues.
5. Positive involvement in children's interests, activities, and social development.

Supporting components of this model include giving good directions, observing and recording behaviour, identifying and regulating emotions, fostering communication through cooperation, and promoting school success.

7. What can parents expect from the Confident Parents: Thriving Kids program?

The program teaches parents key positive parenting practices through a 6, 10 or 14-week program intervention depending on the behaviours presented. All of the sessions are held via telephone and parents are provided with an accompanying manual which they will work through with their Coach.

The intervention works incrementally, ensuring parents have sufficient time to practice and learn a skill before learning additional strategies. At the end of each weekly session, parents are assigned some homework to develop the new skill at home.

In addition, Confident Parent: Thriving Kids staff will:

- Contact parent/guardian within 3–5 business days after receipt of doctor referral
- Schedule an appointment to conduct a telephone screening questionnaire
- Obtain parent consent to begin the program
- Provide parent with an educational package of user-friendly materials
- Work with parent through a minimum of 6 weekly telephone sessions
- Complete an end of program assessment

8. What types of childhood problems does the program address?

Confident Parents: Thriving Kids addresses antisocial behaviour problems such as noncompliance, temper tantrums, fighting or arguing. It also addresses disruptive behaviours and attention deficit difficulties that present challenges at home, school, and in social settings. Without help, these conditions may lead to academic difficulties, problems with peers, aggression, and, in the extreme, youth justice system involvement.

9. How do families access the program?

Entry in to the Confident Parents: Thriving Kids program requires a doctor's referral. The referral form clearly outlines the inclusion and exclusion criteria.

10. Where can we find more information?

Our website is www.confidentparents.ca which includes an overview of the program as well as a brochure and referral form.