

# PREVENTION SERVICES:

## Parent Training

**SERVICE DEFINITION:** Parent training services are multi-level interventions with components appropriate for use with selective and indicated populations. These prevention interventions are used for children with aggressive behavior and related problems that have not yet reached clinical levels. They can also be used in conjunction with treatment interventions for parents with diagnosed depression, anxiety, substance use or other mental, emotional and behavioral disorders, as these parental conditions put children at-risk for developing mental, emotional or behavioral problems. Parent training helps parents to develop child rearing practices that prevent the development of mental, emotional and behavioral problems in their children. It also reduces parents' anxiety, depression, and risk of engaging in child maltreatment and abuse. Core components of parent training include the following:

- **Informational / Educational Support.** Education about child behavior / development, courses on mental illness and its impact, treatment options, child and family service systems, and other resources are provided to the parent/caregiver.
- **Instructional/Skills Development Support.** Skill-building directed at coaching the parent/caregiver on effective ways to address their child's negative behaviors.
- **Skill-building directed at addressing caregiver's personal well-being.** These skills could include communication, problem-solving, crisis management, anger/anxiety/stress management skills.
- **Emotional and Affirmational Support:** Shared communication among families and/or between providers and families to promote caregiver's feelings of being affirmed, understood, and appreciated.

<b>Target Population</b>	Parents, families or caregivers of children with behavioral problems that have yet to develop into diagnosable disorders; or parents with diagnosed depression, anxiety, substance use, and other mental, emotional and behavioral disorders.
<b>Program Requirements</b>	<p>The four steps in delivering parent training are:</p> <ol style="list-style-type: none"> <li>1. The provider assesses parenting strengths and areas for improvement.</li> <li>2. The provider teaches the parent/caregiver new skills.</li> <li>3. The parent/caregiver applies the skills with his/her children under the observation of the provider.</li> <li>4. The parent/caregiver receives feedback about his/her application.</li> </ol> <p>This service should not include MH/SUD treatment for parents or children.</p>
<b>Provider Requirements</b>	Typically, parent training services are delivered face-to-face in the home, school, community, or as an outpatient program, either through individual sessions with a clinician, or in a moderated group setting. These in-person sessions may be supplemented with computer-based training, DVDs, and reading materials.

	<p>Due to the broad range of parent training services, the ideal caseload ranges significantly. Some services are designed to be delivered in a group setting, while others are delivered in a one-on-one format in the home setting.</p> <p>The majority of parent training service protocols recommend that each individual or group parent/family session last 2 to 2.5 hours long and be conducted at weekly intervals. Group sessions should involve two group leaders and only 10-14 participants.</p>
<b>Staffing Requirements</b>	<p>This service should be conducted by a licensed or certified mental health or substance abuse prevention professional or specialist. Supervisors should review the trainer evaluation forms and video of sessions at least once per month.</p> <p>The competencies required to provide the service include:</p> <ul style="list-style-type: none"> <li>• A training program from the developer of the intervention or from a professionally recognized national trainer for that specific evidence-based practice</li> <li>• Knowledge and understanding of risk factors associated with poor parent child-rearing skills</li> <li>• Ability to follow standardized protocol</li> <li>• Knowledge of child development</li> <li>• Engagement and empathy skills</li> </ul> <p>Ongoing provider training may include:</p> <ul style="list-style-type: none"> <li>• Following session fidelity protocols</li> <li>• Weekly session and final course participant evaluations</li> <li>• Checklist review of all sessions</li> <li>• Supervisor or trainer evaluation forms of a video of sessions</li> <li>• Periodic “booster” training sessions designed to provide a review of key elements of the intervention</li> </ul> <p>Supervisor should review trainer evaluations forms and video of sessions at least one per month.</p>
<b>Documentation Requirements</b>	<p>Documentation on the patient’s chart must include:</p> <ul style="list-style-type: none"> <li>• Weekly session and final course participant evaluations</li> <li>• Service provider checklist review of all sessions</li> <li>• Pre and post assessments of parents and children</li> </ul>
<b>Service Exclusion</b>	N/A
<b>Admission/Service Criteria</b>	N/A
<b>Continuing Service Criteria</b>	
<b>Discharge Criteria</b>	A successful parent training service would help the participant acquire

	<p>parenting skills, emotional communication skills, and positive parent-child interaction skills that will:</p> <ul style="list-style-type: none"> <li>• Reduce conduct problems in children’s interactions with parents.</li> <li>• Reduce conduct problems in children across a variety of settings (home and school).</li> <li>• Prevent the onset of diagnosable mental, emotional, behavioral problems in children.</li> </ul>
<b>Service Authorization Period</b>	<p>Parent training programs typically consist of 12 to 14 sessions that are 2-2 ½ hours in length. (Note that the program is often 1.5 times longer for non English speaking populations, so may run 18 sessions.) Offering fewer than the number of sessions recommended by the specific evidence-based parent training program will result in reduced effectiveness. Length and duration of sessions should also be determined based on progress of parent and child, as determined by follow-up assessments.</p> <p>Parent training programs vary from a minimum of four to six weeks to a more typical 16 weeks before efficacy should be measured.</p>
<b>Service Authorization Unit</b>	N/A
<b>Benefit Limits</b>	N/A