

**Family Education & Support
PARENT / CAREGIVER PROGRAM OVERVIEW**

| Topic #1 Orientation | Topic #2 Caregiver Support | Topic #3 Disorders | Topic #4 Behavior Support | Topic #5 Negotiating Systems | Topic #6 Problem Solving the Tough Spots |
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| <p>Develop ground rules</p> <p>Participants identify their areas of interest. Discern which areas will be addressed in the program - which areas the facilitator will follow up and which areas will not be addressed in the program, e.g. those of a therapeutic nature.</p> <p>Participants identify effects of caregiving a youth with behavioral health problems.</p> <p>Compare to survey list and discuss common themes in group</p> <p>Overview of Family Psychoeducation Lecture and review parent and youth charts.</p> <p>Causes of Behavioral Health Problems Explain concept of Stress Vulnerability</p> <p>Deguiltify!</p> <p>How can you control how others perceive you? <ul style="list-style-type: none"> o Your knowledge! o Your communication! o Your self - talk! o Your stress level! </p> <p>Introduce stress table Close</p> <p>Today I learned _____ I feel _____ This week I will _____</p> | <p>Review ground rules Review stress table "What I did _____"</p> <p>Self Talk</p> <p>How our thoughts affect our feelings which affect our actions</p> <p>Questioning Automatic Negative Thoughts</p> <p>Communication Skills</p> <p>Listening</p> <p>Assertiveness</p> <p>Dealing with difficult people</p> <p>Stress</p> <p>Effects on ongoing stress</p> <p>Review Stress Table and Stress cards</p> <p>Relaxation Techniques *Instructions</p> <p>New relaxation technique</p> <p>Close</p> <p>Today I learned _____ I feel _____ This week I will _____</p> | <p>Review ground rules Review stress table "What I did _____"</p> <p>Symptoms</p> <p><u>Externalizing</u></p> <p><u>Internalizing</u></p> <p>When do you know it is problematic vs just kid stuff?</p> <p>Causes / Influences of behavioral health problems Biological Environmental/Community Interpersonal Family Influence Parental Behavior</p> <p>Effective Strategies for Recovery Behavior Management Psychosocial Interventions Individual Therapy Group Therapy Family Therapy Medications</p> <p>Family Issues and their Impact Substance Abuse Domestic Violence Poverty Lack of Social Support</p> <p>Medications Questions for the doctor Medication Log</p> <p>New relaxation technique</p> <p>Close</p> <p>Today I learned _____ I feel _____ This week I will _____</p> | <p>Review ground rules Review stress table "What I did _____"</p> <p>Why does my child keep doing that?!?</p> <ul style="list-style-type: none"> • What is the Purpose of the Behavior? • What are the "Who, What, Where, & When's" of the behavior? <p>Develop a plan</p> <ul style="list-style-type: none"> • Teach effective replacement skills that are not more complicated than original behavior. • Use Positive Reinforcers (not otherwise accessible) when the new skill has been used. • How to create effective rules & consequences. <p>Is the plan working?</p> <p>Evaluate the plan</p> <p>New relaxation technique</p> <p>Close</p> <p>Today I learned _____ I feel _____ This week I will _____</p> | <p>Review ground rules Review stress table "What I did _____"</p> <p>Educate yourself</p> <ul style="list-style-type: none"> • Insurance • questions for the doctor <p>The first call & all of the ones that will follow</p> <ul style="list-style-type: none"> • be prepared • document everything • learn the terminology <p>Agencies</p> <ul style="list-style-type: none"> • What information do you ask for? • Why do you need this information? • Who do you need to make contact with? <p>Advocacy Glossary of Terms Acronyms Appeals and Grievances</p> <p>School System</p> <p>Special Education Services Understanding regulations and related laws related to education. Evaluation process Individualized Education Programs (IEP) Conflict Resolution</p> <p>Transitioning to Adult system MH/SA developmental disabilities</p> <p>New relaxation technique</p> <p>Close</p> <p>Today I learned _____ I feel _____ This week I will _____</p> | <p>Review ground rules Review stress table "What I did _____"</p> <p>Generate a list of ongoing problematic situations for caregivers e.g. Extended Family School Caregiver's Place of Employment Public Situations</p> <p>Conduct Problem Solving Activity</p> <p>Problem Solving worksheet</p> <p><i>Suggested solutions provided for:</i></p> <p>Dealing with difficult people</p> <p>Crisis Healing</p> <p>Managing your money</p> <p>Problems at work</p> <p>New relaxation technique</p> <p>Evaluation and Termination Activity</p> <p>Close</p> <p>Today I learned _____ I feel _____ I will keep doing _____</p> |