

NORTHERN MICHIGAN REGIONAL ENTITY
PARENT MANAGEMENT TRAINING OREGON model (PMTO)
Practice Guidelines
07-04-005

PURPOSE

Parent Management Training Oregon model (PMTO) is for the parent(s) of a child presenting with problematic behaviors in the home, school, or community settings. Caregivers develop skills which promote the child's ability to take directions.

IDENTIFIED POPULATION

This training is for parents of children between the ages of 5-17 years old who are seriously emotionally disturbed (SED). Children may be diagnosed with Oppositional Defiant Disorder, Conduct Disorder, Attention Deficit/Hyperactivity Disorder, Asperger's Syndrome/ Autism Spectrum Disorders, and/or Depressive Disorders.

ASSESSMENT

Family participants will be referred with at least one child in the family with a diagnosis of SED. Families will be selected on the following inclusionary criteria:

- Children must reside in the home with at least one caregiver
- Score on the CAFAS Home subscale indicates moderate or severe impairment (i.e., 20-30)
- CAFAS score on either the Behavior Towards Other subscale or the School subscale indicates moderate or severe impairment

The minimum total CAFAS score for inclusion is 50. Youth are excluded from participation if the youth's scores on the CAFAS indicate severe impairment (score of 30) on any of the following subscales: Mood/Emotions, Self-harm, Substance Abuse, Thinking, and Community.

Caregivers providing direct care of the youth are excluded for any of the following:

- Is abusing alcohol/drugs such that it seriously impairs ability to parent
- Is neglectful of the youth to the point of ignoring the youth's basic needs
- Is a sexual predator of the youth, or
- Is actively psychotic

SERVICES

Services must be provided by a trained Parent Management Training Oregon model provider. The Treatment Team will identify what type of services is most appropriate for the family and this will be indicated in the Plan of Service. The goal of most Plans is for a child to be more compliant.

This model recognizes the caregivers as the primary change agent. Parents are supported and encouraged as they learn skills they can utilize to provide appropriate care, instruction, and supervision for their children. Clinicians utilize role-play and problem solving to promote the development of parents' skills. Sessions with parents are structured yet flexible to deal with specific needs and crises as they arise. Children are typically not part of the session with the parent.

While the caregiver is the primary change agent, children must be seen by psychiatry and/or receive individual therapy if indicated.

INTENSITY

Parents are seen weekly for 1-1½ hours. There is no specific limit on how many sessions this program lasts but 15 weeks is typical.

QUALIFICATIONS/CREDENTIALS

Clinicians are trained in PMTO by qualified professionals using:

- Various articles and books
- 18 days of classroom experience
- Video recorded clinical practice (minimum of 5 families)
- Coaching and feedback involving semi-monthly phone consultations and written feedback, and
- Certification (minimum of 2 families), meeting minimum fidelity ratings as measured in 5 key performance areas

REVISED:

REVIEWED:

APPROVED: June 16, 2015

Signed copy is on file with NMRE

Dave Schneider
Northern Michigan Regional Entity Chief Executive Officer

Date