

Vista Hill

Incredible Families

Funded by **County of San Diego HHSA** –in collaboration with Child Welfare Services



VISTA HILL
FOUNDATION

INCREDIBLE
FAMILIES PROGRAM



One Umbrella

- Family Visitation
- Evidenced Based *Incredible Years* Parenting Group
- Brief Mental Health Treatment for the Children ages 2-11



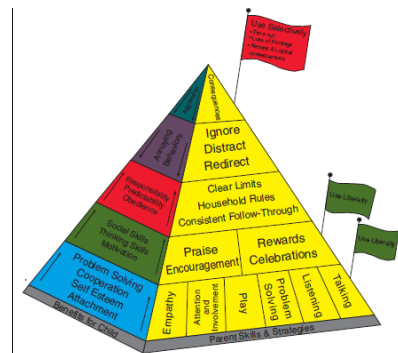
Family Visitation

- Multi-Family Visitation
- Avoid the “Fish Bowl”
- Includes Healthy Family Style Meal
- Therapist Interacts with Families During Visitation



Evidence Based Incredible Years – Parenting Group

- Two Hours Parenting Group Once a Week for 15 Weeks
- Homework to be Practiced at Next Visitation
- Basis of Incredible Years is Empathy and Spending Time with your Children to Avoid Discipline Issues
- IncredibleYears.com



Parenting Pyramid

Brief Mental Health Treatment

- Children Ages 2-11 That Meet Mental health Criteria
- Siblings Under Two and Over 11 Qualify for Visitation Services and Any Family Sessions
- Up To 13 Sessions
- Utilize Art Therapy, Play Therapy (Directive Non-Directive) and EMDR

Other Wonderful Parts of the Program

- Two Parent Partners
- Peer Support
- In Home Booster Sessions with MSW Interns When Parents Are Closer to Reunification



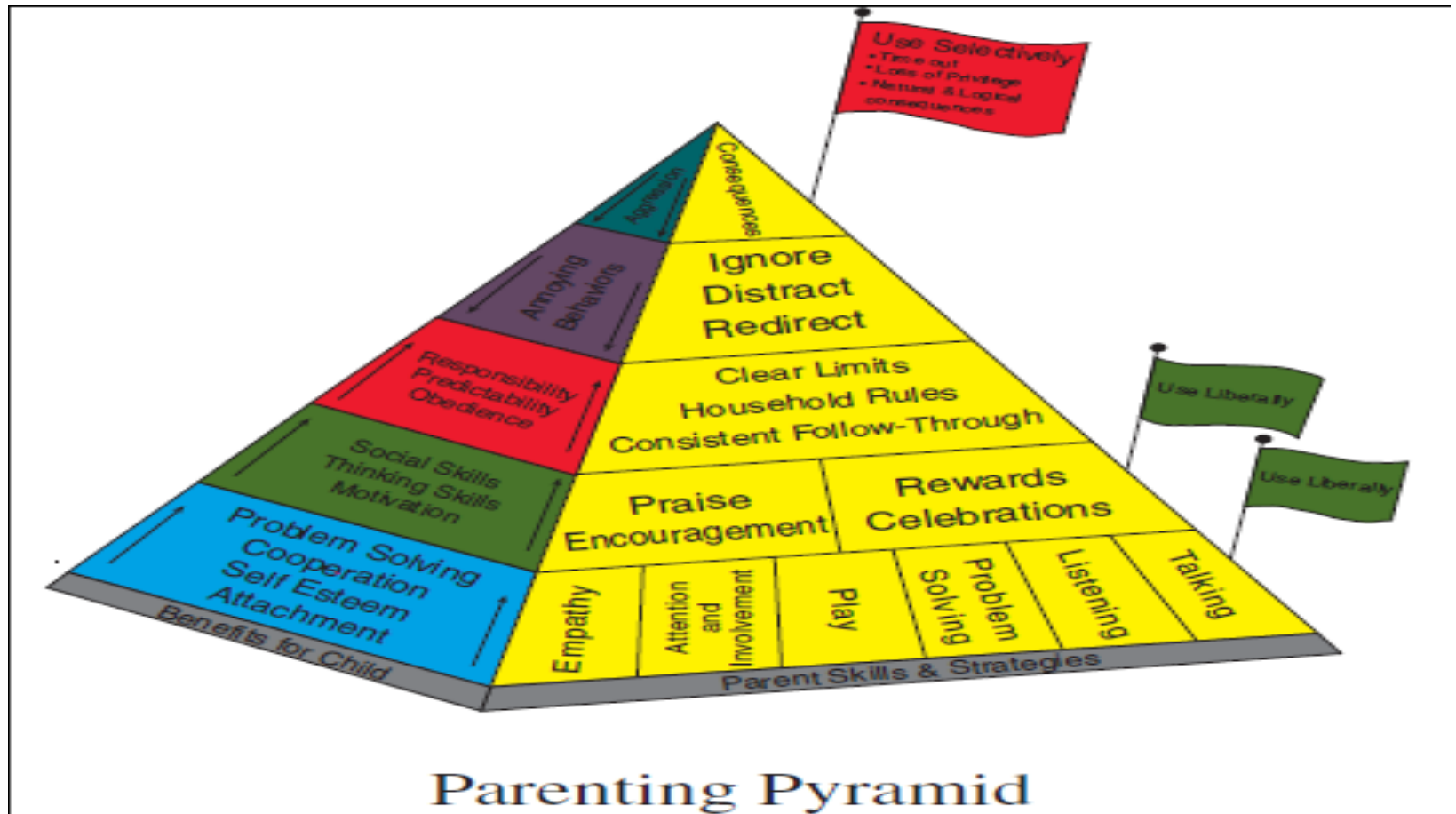
Rotating Sites

- La Mesa
- Lemon Grove
- El Cajon
- Central /North Central San Diego
- Vista/Oceanside
- Southbay

Family Story



Parenting pyramid





Four Basic Themes for the Parenting Class

- Play, Play, Play
- Praise and Rewards
- Effective Limit Setting
- Handling Misbehavior



Role Plays

- Very important for Parents to Practice these skills
- Group Role Play where the facilitator “directs” the scene
- Groups of 3 where each parent is the child, parent and observer
- Give feedback

Other Parts of the IY model

- Parent Partners call parents each week to encourage practice of homework and discuss briefly any issues that could prevent the parent from practicing skills
- Set up clients with a “buddy” to call each week and connect with about challenges and successes they have had during the week
- Therapists call Social Workers each week to give updates on the families



Examples of Parenting Reminders

Outcomes for 12/13

- We served 173 clients and their families
- Completion rate for 15 week program-76%
- Examples of measures on Parenting Practices Interview (PPI)
 - 71% decrease in harsh and inconsistent discipline
 - 93% decrease in physical punishment
 - 76% increase in clear expectations
 - 79% increase in praise and incentives



Parenting Practices Interview



Evidenced Based Programming

- Hold to Fidelity of the model
 - Training
 - Consultation Calls
 - Videotaping
 - Follow up on what is working



Challenges for implementation of the model

- Information is translated into other languages (esp. in Spanish for our region)-books and handouts
- Being aware of how the families will perceive the materials-are they culturally relevant, up to date, etc
- Number of weeks of model
- Type of staff that is required for the model
- Feeding back data to improve outcomes



Challenges of implementation for the Program

- Reaching out to Social Workers
- Referrals
- Locations
- Getting buy in of parents and foster parents
- Coordinating with transportation providers
- Food costs



Using the model across the board

- At our ParentCare program:
 - We use it as parenting curriculum
 - We use it in our childcare
 - We use it with our kiddos individually
 - We use it in dyadic work



Teacher examples

Questions?

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