Vista Hill
Incredible Families

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

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

- Ignore
- Distract
- Redirect

- Responsibility
- Predictability
- Obedience

- Social Skills
- Thinking Skills
- Motivation

- Problem Solving
- Cooperation
- Self Esteem
- Attachment

- Praise
- Encouragement

- Rewards
- Celebrations

- Empathy
- Attention and Involvement
- Play
- Problem Solving
- Listening
- Talking

Benefits for Child

Parent Skills & Strategies

Use Selectively
- Time out
- Loss of Privilege
- Natural & Logical Consequences

Use Liberally
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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