

Detroit Wayne Mental Health Authority's CHILDREN'S Initiatives

Parent Management Training Oregon (PMTO)



PMTO is an evidence-based best practice that recognizes the vital role parents play as the primary change agents within their families. Parents are supported and encouraged as they learn skills they can utilize to provide appropriate care, instruction and supervision for their children. Clinicians utilized role play and problem solving to promote the development of parents' skills.

The Five (5) Core Components

- **ENCOURAGEMENT:** Parents encourage positive behaviors in their children
- **LIMIT SETTING:** Parents remain consistent in their delivery of effective consequences to promote pro-social behavior
- **PROBLEM-SOLVING:** The family system works together in setting goals, brainstorming, evaluating solutions and carrying out plans
- **MONITORING:** Parents track children's whereabouts and ensure adult supervision for activities
- **POSITIVE INVOLVEMENT:** Parents show love and concern for their children by providing positive attention and participating in activities with children.

Who can Benefit from PMTO?

PMTO is tailored for serious behavior problems for youth from preschool through adolescence, including:

- Overt antisocial behavior (noncompliance, aggression, defiance, hyperactivity, fighting)
- Covert antisocial behavior (lying, stealing, truancy, fire-setting)
- Internalizing problems (depressed mood, peer problems, deviant peer association)
- School Failure and/or Delinquency
- Substance Abuse

PMTO Intervention Model

- Family-centered services that help connect parents with their community for support and resources
- PMTO clinicians recognize that parents are their child's best teacher
- PMTO sessions can be outpatient or home-based. PMTO also is taught in a group format called Parenting Through Change (PTC)

For further information, please contact Customer Service at:
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