

CHILDREN'S Initiatives

Parent Management Training Oregon (PMTO)

PMTO is an evidence-based best practice approach that recognizes the vital role parents play as being 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 their children to demonstrate positive behaviors
- **LIMIT SETTING:** Parents remain consistent in their delivery of effective consequences in order 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 behavioral (noncompliance, aggression, defiance, hyperactivity, fighting)
- Covert antisocial behavior (lying, stealing, truancy, fire-setting)
- Internalizing problems (depressed mood, peer problems, deviant peer association)
- Delinquency
- Substance Abuse
- School Failure

PMTO Intervention Model

- Clinicians receive continual coaching and support as they study and practice new skills
- PMTO sessions can be conducted in home or in an outpatient setting. PMTO also is taught in a group format called Parenting Through Change (PTC).
- Encouragement and guidance on interacting with your child
- Help connecting with your community for support
- Link family to community resources and coordinate services
- Family-centered services
- PMTO clinicians recognize that parents are their child's best teacher.



**For further information or for questions or concerns, please contact Customer Service at: (888) 490-9698
TDD: (800) 630-1044**