

GenerationPMTO

GenerationPMTO is an evidence-based intervention that helps parents strengthen families at all levels (children, youth, parents, and couples). Based on more than 50 years of research, GenerationPMTO promotes parenting and social skills and prevents, reduces and reverses the development of moderate to severe conduct problems in children and youth.

PMTO Core Components

Encouraging Positive Behavior

Family Problem Solving

Positive Involvement

Limit Setting

Monitoring

PMTO Supporting Skills

Effective Communication

Emotion Regulation

Clear Directions

School Success

Mindfulness

PROGRAM OUTCOMES

GenerationPMTO alters family dynamics and opens doors to healthy social environments. The results are long lasting with far-reaching family effects. The core GenerationPMTO components are universal.

CHILD & YOUTH OUTCOMES

Decrease:

- Depression
- Substance Use
- Noncompliance
- Delinquent Behaviors
- Internalizing Behaviors
- Out-of-Home Placement
- Deviant Peer Association
- Arrest Rates/Severity of Crime

Increase:

- Academic Performance
- Social Skills

PARENT OUTCOMES


Decrease:


- Poverty
- Depression
- Arrest Rates
- Coercive Parenting


Increase:

- Positive Parenting
- Standard of Living
- Marital Satisfaction
- Marital Adjustment

GenerationPMTO is listed as an evidence-based intervention with top scientific ratings:

 Blueprints for Healthy Youth Development

 California Evidence-Based Clearinghouse (CEBC)

 SAMHSA's National Registry of Evidence-based Programs and Practices (NREPP).

GenerationPMTO Group

GenerationPMTO programs help families around the world in wide-scale applications in the United States and several other countries.

Tailored for diverse populations, GenerationPMTO has flexibility: Preventive or clinical intervention, delivery format, age 2-17, family circumstances, intervention length, service provider, and billing options.

INDIVIDUAL FAMILY

Populations:

Mild, moderate or severe
Parents of children at home or in care

Delivery Modalities:

Home based
Office or Clinic
Tele-delivery

PARENT GROUPS

Populations:

At risk families
Immigrant families
Mixed family structures
Families in homeless shelters
Families in supportive housing
Birth parents of children/youth in care

Session content includes core components and supporting skills in both individual and group formats. Below is an example of program topics covered in the Parenting Through Change (PTC) group format:

PTC Program Topics

- Introduction: Focus on Strengths & Goals
- Encouraging Cooperation with Clear Directions
- Encouraging Positive Behavior
- Recognizing Emotions
- Regulating Emotions
- Setting Limits & Discipline
- Balancing Encouragement & Discipline
- Communicating with Children
- Problem Solving & Family Meetings
- Negotiating Compromise
- Monitoring Children's Activities
- Promoting School Success
- Building Skills
- Balancing Love, Work & Play

