

How can I get access to the Confident Parents program?

A health care provider, including family doctors, pediatricians, child psychologists or other child specialists, may suggest Confident Parents to you if he or she feels you would benefit from the program. To access this telephone coaching program, you will need a referral from your health care provider. This referral is important to make sure that the health care professionals who know you best can match your needs with the right approach.



Are there some key things I need to be aware of when considering participation in the program?

- ◆ The program is a positive parenting program empowering you as the primary change agent for your child.
- ◆ The program is delivered by phone.
- ◆ You must be able to commit to a minimum of 6 weekly, 50-minute sessions with your coach.

 1-855-871-8445

Is Confident Parents available in every community in BC?

Yes! Confident Parents is being offered throughout the entire province. However, a doctor's referral is always required for program admittance. If you live in a remote community that does not have a doctor, a Nurse Practitioner or other qualified health care specialist can also make referrals.

Is the Confident Parents program free for me?

Yes! All Confident Parents program services and materials are free to participants and telephone calls take place on a toll-free line. If you're interested in the Confident Parents: Thriving Kids program, please talk to your doctor and request a referral.

About CMHA

The Canadian Mental Health Association (CMHA), BC Division exists to promote the mental health of British Columbians and support the resilience and recovery of people experiencing mental illness.

We're part of one of the oldest voluntary organizations in Canada. Together with 14 CMHA branches throughout BC, we help over 100,000 people each year.

Together, CMHA shares a national vision of "mentally healthy people in a healthy society."



Canadian Mental Health Association
British Columbia
Mental health for all

Confident Parents: Thriving Kids
CMHA BC Division
Toll-free phone: 1-855-871-8445
confidentparents@cmha.bc.ca
www.confidentparents.ca



Canadian Mental Health Association
British Columbia
Mental health for all

Confident Parents Thriving Kids

Struggling with your child's tantrums, outbursts or defiant behaviour?

Confident Parents: Thriving Kids can help!



www.confidentparents.ca



Confident Parents: Thriving Kids is offered in partnership with Implementation Sciences International Inc. with funding provided by the Province of British Columbia

What is Confident Parents: Thriving Kids?

Confident Parents: Thriving Kids is a skill-building program designed to help parents who are experiencing difficulties with their child's behaviour, such as aggression, antisocial behaviour, and oppositional defiance. Confident Parents believes that parents are their children's most important teachers.



The program teaches new skills to strengthen your role as a parent through weekly telephone sessions with trained coaches from the comfort and privacy of your own home or office. Offered in three formats of either 6, 10, or 14 sessions, depending on the behaviours presented by your child, you are supported to become the primary change agent for your child. The program provides practical techniques on how you can encourage positive behaviours, set healthy limits, monitor activities, and problem solve with your child.

What is a Confident Parents Coach?

The role of the coach is to help you develop and practice new skills, to keep you motivated, to answer your questions, and to support your progress. Your coach will also guide you through the materials to help you complete the Confident Parents program step by step. As Confident Parent coaches are not counsellors or family therapists, they don't provide counselling or work directly with your child. Instead, they support you as the child's primary caregiver.

Coaches are trained in the delivery of this specific program known to be effective in reducing moderate behavioural problems. If your doctor or pediatrician refers you to Confident Parents, our program coordinator will contact you by telephone within a few days and match you with a coach who will guide you through the program.

Does Confident Parents work?

Confident Parents: Thriving Kids is based on the Parent Management Training Oregon (PMTO) model which has a robust research base demonstrating that the program promotes healthy child development and reduces behavioural problems. On the basis of our current success rates in BC, we are confident the program can add to your parenting toolbox by teaching you new strategies proven effective with children exhibiting mild to moderate behavioural challenges.

If I'm referred, does it mean that my doctor thinks my child has a mental illness?

No. Often behavioural problems don't qualify for a mental health diagnosis but they deserve attention in their own right. Confident Parents is specifically designed for parents whose children are exhibiting mild to moderate behavioural challenges that get in the way of family functioning, school success and daily life satisfaction.



What if I suspect my child's behavioural challenges are more serious?

Make sure that you bring this to the attention of your family doctor, pediatrician or child psychologist. He or she will be able to conduct a thorough assessment of your child's needs and determine the best course of action for you.

If your child has a diagnosis, make sure you talk to your doctor to see whether Confident Parents is the right program for you. If it's not, your doctor can offer guidance as to what services would be the most helpful.