Parent Empowerment in Preventing Juvenile Delinquency

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Goals and Objectives

• Identify the connection between parent stress and the challenges of the child in delinquency
• Learn the three core components on the PRAXES parenting program
• Demonstrate skills in teaching stress reduction techniques to parents and caregivers
Background of Developer

• 43 years in mental health, including 36 years as Licensed Marriage and Family Therapist

• 28 years as director of outpatient and inpatient mental health and substance abuse programs

• Parent of three adoptive children with mental health problems

• Owner of a special needs dog
Why Now Parents?

• Continuum of Care Reform – emphasis on safe and permanent placements of children requires stable parents/caregivers

• Healthcare Reform – cost and treatment efficient care means parent involvement

• High acuity families (Wraparound, TBS, Katie A.) – need parent engagement
Parent and Child in Delinquency

• Children who are closely monitored but less pressured by parents lead to lower levels of delinquency vs. less supervision or higher coercion (Brauer, 2016)

• Ideal parent in probation - support child, accept parental authority, partner with probation officers (Maschi et al, 2013)

• Younger mothers have higher stress levels and higher delinquency in male children (Van Vugt, 2016)
Parent and Child in Delinquency

- One third of parents of Juvenile Court youths with mental health symptoms also had their own symptoms (Brown et al, 2017)

- Parenting stress a risk factor for early delinquency (Lucero et al, 2015)

- Parental monitoring reduces impact of community violence exposure re: gang and drug related activities (Udell et al, 2017)
Why is parenting stress so important?

• Relationship between parenting stress and:
  • Child development status
  • Child cognitive delay
  • Is also biodirectional (goes back and forth) Cousino and Hazen (2013)
  • Martial conflict
  • Poor physical health
What about Trauma?

• ACES - higher abuse leads to juvenile delinquency

• Parents also may be trauma victims themselves

• To stop cycle, give parents skills to manage stress, communicate, and focus on youth’s behavior
Delinquency’s Unmet Needs

• Lack of parent involvement

• Not dealing with parental stress

• Parents need balance between passive or aggressive parenting styles
PRAXES Approach

• Improve parent wellbeing through self-care skills
• Increase positive communication skills through increase of assertive communication
• Create structure to manage behavior in stressful situations
PRAXES as Empowerment Program

- Parental stress impacts child development and behavior, parent’s emotional and physical wellbeing

- Cart before the horse - work on parents first before children
  - Use a multi-mode approach
  - Parent-focused, strength-based
PRAXES’ Basics

- Field or Clinic - Based
- Sessions - 60 – 120 minutes
- Only conducted with parents
- Check-in, Objectives, Conversation, Participation, Practice
- Focus on positive behavior and strengths
Use of Measurements

- Parenting Stress Index - parent expectations of parenting and child
- CANS - how and whether the child’s (and parent’s) needs are being met in treatment
- Pediatric Symptom Checklist (PSC) - youth’s functioning
- ECBI - intensity of child’s problems and effect upon parent
Fidelity Measures

• Designed to help practitioner stay on track

• Quality Assurance - did the participant complete one skill from session?

• Fidelity Checklist - did the practitioner complete the needed components of the session?
Engagement and Evaluation

- Goal - have participants involved and complete program

- What motivates participants to participate in program?

- What resistance do participants (and their families) have in participating?

  - Listen, make them comfortable, no judgment
Self-Care

• How do I manage change in my world, talk to others, and avoid being an outsider?
• Stress Reduction
• Grief and Loss
• Assertive Communication
• Support Systems

• Let’s look at a Stress Reduction Exercise!
• How do I develop my brain?

• Don’t limit my or my child

• Standing up for myself and my child
Ability

• How I manage my behavior with my child

• How I talk and act to get things out

• How to talk to and not at parent/child
Final Session

• Post Test Outcomes

• Continued Survival Plan

• Congratulations!
Current and Future Usage + Outcomes

• 7 organizations in California

• 25% reduction in parent stress

• 33% improvement in child behavior, including aggressive acts, reduction of probation time
Why It Works?

• Become assertive with selves and child

• Manage stress

• Provide balance of structure and independence for youth

• Result - Empowerment - have control of their lives!
References


References


Questions?

• Thank you
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