

# 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 agent within the family. 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 if effective consequences in order to promote pro-social behavior
- **PROBLEM-SOLVING:** The family system works together in setting goals, brainstorming, evaluation 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.

- 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 coaching and support as they study and practice new skills
- Home-Based bi-weekly visits
- Encouragement and guidance on interacting with your infant
- Help connecting with your community for support
- Link family to community resources and coordinate services
- Family-centered services

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