

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 strengthens parenting, promotes healthy youth adjustment, and prevents, reduces and reverses the development of moderate to severe conduct problems in children and youth.

Core Components

Encouraging Positive Behavior
Family Problem Solving
Positive Involvement
Limit Setting
Monitoring

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:



California Evidence-Based Clearinghouse (CEBC)



Title IV- E Prevention Services Clearinghouse



Blueprints for Healthy Youth Development.

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 (individual family, parent groups), age 3-17, 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
Telehealth

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

