

Needs

Parents of children with mental health problems experience stress and other emotional problems at higher levels than other parents. Most parenting programs do not work with the parent's well-being.

Logic Model: Goal

Intensive Parent Model (IPM)

Long-Term Impact

Parents who graduate from the IPM have better knowledge of their child's needs, improve communication, and develop better behavior strategies for the child.

Inputs

1. Parent Manual
2. Practitioner Manual
3. Training for Practitioners
4. Outcome Measures
 - a. *Parenting Stress Index (PSI)*
 - b. *Pediatric Symptom Checklist (PSC)*
 - c. *Eyberg Child Behavior Inventory (ECBI)*

Activities

- Session for parents include:
1. Engagement and Evaluation
 2. Stress Reduction
 3. Grief and Loss
 4. Assertive Communication
 5. Support Systems
 6. Child Development
 7. Mental Health Education
 8. Parent Advocacy
 9. Promoting Positive Behavior
 10. Clear Expectations
 11. Solving Problems
 12. Final Session and Graduation

Outputs

1. # of parenting skills learned
2. # of conflicts resolved in family life
3. # of strategies for improving parent's behavior
4. # of strategies for improving child's behavior
5. # of improvements in managing stress
6. # of improvements in communication with child
7. # of positive comments and feedback to child

Outcomes

1. 50% of clients complete the IPM sessions
2. Clients experience a 33% reduction in stress as measured by the *PSI*
3. Clients experience a 40% improvement in child behavior as measured by the *ECBI*
4. Clients experience a 40% improvement in child behavior as measured by the *PSC*