



**To learn more or to schedule an appointment, call 855-99-MCCMH (855-996-2264).**

**For 24/7 support, call the MCCMH Crisis Line at 586-307-9100.**



**MACOMB COUNTY**  
COMMUNITY MENTAL HEALTH

Macomb County Community Mental Health programs and services are supported and funded, in part, by the Michigan Department of Health and Human Services (MDHHS). MCCMH is accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF) and operates under the direction of the Macomb County Board of Commissioners and the Macomb County Community Mental Health Board.

MCCMH centers are barrier-free, and offer TTY access, American Sign Language communication, and other language translations.



## Empowering parents

Parents and caregivers dealing with stress or problems at home can get support through MCCMH's parent training program. This program uses the Parent Management Training Oregon Model (PMTO). It is a proven approach that helps parents learn how to manage their child's behavior and feel more prepared when challenges come up.

PMTO teaches parents and caregivers how important their role is in the family and gives them tools to create positive, lasting change at home. It builds on strengths, teaches positive social skills, and improves cooperation. The program is designed to prevent or reduce behavior issues in children ages 3–18.





## How PMTO helps

PMTO focuses on the strengths that parents, children, and their families already have. Trained professionals coach parents and caregivers, helping them guide their child's behavior by using positive actions and interactions.

Parents get support as they learn new skills that help them care for, teach, and supervise their children. They also get a chance to practice these skills ahead of time, so they feel ready to use them at home. Through role-play and problem-solving activities, parents take part in structured sessions that can be adjusted to fit their family's needs.

Core Parenting Practices are the foundation of the PMTO program.

## **PMTO Core Parenting Practices**

### **Encouragement**

Parents support their children when they show positive behavior.

### **Limit setting**

Parents set clear rules and follow through with consequences to guide good behavior.

### **Problem solving**

The family works together to set goals, brainstorm solutions, and put their plans into action.

### **Monitoring**

Parents keep track of where their children are and make sure they have proper supervision.

### **Positive involvement**

Parents give positive attention and spend quality time doing activities with their children.

