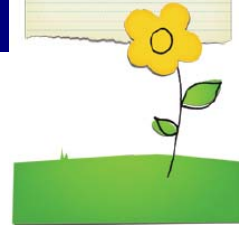


Vista Hill Incredible Families



VISTA HILL
FOUNDATION
INCREDIBLE
FAMILIES PROGRAM



Funded by **County of San
Diego HHSA** –in
collaboration with Child
Welfare Services

One Umbrella

- Family Visitation
- Evidenced Based *Incredible Years* Parenting Group
- Brief Mental Health Treatment for the Children ages 2-11



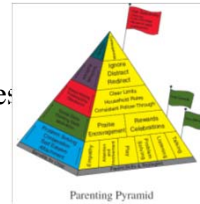
Family Visitation

- Multi-Family Visitation
- Avoid the “Fish Bowl”
- Includes Healthy Family Style Meal
- Therapist Interacts with Families During Visitation



Evidence Based Incredible Years – Parenting Group

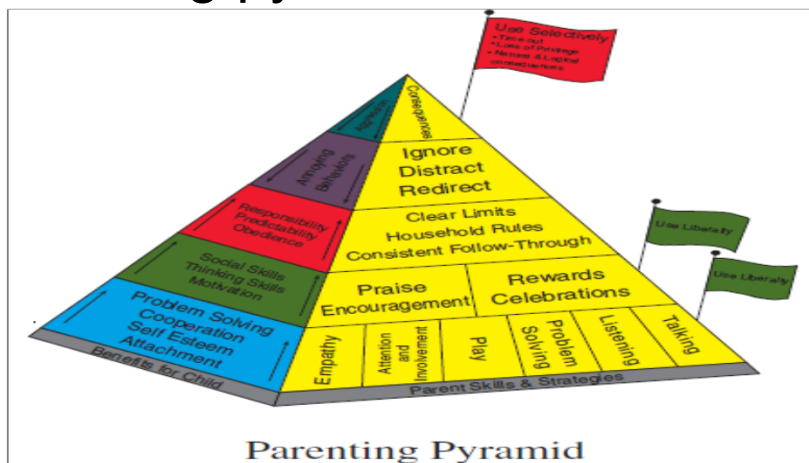
- Two Hours Parenting Group Once a Week for 15 Weeks
- Homework to be Practiced at Next Visitation
- Basis of Incredible Years is Empathy and Spending Time with your Children to Decrease Discipline Issues
- IncredibleYears.com



Brief Mental Health Treatment

- Children Ages 2-11 That Meet Mental health Criteria
- Siblings Under Two and Over 11 Qualify for Visitation Services and Any Family Sessions
- Up To 13 Sessions
- Utilize Art Therapy, Play Therapy (Directive Non-Directive), TFCBT, Narrative and EMDR

Parenting pyramid



Other Wonderful Parts of the Program

- Two Parent Partners
- Peer Support
- In Home Booster Sessions with MSW Interns When Parents Are Closer to Reunification
- Facilitate Transportation with Providers



Rotating Sites

- La Mesa
- Lemon Grove
- El Cajon
- Central /North Central San Diego
- Vista/Escondido
- Southbay

Other Parts of the IY model

- Parent Partners call parents each week to encourage practice of homework and discuss briefly any issues that could prevent the parent from practicing skills
- Set up clients with a “buddy” to call each week and connect with about challenges and successes they have had during the week
- Therapists call Social Workers each week to give updates on the families
- Feedback Forms provided to Social Workers at week 5, 10, and 15

Outcomes for 13/14

- We served 274 clients and their families
- Completion rate for 15 week program-70%
- Examples of measures on Parenting Practices Interview (PPI)
 - 71% decrease in harsh and inconsistent discipline
 - 89% decrease in physical punishment
 - 80% increase in clear expectations
 - 84% increase in praise and incentives

Using the model across the board

- At our ParentCare program:
 - We use it as parenting curriculum
 - We use it in our childcare
 - We use it with our kiddos individually
 - We use it in dyadic work

Other Programs under the ParentCare Umbrella

- ParentCare East and Central- Women's Alcohol and Drug Treatment Programs
- Vista Hill Apartments- Sober Living in Lemon Grove for families
- Perinatal Case Management- mobile case management countywide for pregnant and parenting women with a current substance abuse issue
- Dependency Drug Court- Substance Abuse Specialist stationed at each of the 5 court houses for immediate alcohol and drug assessments and referral to treatment

Questions?

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