

How Does POA Work?

Each family is assigned a Family Therapist who meets with the family in their home, virtually or in our office for 16-24 weeks.

Working closely with families, our specialists help evaluate what changes they would like to see and assist in the creation of a plan so that they are prepared for future challenges.

In order to help the families reach the goals they have set for themselves, we coordinate with other service providers to connect them to the help they need. We offer TF-CBT (trauma-focus treatment), MDFT (Multidimensional Family Therapy, and Triple-P (parenting classes).

Together we work on:

- Developing healthy relationships.
- Building strong bonds between teens and parents.
- Increasing cooperation within the family.
- Improving family management skills, communication, and limit setting.
- Handling conflict in positive ways.
- Understanding adolescent development and behavior.
- Providing guidance on handling drugs, risky behaviors and other teen challenges.
- Coping with school problems such as grades and getting along with teachers and peers.

Parenting of Adolescents receives referrals from concerned parents, Court Counselors, Law Enforcement Officers, Department of Social Services, and other mental health agencies.



Contact Us



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POA

Parenting of
Adolescents Program



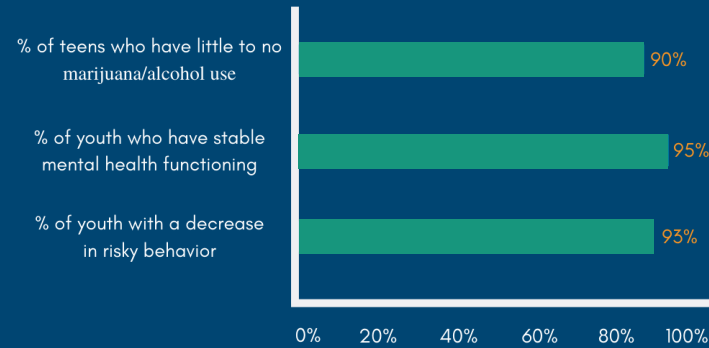
About Parenting of Adolescents Program

The Parenting of Adolescents Program equips adolescents and their families in navigating challenging moments in life together by strengthening familial bonds, building on individual and familial strengths, and fostering familial collaboration.

The program provides:

- In-home services to youth ages 10 to 17 at risk of being or already involved in the Juvenile Justice System
- Intensive family counseling for 16 to 24 weeks using the Multidimensional Family Therapy Model (MDFT).
- Positive Parenting Program (Triple P) is brief parenting support focused on addressing a specific developmentally appropriate, but disruptive behavioral concerns that the parent has for their teen
- Trauma-Focused Cognitive Behavioral Therapy (TFCBT) to address specific mental and emotional needs of teens and parents who are struggling to overcome the negative impacts of traumatic.

POA Client Outcomes



Based on data from FY 2018 - 2019

Multidimensional Family Therapy (MDFT)

Multidimensional Family Therapy is a comprehensive family-centered treatment program for adolescents and young adults that addresses drug abuse and related behavioral and emotional problems. One of the primary goals is to help prevent out-of-home placements. MDFT focuses on key domains of the adolescent's life and provides an effective and cost-efficient therapy. MDFT addresses the areas of adolescent and parent functioning that often create problems and enhances the factors that solve problems, improve relationships, and restore positive development.



Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) Model

TF-CBT is an evidence-based treatment for children and adolescents impacted by trauma and their parents or caregivers. It is a components-based treatment model that incorporates trauma-sensitive interventions with cognitive behavioral, family, and humanistic principles and techniques. TF-CBT focuses on decreasing symptoms of trauma in youth who have experienced a traumatic event. The service duration for TF-CBT is 3-6 Months of treatment (on average). This timeframe will include 2- 3 sessions/week (caregiver, child, and conjoint sessions).

Positive Parenting Program (Triple P)

The Triple P – Positive Parenting Program is a parenting and family support system designed to prevent – as well as treat – behavioral and emotional problems in children and teenagers. It aims to prevent problems in the family, school and community before they arise and to create family environments that encourage children to realize their potential. Triple P focuses on providing parents with tools and strategies to raise their child(ren) in an environment that is safe, loving and predictable. Strategies can be preventative and managing (Level 4). The service duration for Triple P is 4-12 weeks (on average) . This timeframe will include 1-2 sessions/week (caregiver and child).