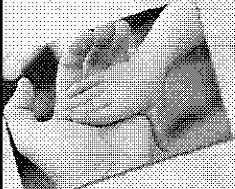


**Strengthening Families In Substance Abuse Treatment: Supporting the parent-child relationship**



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**Overview**

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- Family-Centered Practice
- Relationship-Based Practice: The parallel process
- Mutually competent interactions
- Reflective practice

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**Why is it important to work with families?**

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- Child development is experiential
  - Families mediate these experiences
- Families are a unit and function together
  - Foundation to early intervention and prevention
  - Focusing on this enhances family function
  - Creates an essential protective factor

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## Family Centered Practice

A systematic way of creating a partnership with families that (a) treats them with dignity and respect, (b) honors their values and choices, and (c) provides supports that strengthen and enhance their functioning as a family



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## Family Centered Practice

- Trends:
  - Professional-Centered Model
    - Professional is the expert
  - Family-Allied/ Family-Focus Model
    - Professional remains the expert and the family is the assistant
  - Family Centered Model
    - Professional and family share the power

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## Family Centered Practice

- Struggles
  - Professionals
    - Trained to focus on the "problem"
    - Trained in child-specific strategies
  - For families
    - Reared in the professional-centered model
    - Difficulties finding "their place"



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### **Relationship-Based Model**

*Relationship are the heart of the matter*

- Parent-child relationship
  - Predictive of future development
  - Consistent, reliable, and predictable



- Parent-Professional Relationship
  - Collaborative effort of listening and learning
  - Consistent, reliable, and predictable

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### **The Helping Relationship**

1. **Recruitment and Orientation**
2. Acceptance
3. Understanding
4. Agreement
5. Accountability

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### **Building the relationship**

- Figure out the families agenda/ priorities
  - Eco-Map
    - Provides a holistic view of the family's life
    - View the environment from a systems view
    - Brings to light supports for the family
  - Routines based interview
    - Establish positive relationship with the family
    - Rich and thick description of functioning
    - List of functional, family centered outcomes

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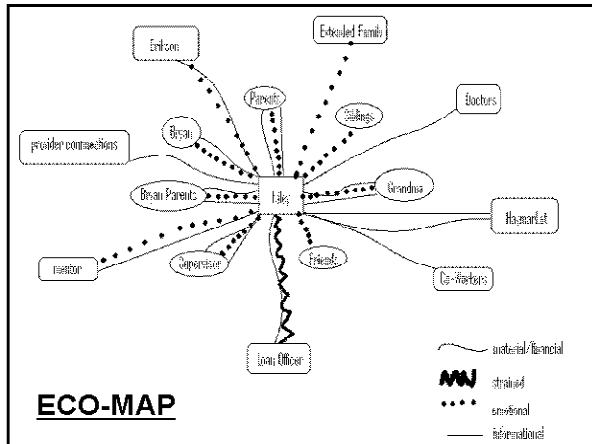
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**Routines Based Interview**

- Components
  - Go through each "routine" (i.e., time of day or activity)
  - Get a sense of family's and child's functioning
  - Write down significant information
  - Star the concerns
  - Recap concerns with the family, showing them the starred items
  - Ask what the family would like to concentrate on
  - Write down these outcomes
  - Ask them for the priority order

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**Routines Based Interview**

- Routine  
<http://www.youtube.com/watch?v=LdEkZvsUVQE&feature=BFa&list=PL6A55FD0263B3A529&index=12>
- Wrap-up  
<http://www.youtube.com/watch?v=UVR1YZBJqCk&feature=BFa&list=PL6A55FD0263B3A529&index=18>

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### **Parallel Process**

- Collaboration to empower
  - Stage 2. Acceptance: what are the family's priorities?
    - Parents are the experts on their children we are mediators and facilitators of knowledge
  - Stage 3. Understanding: Avoid the professional-directed model
    - Support the family as they make informed choices
  - Stage 4. Agreement: Make a plan

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### **Mutually Competent Interactions**

- "Interactions which enable both the parent and the child to feel secure, valued, understood, successful, happy, and enjoy learning together."

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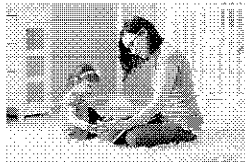
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### **Mutually Competent Interactions**

- Increase self-confidence in parents
- Help parent understand their child's experiences
- Support parent-child relationship
- Promotes child development



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## Mutually Competent Interactions

- Observation
  - Identify specific BEHAVIORS
  - Acknowledge what is working
  - Watch for smiling, successful exchanges, acknowledgments between mom and child, etc.
- Inquiry for exploration
  - Discuss PARENTAL perceptions
  - Empathic listening
  - Help them find what works

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## Mutually Competent Interactions

- What do you see? What is working?

<http://www.youtube.com/watch?v=1WFpJTMUp2s>

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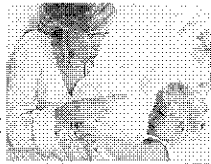
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## Parent-Child Interactions

- When things go wrong
  - Unacceptable vs. Disagreeable
- How you are is as important as what you do
  - Don't just do something... Stand there!!
  - Differentiate between your perceptions and the actual event



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### **Parent-Child Interactions**

- Activation → Exploration
  - Gentle inquiry
  - Empathic listening
  - Perspective taking
- Acceptance: Serenity Prayer

Grant me the serenity  
to accept the things I cannot change;  
courage to change the things I can;  
and wisdom to know the difference.

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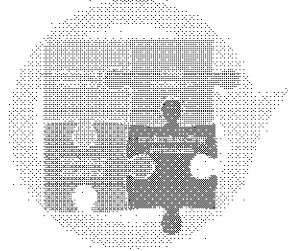
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### **Reflective Practice**

- See it, Say it, Feel it, Own it!!



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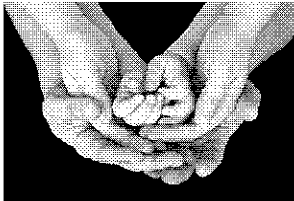
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### **And Remember...**

Relationships are the heart of the matter



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