

# Lorain County

Judge Lisa Swenski  
Judge Frank Janik  
Judge Debra Boros

## Program Name

Parent Modification Techniques

## Program Intervention

Parent Management Training

## Primary Service Location

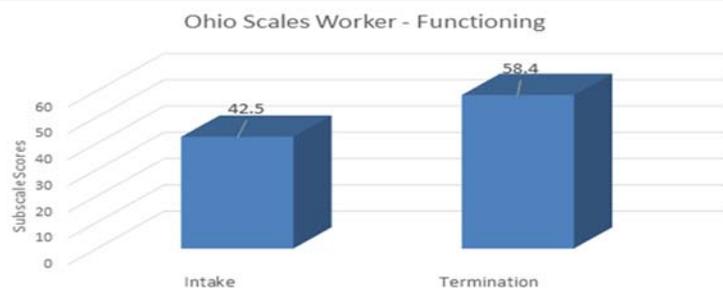
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## Program Description

- The purpose of the PMT program is to reduce unruly, status and truancy offenses by providing the families of offenders with the evidenced based Parent Management Training Program (PMT).
- The PMT Program is a set of interventions and proven methods which teach and coach parents on how to improve parent-child interactions and modify/decrease their child's problem behavior.
- The Lorain County Domestic Relations Court provides PMT programming to families of youth ages 8 – 17 who are involved in the Court's Diversion, Truancy and Status Probation programs. The PMT Program was chosen by the Court due to the positive impact it has on improving children's behaviors, reducing stress in the family and improving parent-child relationships. Research on PMT has been done for over 30 years at the Yale Parenting Center at Yale University and is recognized as one of the most effective program for developing positive changes in children with behavioral issues.

## Outcomes

One of the main goals of the program is to improve behavioral health and family functioning for participating youth as measured by the Ohio Scales. Lower scores on Problem Severity indicate fewer problems, while higher scores on Functioning indicates better functioning. Significant and positive improvements for both Problem Severity and Functioning were observed.



## Program Snapshot

(As of June 30, 2016)

### Gender:

Male 50%, Female 50%

### Race/Ethnicity:

White 67%, African American 33%

### Age Range:

8-17

### Offense Level:

Status, At-Risk

### Youth Re-offense Risk Level:

Low & Moderate

### Screens & Assessments:

OYAS Diversion Tool, MAYSI-2

Ohio Scales

Pre/Post Diversion Survey

### Program Start Date:

March 26, 2015

### Received Services:

28 Youth & Families

### Program Completion Successes:

12 Youth and Families

16 Youth & Families Continuing into FY17

### Average # of Service Units:

15.45 Direct Service Hours Per Successful Youth & Family

### Program Partners:

- Lorain Co. Domestic Relations Court
- Applewood Center
- Case Western Reserve University
- Yale Parenting Center
- Big Brothers Big Sisters
- Serenity Stables

## Program Information Contact

James Rosecrans, Grant Manager  
Lorain County Domestic Relations  
Court  
225 Court St.  
Elyria, OH 44035  
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## Lessons Learned

The First lesson learned was that we set our projected number of participants too high. We have since modified our expected number of participants to 20-25 per year which appears attainable. We also learned that families are more open to participating in the program once we shortened the program from 12 weeks to 8 weeks and began providing \$25 incentives at the midway and endpoint of the PMT program.

# Lorain County Early Successes - PMT

“PMT is an early intervention, cost effective and productive program that works for Lorain County.”

**The Honorable Lisa I. Swenski, Administrative Judge**

“PMT brings valuable benefits that provide balance to the families of Lorain County and that is its strength.”

**Mildred Gonzalez**  
LCDRC Diversion Specialist

“The PMT program provides parents with positive approaches to parenting their children that focus on rewarding behaviors they want to see their child doing instead of punishing their children for their negative behaviors.”

**Brooke Sherman**  
Applewood Clinical Supervisor

**Youth Success Story** – Emily and her mother were referred to the program after she ran away from home to Florida in November. Emily also struggled with following rules at home and disrespect towards her mother. Emily and her mother participated in the PMT program and worked on establishing rules and rewards, prompting appropriate behavior and expectations and praising/rewarding compliance to rules. Emily is starting to build trust again by completing assigned chores and increasing her respectful communication with her mother. Mother also reports an improved relationship with Emily now that there are set rules and rewards that she can enforce and she has learned to focus on paying attention to her daughter’s positive behaviors instead of keeping track of her negative ones. Parent was uncomfortable to allow picture to be included.

**Program Success Story** – Perhaps the best way to highlight the success of the PMT program is a quote shared by a mother of a 16-year-old female who has been participating in the program. The mother stated, “I like that it (PMT) takes the book stuff and turns it into real life. I also like the short, sweet punishments, they work. I used to justify everything and bargain with my daughter, now I don’t. I have re-established my role as a parent.”



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