

## Who can participate?

- Child guardians
- Families working with bədaʔchəlɥ staff
- Placements

Programs available to families involved with bədaʔchəlɥ:

- Family Preservation Services (FPS)
- Incredible Years (IY) In-Home program
- Positive Parenting Program (Triple P)
- Promoting First Relationships (PFR)
- SafeCare

Please talk to your child's social worker if you would like a referral to one of these programs.



## Family Haven

### Contact Us

**Alison Bowen**  
*Program Manager*  
360-716-4322

**Diana Thompson**  
*(FPS, PFR, IY)*  
360-716-4406

**Zordia**  
*(FPS, SafeCare, Triple P)*  
360-716-4403

**Jennifer Bryan**  
*(FPS)*  
360-716-4898

Family Haven  
2828 Mission Hill Rd  
Tulalip, WA 98271

# Family Haven Parenting Support Programs



## Family Preservation Services (FPS)

### FPS Helps By:

- Bringing services to you in your home.
- Listening to what your needs are to keep your family safe.
- Teaching new skills and problem solving.
- Helping with meeting basic needs.
- Connecting you with ongoing resources in the community.
- Crisis management.

## SafeCare

SafeCare is an in home program for parents of children 5 years old or younger who are at risk for or have been reported for child neglect or child abuse. SafeCare promotes parent skill acquisition in their home and with natural opportunities for learning. Areas worked on include:

- **Parent-infant/child interactions (PII/PCI):** Parents learn to increase positive interactions and structure daily activities through engaging and stimulating activities which help reduce challenging child behaviors.
- **Health:** Teaches parents to identify childhood illnesses and injuries to determine when and how to care for a child at home, when to see a doctor, and when to seek emergency help.
- **Safety:** Parents learn how to identify and eliminate home hazards and the importance of supervision.

## Positive Parenting Program (Triple P) Standard, Teen, & Pathways

Triple P is one of the few parenting programs that can offer targeted intervention for parents and children age 2 to 16. The goals are to empower parents with skills that will help them achieve goals for themselves and their children and develop positive relationships with their children.

### Standard: Age 2 to 12

- 10 individual sessions with a Triple P provider who will model positive parenting skills and help parents manage misbehavior of child/children and achieve parenting goals. Parent will also learn to plan ahead plan ahead to minimize unwanted behavior.

### Teen: Age 12 to 16

- 10 individual sessions with a Triple P provider who will help parents identify factors influencing teen's behavior, gain skills to manage conflict and risky behavior, and achieve goals for parent(s) and teen.

### Pathways:

- 5 individual sessions with Triple P provider who will help parent(s) identify triggers for conflict, develop skills for managing anger, and avoid common parent traps that increase conflict.



## Incredible Years (IY) In-Home Program

The Incredible Years is an evidence-based program for parents of children from birth to 10, supported by over 30 years of research. The goal is to prevent and treat young children's behavior problems and promote their social, emotional and academic competence.

### What the Program Offers:

- Three programs designed for different age groups incorporate video vignettes, educational materials and practice with active coaching to maximize learning.
- The In-Home Baby program consists of approximately 10 weekly sessions and the Basic/Preschool and School Age programs consist of approximately 18 weekly sessions.

## Promoting First Relationships (PFR)

PFR helps parents strengthen a positive bond with their young children birth to 5 by building on the parents' skills, their knowledge and their love for their children.

### What the Program Offers:

- PFR consists of 10 to 16 sessions with you and your child and can take place in your home.
- PFR works with families who have children ages 5 and under.
- Sessions include learning how to support your child's emotional health and how to encourage their social health.
- Short portions of some sessions are videotaped to allow for insight and provide positive feedback. All videotapes remain completely confidential.
- PFR helps parents build on existing strengths and skills.
- Handouts are provided to share and discuss information about your child's social and emotional health.