



Boys Town Nevada Family-Based Services

Common Sense Parenting

Common Sense Parenting® is an evidence-based parent education program providing parents and other caregivers with proven techniques that can help them build good family relationships, prevent and correct misbehavior, and improve positive behavior. This classroom-based program is six sessions (2 hour sessions) utilizing a curriculum that provides parents with the skills to effectively impact issues such as child behavior management, family relationships, child development and community engagement. The program utilizes a hands-on approach that includes role modeling, homework assignments and peer support. These classes can be taught at the school or at other community sites.

- 6 weeks of individualized parent education
- Class materials provided to each student
- Certificate and letter of completion provided to graduates
- Follow up care and additional resources provided throughout services
- Graduates qualify for a referral into our In-Home Family Services program

In-Home Family Services

Boys Town's In-Home Family Services® is a research-proven family intervention that builds on a family's strengths and provides families with the skills to provide a safe and stable home environment. Specifically, trained Family Consultants work in the family's home helping them to improve their parenting skills, create a nurturing environment, help in managing child behavior problems, connecting families with community resources and teaching families to problem solve. Services include:

- 10-12 weeks of supportive services in the home and community
- Address safety concerns and help families build structure and routine
- Increase effective communication between family members
- Help parents teach social skills and become more self-sufficient

The In-Home Family Services program has demonstrated outcomes in family and school stability and has demonstrated its effectiveness in preventing children from being placed away from their family as well as maintaining successful family reunification.

Boys Town Nevada
boystown.org/nevada
821 North Mojave
Rd.
Las Vegas, NV 89101

12-MONTHS AFTER SERVICE END:

About the Interview:

- **582 families** ended services January 2012 – December 2016 and qualified for follow-up (after sampling)
- **Response Rate = 69.4%** (404 of 582 interviews completed)
- **Respondents:** parent (84%), non-BT agency (9%), grandparent/relative (6%), BT staff (1%)
- 361 of 399 (91%) respondents **received services** with the family

Safety

ABUSE-FREE

- Children in 377 of 382 (99%) families are **free from physical and sexual abuse**.

NEGLECT-FREE

- Children in 375 of 382 (98%) families are **free from neglect and abandonment**.

Permanency

FAMILY-LIKE ENVIRONMENT

- 379 of 403 (94%) families have **children living in the home**.

PLACEMENT STABILITY

- 375 of 400 (94%) families have remained **intact, with no child removed** from the home.

Well-Being

SCHOOL COMMITMENT

- Children in 329 of 347 (95%) families are regularly **attending school** (grades K-12).
- Children in 295 of 339 (87%) families are **passing** most of their classes.

PRO-SOCIAL ENGAGEMENT

- Children in 139 of 331 (42%) families participate in **after-school or community activities**.
- Children in 296 of 326 (91%) families have **friends**.
- Children in 275 of 319 (86%) families have **friends** who are a **positive influence**.
- Children in 323 of 340 (95%) families are **arrest-free**.

HEALTHY LIVING

- In 325 of 377 (86%) families, people are **getting along well** with one another.
- Children in 325 of 334 (97%) families are **free of tobacco, alcohol, and other substances**.
- Children in 338 of 342 (99%) families have **not been pregnant or fathered a child**.
- Everyone in 280 of 362 (77%) families has both **medical coverage** and a **personal doctor**.

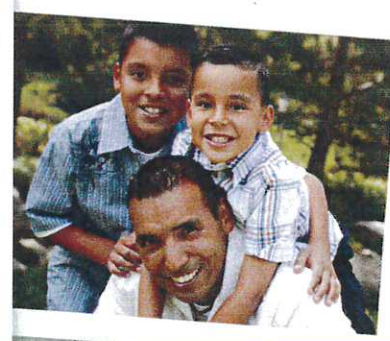
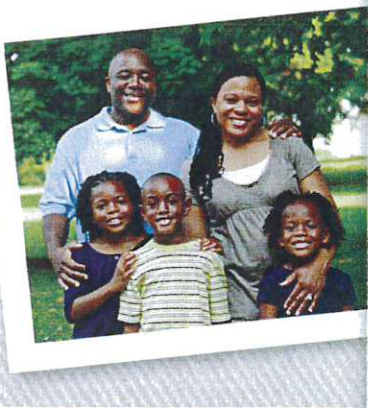
SUPPORTS AVAILABLE

- **Basic needs** are being met in 366 of 376 (97%) families.
- 341 of 378 (90%) families have someone who can be counted on for **help and support**.
- 209 of 350 (60%) families attend **religious services** once a month or more.

Impact

- Boys Town had a **positive impact** on 376 of 380 (99%) families, and they would **recommend** in-home services to others.

Note: "Ns" (number of valid responses) vary across elements due to multiple survey revisions where questions have been added, changed, or removed. Skip patterns also impact the number of valid responses, as not all questions are asked of every respondent (e.g., if youth is not in school, the grades question is skipped). Also, a "Don't Know" or "Refuse" response is not included in the valid count.



boystown.org/nevada



ABOUT BOYS TOWN NEVADA

Boys Town Nevada has brought life-changing care to tens of thousands of children and families in Nevada since opening its doors in 1991. Every year, the site's Integrated Continuum of Care® programs directly serve more than 1,500 children and nearly 600 families in Nevada.

For more information about Boys Town Nevada services, please visit us online at boystown.org/nevada.

ABOUT BOYS TOWN

Boys Town has been a national leader in the care and treatment of children since its founding 100 years ago by Father Edward Flanagan.

As one of the largest child and family service organizations in the United States, Boys Town offers a broad spectrum of services through our Integrated Continuum of Care®. Boys Town youth, family, community and health care programs touch the lives of more than 2 million people across the country yearly.

COMMON SENSE PARENTING

Common Sense Parenting® (CSP) is a practical, skill-based program that provides easy-to-learn techniques to help you with today's parenting challenges. These classes incorporate proven methods that were researched and developed at Boys Town.

Common Sense Parenting offers training for parents who want to build on their existing skills or learn new ways of dealing with their children's behaviors. Professional parent trainers teach the course.

CSP classes can help you:

- » Build strong, healthy relationships with your children
- » Correct and change a child's problem behavior
- » Minimize problems that disrupt family life
- » Raise responsible, caring children

You'll learn valuable skills, including how to:

- » Communicate effectively
- » Avoid power struggles
- » Give positive attention
- » Control your emotions
- » Balance discipline with affection
- » Praise your child's good behavior



For more information or to register for classes please contact Boys Town Nevada at **702-642-7070**.

Saving Children, Healing Families®

BOYS TOWN NEVADA | 821 N. Mojave Road | Las Vegas, NV 89101 | 702-642-7070 | boystown.org/nevada

Boys Town maintains a policy which abides by federal law with regard to equal opportunity for youth and families accessing services.

Common Sense PARENTING® Program

COURSE TITLE: Common Sense Parenting®

COURSE DESCRIPTION:

The program consists of six two-hour group sessions led by a parent trainer. Participants are taught skills that help them encourage children's positive behaviors, discourage negative behaviors, and teach alternatives to problem behaviors.

COURSE CONTENT:

| | | |
|--------------------------------|---------|--|
| Parents are Teachers | 2 hours | Participants learn that parents' job is to teach their children self-discipline. They learn and demonstrate to observe and describe children's behaviors and use positive and negative consequences to change behaviors. |
| Effective Praise | 2 hours | Participants learn the importance of giving reasons and learn and demonstrate when and how to use the four steps of Effective Praise to encourage children's positive behaviors. |
| Preventive Teaching | 2 hours | Participants learn importance of teaching social skills and learn and demonstrate when and how to use the three steps of Preventive Teaching to teach children how to behave in future situations. |
| Corrective Teaching | 2 hours | Participants make a plan to remain calm in intense situations with children. They learn and demonstrate when and how to use the five steps of Corrective Teaching to stop children's misbehavior and teach them alternative pro-social behaviors. |
| Teaching Self -Control | 2 hours | Participants learn and demonstrate when and how to use the eight steps of Teaching Self-Control in intense situations with children. They learn to calm children down and teach them how to remain calm in future intense situations. |
| Putting It All Together | 2 hours | Participants learn the importance of traditions and routines. They learn how to conduct Family Meetings. They demonstrate how and when to use various Common Sense Parenting® skills, and develop a plan to use the skills with various child behavior problems. |

COURSE FORMAT:

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|-------------------------------|------------|---|
| Review | 15 minutes | Review information from previous section and discuss of home assignments. |
| Instruction | 20 minutes | Instruction, group activity, and class discussion. |
| Modeling | 20 minutes | Videotaped and live modeling of skill and class discussion. |
| Role-play and Feedback | 60 minutes | Individual role-play of skill with feedback. |
| Summary | 5 minutes | Summary of skill and assignment of reading and homework. |

BOOK:

Ray Burke, Ph.D., Ron Herron and Bridget Barnes M.S. (2015). COMMON SENSE PARENTING – Fourth Edition, Boys Town, NE: Boys Town Press.

HOME ASSIGNMENTS:

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|--------------------------------|--|
| Parents are Teachers | Chapters 1-5, pages 1-91. Consequences Menu Activity Describing Behaviors and Giving Consequences Home Activity |
| Effective Praise | Chapter 6, pages 93-110. Effective Praise Home Activity |
| Preventive Teaching | Chapters 7 and 12, pages 111-128, and 211-240. Preventive Teaching Home Activity Calming Down Home Activity |
| Corrective Teaching | Chapters 9 and 10, pages 145-184. Using Corrective Teaching Home Activity Safe Home Plan Home Activity |
| Teaching Self-Control | Chapter 11, pages 185-208. Teaching Self-Control Home Activity Making a Parenting Plan Activity |
| Putting It All Together | Chapters 14-16, pages 255-306. |