



# Parenting Through Change (PTC)

PTC is a hands-on group for parents and caregivers who have youth from preschool through adolescence with serious behavior problems. These problems might include overt antisocial behavior (defiance, aggression, hyperactivity, etc.), covert antisocial behavior (lying, stealing, fire setting, etc.), internalizing problems, substance use, and delinquency or school failure.

PTC sessions are videotaped to ensure the PTC model is upheld and families are receiving the best possible service.

Call (734) 243-7340 to get started.

## Information & Assistance

For further information or for questions or concerns, please contact:

Customer Services:  
(734) 243-7340 TTD: 7-1-1

Suicide and Crisis Life Line: 9-8-8

## What is expected of me?

- Answer questions as honestly and completely as you can

## What to expect from PTC?

PTC teaches the following supportive practices:

- Directions: Promotes children's cooperation and helps parents stay focused on the positive
- Tracking: Notes progress of what is working and what may need to be adjusted for success
- Emotional Regulation: Learn ways to maintain a well-regulated emotional state to cope with everyday stress and be available for learning and interactions
- Communication: The best parent-child relationships are characterized by lots of positive communication and interaction

## Who is eligible?

- Must be a parent/guardian/primary caretaker of a youth receiving MCMHA services

Talk With Us.

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AUTHORITY