



## WHEN TO REFER PARENTS TO ADDITIONAL SUPPORTS

PEP Webinar Series  
May 6, 2015  
Presenter: Mark Hald, PhD  
COS Reflective Consultant

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## WHAT ARE YOUR CONCERNS?

What are the stories you are hearing from your parents that leads you to wondering if they need more resources?

Type into the chat window please.

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## BEING A PARENT IS HARD WORK.



Image from pixgood.com

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## YET, NOTHING IS MORE SIGNIFICANT

All parents have an innate wisdom and a desire for their children to be secure.

Even parents severely challenged by major life stressors and unsupportive caregiving can be motivated to do what is needed to see beyond the veil of their own poor attachment history.

• Powell, Cooper, Hoffman, and Marvin (2014).

Listening to parents discuss in class or one on one we learn many things from our parents.

We all struggle:

- Where do I struggle?
- Where does the parent struggle? (top / bottom / hands?)

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## BEING WITH

Being present to the parents

- as they tell their stories
- Share their struggles and celebrations
- Creating an experience for them of being having a bit of their emotions held
- Creates a safe environment for them to grow.

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### CONCERNS FOR THE PARENT

Sometimes the parents state of mind is such that he/she is overwhelmed and unable to cope or function through another day.

Suicidal.

At risk for physical violence toward the children.

Psychotic.

Need to report child Abuse and Neglect: NE mandatory reporting

\* NE Abuse hotline: 800-652-1999

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### CONCERNS FOR THE CHILDREN

Cruelty to animals

Fire setting

Sexualized behavior

Aggressive behaviors (outside of normal occasional aggression in preschoolers)- threats, breaking things, throwing things, or hurting others

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### RED FLAG CONCERNS FOR THE CHILDREN

Self-injury- head banging, cutting, substance abuse

Extreme non-compliance

Lack of behavior change despite consistent consequences

Evidence of any psychosis- reports of hearing or seeing things that other people don't see or hear

Lack of remorse or lack of empathy for other people's feelings

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### WHY IS THE PARENT IN CLASS

- 1. they wanted to be there.
- 2. A therapist referred them to the class.
- 3. There because of a parenting plan.
- 4. There because of a court plan.
  - 1. Reasonable efforts
- 5. Other referrals from school, a domestic violence program, agency, wrap around programs, etc.

If some one else has referred them did you get a release for confidential exchange of information?

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### COS-P EDUCATORS

Non clinicians and Clinicians

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### NEBRASKA RESOURCES

Nebraska Autism Spectrum Disorders Network

<http://www.unl.edu/autismnetwork/resources.html>

Nebraska Federation of Families for Children's Mental Health

877-239-8880

<http://neffamilies4kids.org/>

\* a Family Run organization, State-wide collaboration around common issues and concerns affecting families and their organizations in each of the state's six administrative regions;

Answers 4 Families

<http://www.answers4families.org/>

\* When there is someone in your family with special needs, you may find yourself looking for answers. Answers 4 Families is Nebraska's support and information connection for families and professionals seeking assistance.

Nebraska Family Helpline 1-888-866-8660

[www.nebraskafamilyhelpline.ne.gov](http://www.nebraskafamilyhelpline.ne.gov)

Right Turn 1-888-667-2399

[www.RightTurnNE.org](http://www.RightTurnNE.org)

\* RIGHT TURN is a program which provides help to families who have adopted or are legal guardians of children who were former State Ward's.

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## NATIONAL RESOURCES

**HelpGuide:**

<http://www.helpguide.org/>

**HelpGuide's mission** is to provide research driven, unbiased tools and information to strengthen mental and emotional health for anyone in any situation or circumstance. We achieve our mission by providing free and proven online self-help information and resources that offer hope, inspiration, and a helping hand.

• Jeanna Segal PhD, Co-Founder

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## TAKING ACTION: 3 STEPS YOU CAN TAKE TODAY!

1. Develop a relationship with clinicians familiar with Circle of Security Parenting.
2. Invite a group of therapist who work with children to a meeting about what COS-P to help create a sense of understanding for the model.

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QUESTIONS? |

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**UPCOMING WEBINAR TOPICS**

June 3, 2015: The Role of Reflective Consultation  
12:30-1:30 CT

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**TAKE THE FOLLOW UP SURVEY (5 QUESTIONS)**

<https://www.surveymonkey.com/s/2FFR9KM>

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