

Generation PMTO (Parent Management Training – Oregon Model)

Program Overview

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Program name

Generation PMTO (Parent Management Training – Oregon Model)

Country of Origin

United States

Other Countries

Norway, Iceland, Denmark

Implementation level of the program

Organization

Type of Program

Evidence-based intervention

Description

Generation PMTO is a parent training intervention that can be used in multiple family contexts. Its main objective is to reduce the prevalence of antisocial and problematic behaviors in children between 3 and 16 years old, through teaching family management strategies to parents or caregivers.

Format:

Individual/Family:

Populations: Mild, moderate or severe Parents of children at home or in care

Delivery Modalities: Home-based Office or Clinic Tele-delivery;

Recommended Intensity: weekly sessions of 60 minutes (individual or family);

Recommended Duration: between 6 to 8 sessions, in case of minor problems or prevention; between 10 to 25 sessions (individual or family), depending on the level of severity; under the circumstances, between 3 to 6 months (or more).

Group:

Populations: At-risk families; Immigrant families; Mixed family structures; Families in homeless shelters; Families in supportive housing; Birth parents of children/youth in care;

Recommended Intensity: 1.5 to 2 hours of weekly sessions;

Recommended Duration: 10, 12, or 14 sessions that last 2.5 to 4 months.

Methods and materials:

The implementation of the program can use the following means/materials:



telephone
video conference
books
audiotapes
video recordings

Both formats include a homework component. Parents practice the learned content before trying it out at home. In addition, midweek calls are made to monitor interventions, solve problems and difficulties, and promote the success of strategies.

Age Range

0-3 years, 3-7 years

Age Range Information

- Early Childhood (3-4) - Preschool
- Late Childhood (5-11) - K/Elementary
- Early Adolescence (12-14) - Middle School
- Late Adolescence (15-18) - High School

SEL Skills Targeted

Responsible decision-making, Relationship skills, Social awareness, Self-awareness, Self-management

Sequenced Activities

The intervention involves the implementation of activities, organized sequentially in order to promote the development of the competencies recommended by the program. These are learned, trained and then put into practice in the family context.

Active Learning

This program involves participants using modelling, role play, practical exercises and problem-solving processes according to the specific needs of each family/ group.

Outcomes / Results

Generation PMTO is listed as an evidence-based intervention with top scientific ratings: Blueprints for Healthy Youth Development; California Evidence-Based Clearinghouse (CEBC); SAMHSA's National Registry of Evidence-based Programs and Practices (NREPP).

Results:

Child & Youth outcomes:

Decrease: depression; substance use; noncompliance; delinquent behaviours; internalizing behaviours; out-of-home Placement; arrest rates/severity of the crime

Increase: academic performance; social skills

Parent outcomes:

Decrease: poverty; depression; arrest rates; coercive parenting

Increase: positive parenting; marital satisfaction; marital adjustment.

Strengths and Weaknesses

The Implementation of the PMTO is designed for total transfer to the community, therefore the quality of the implementation of this program depends on the quality of the dynamics and practices of the dynamizers of each establishment, being up to them to be rigorous and judicious throughout the implementation of the program.

Additional Information

<https://www.blueprintsprograms.org/programs/198999999/generationpmtto/print/>

<https://www.cebc4cw.org/program/the-oregon-model-parent-management-training-pmtto/>

<https://www.cebc4cw.org/program/parenting-through-change/>

References

Forgatch, M., Patterson, G. (2010). Parent Management Training-Oregon Model: An intervention for antisocial behavior in children and adolescents. In Weisz, J. R., Kazdin, A. E. (Eds.), Evidence-Based Psychotherapies for Children and Adolescents (pp.159-178). Guilford Press.

Citation

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