

## SCIENCE-BASED PROGRAMS LIST – NREPP RATING ANALYSIS

### PARENTING THROUGH CHANGE

Parenting Through Change (PTC) is a theory-based intervention to prevent internalizing and externalizing conduct behaviors and associated problems and promote healthy child adjustment. Based on the Parent Management Training-Oregon Model (PMTO), the PTC provides recently separated single mothers with 14 weekly group sessions to learn effective parenting practices including skill encouragement, limit-setting, problem-solving, monitoring, and positive involvement. PTC also includes strategies to help parents decrease coercive exchanges with their children and use contingent positive reinforcements (e.g., praise, incentives) to promote prosocial behavior. Topics are presented in an integrated, step-by-step approach and are typically introduced in one or more sessions, then reviewed and revisited throughout the remainder of the program.

#### **Minimum Program Requirements**

- Universal, selective, and/or indicated prevention program
- Targets one or more alcohol, tobacco, drug, disruptive behavior, and/or violence outcomes
- Targets students in one or more grades K-12

**Does this program meet the minimum program requirements for inclusion on the Science-Based Programs List?**

- YES
- NO This indicated prevention program for single mothers does not target students K-12.