

Improving Behaviors

These EBPs are for caregivers who feel overwhelmed by their child's behavior or feel that their child is out of control.

Parents and caregivers are valuable resources during EBP therapies that focus on improving behaviors



Did you know, these treatments can also help the caregiver to resolve mental health issues of their own?



Treatment Outcomes

- Parents/caregivers are empowered to effectively parent their children.
- Children and parents learn strategies to improve social interactions, cope with emotions like frustration and anger, and practice communication skills.

These EBPs may help those experiencing:

- behavioral outbursts
- impulsivity
- aggression
- disruptive behaviors
- substance use/illegal behaviors in adolescents

Recovery from Trauma

These EBPs help children and youth overcome the negative effects of traumatic life events.




Children and youth that have been through trauma may experience:

- Emotional problems such as stress, fear, anxiety, and depression.
- Difficulty trusting other people, and may show their difficult emotions through negative and risky behaviors.

Treatment Outcomes

- Children and youth are able to:
 - make sense of what they have gone through
 - understand their thoughts and feelings resulting from trauma
 - relieve distress, and learn skills to cope with challenging emotions

Involve parents/caregivers in the child or youth's treatment to:

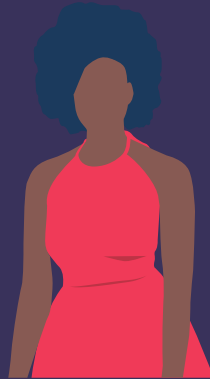
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- improve family communication
 - repair the child's sense of safety, comfort, and trust



Strengthening Family Relationships

Many EBPs focus on helping strengthen families and family relationships. This includes resolving conflict between youth, their parents or caregivers, and siblings.

These treatments build on the strengths and resources of youth and their families.



These EBPs may help parents and caregivers that:

- are struggling to supervise children and keep the home safe.
- or are struggling with their own mental health or substance use issues.

Treatment Outcomes

- Help families to understand each other better, reduce conflict, improve their ability to communicate and solve problems
- Support caregivers to keep a safe, healthy home for the family.

