

Indicator #16: Are you providing training and educational activities for families, educators, and other stakeholder groups based on their recommendations and feedback?



Background

- In order for ESMH programs to be successful, it is important that training programs be provided for families, teachers, and other stakeholders on increasing awareness of mental health concerns and risk factors, and strategies for fostering resilience.
- Many clinicians find that using multiple ways of reaching teachers and families to be the most effective, since there are many different adult learning styles, time constraints, and levels of need for each family or teacher being served



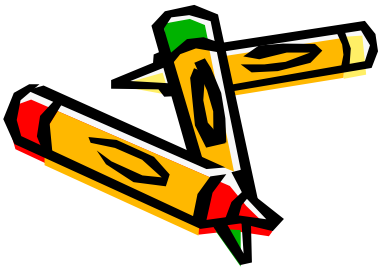
ENHANCING PARTICIPATION

- To make certain that the training programs meet the needs of the families and teachers is to have the stakeholder groups develop the schedule and topics of training programs, as well as participate in the agenda of each one



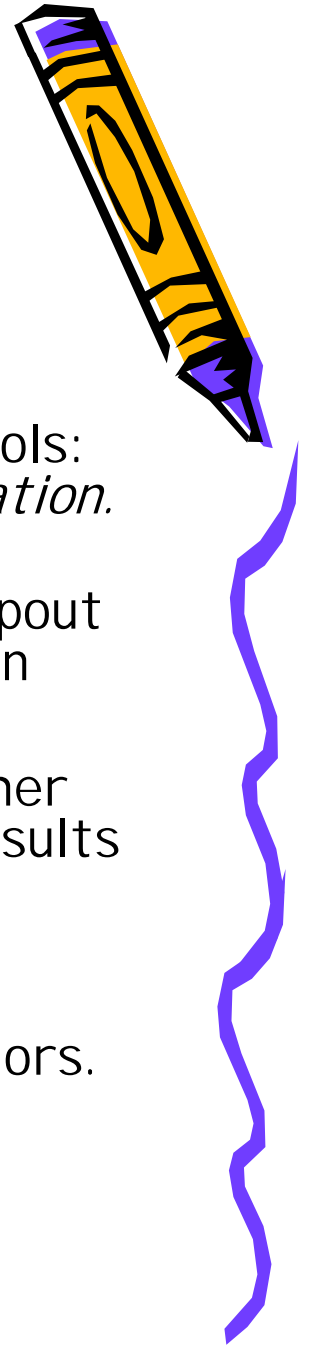
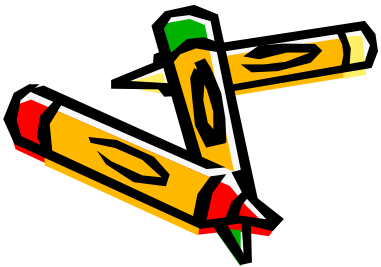
FAMILY, SCHOOL AND COMMUNITY PROTECTIVE FACTORS

- Many clinicians find that using multiple ways of reaching teachers and families to be the most effective, since there are many different adult learning styles, time constraints, and levels of need for each family or teacher being served.



Background References

- Delgado-Gaitan, C. (1991). Involving parents in the schools: A process of empowerment. *American Journal of Education*, 100(1), 20-46.
- Gross, D. (2001). What motivates participation and dropout among low-income urban families of color in a prevention intervention. *Family Relations*, 50(3), 246-255.
- Kealey, K., Peterson, A., Gaul, M., Dinh, K. (2000). Teacher training as a behavior change process: Principles and results from a longitudinal study. *Health Education & Behavior*, 27(1), 64-81.
- Kumpfer, K., Alvarado, R. (2003). Family-strengthening approaches for the prevention of youth problem behaviors. *American Psychologist*, 58(6-7), 457-465.



Menu of Suggested Activities

- Conduct a training needs assessment with families
- Conduct a training needs assessment with teachers
- Develop a training schedule based on your needs assessment
- Use multiple methods to engage teachers and families
- Pay attention to family and teacher engagement
- Use an evaluation sheet after your trainings



HELPFUL HINTS!

- Conduct a training needs assessment with families



- Include a list of potential topics for trainings
- Ask about convenient times
- Ask about barriers to participation

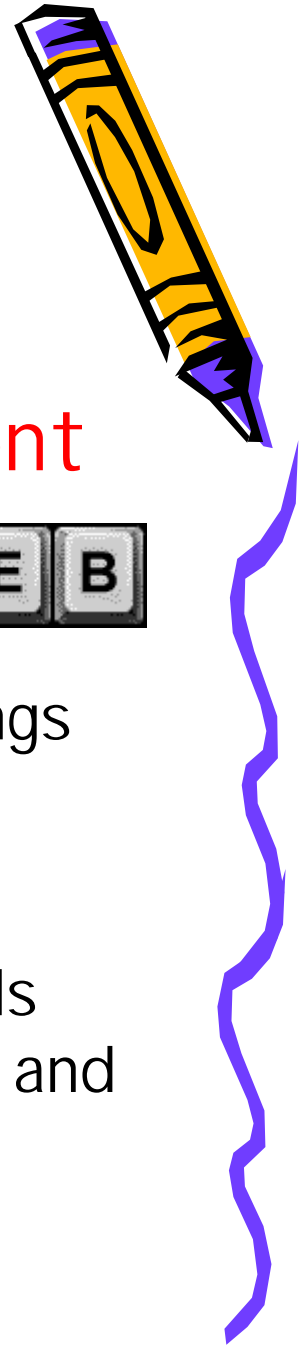


HELPFUL HINTS!

- Conduct a training needs assessment with teachers



- Include a list of potential topics for trainings
- Ask about convenient times
- Ask about barriers to participation
- Compile list of possible trainings from needs assessment, give the feedback to teachers and administration

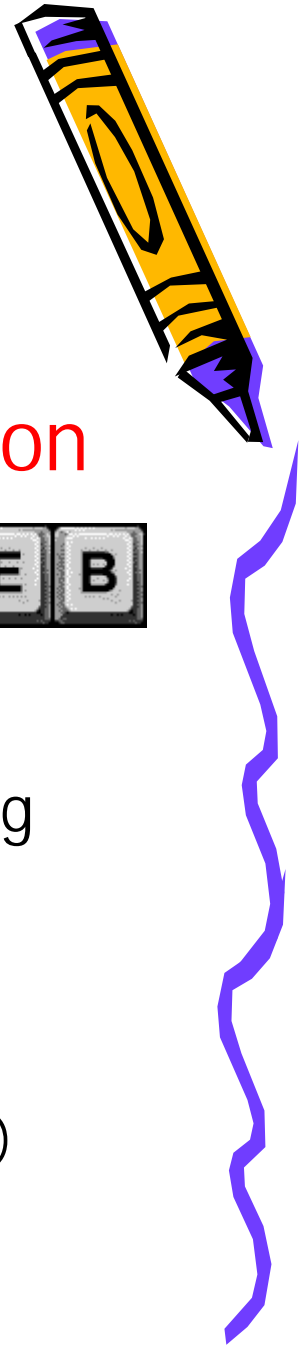


HELPFUL HINTS!

- Develop a training schedule based on your needs assessment



- Advertise heavily
- Get buy-in from administration and teaching staff. Get their help in advertising.
- You have to work hard to engage families
 - Reminder calls
 - Incentives (door prizes, resources, serve a meal)



HELPFUL HINTS!

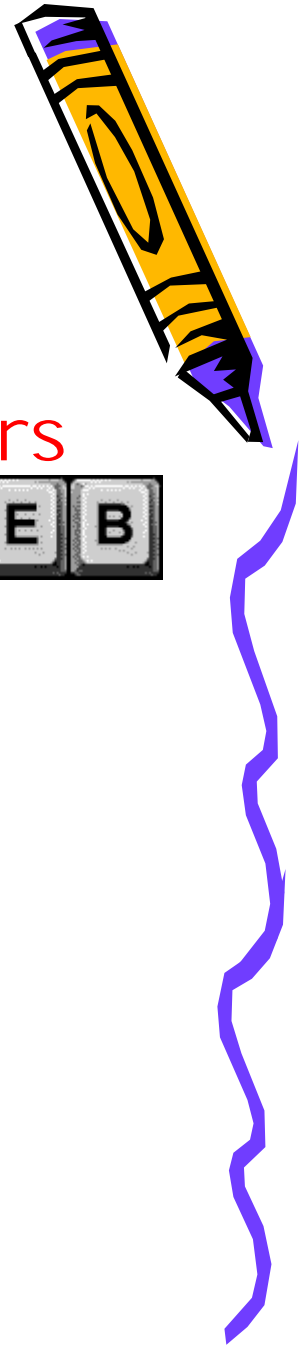
- Pay attention to family and teacher engagement
 - *Make sure your training programs fit in the current philosophy/belief system of the school or community.*
 - *Make sure your training materials are culturally-sensitive*
 - *Be sensitive to pressures on parents' and teachers' time*
 - Don't demand too much
 - Make trainings relevant and convenient



Helpful Hints!

- Use multiple methods to engage teachers and families

- morning coffee stand
- newsletter
- brochures
- teacher roundtable
- multi-media training session
- family learning night

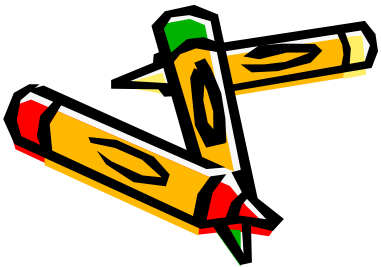


Helpful Hints!

- Use an evaluation sheet after your trainings



- It will help you show your trainees that you value their opinion
- You can use the feedback to design future trainings
- You can ask for suggested future topics at the same time



WEB RESOURCES

- Center for Mental Health in Schools
(<http://smhp.psych.ucla.edu>)
- Center for School Mental Health Assistance
(<http://csmha.umaryland.edu>)
- The Alliance National Center, technical assistance and training packages for parents. 1-888-248-0822, alliance@taalliance.org
- Handbook of Parent Training: Parents as Co-Therapists for Children's Behavior Problems, 2nd Edition (1997) by James M. Briesmeister (Editor), Charles E. Schaefer (Editor) ISBN: 0-471-16343-0, Jossey-Bass, Wiley
<http://www.josseybass.com/WileyCDA/>
- Promoting Resilience in Children: What Parents Can Do: Information for Families from the Center for Effective Collaboration and Practice
<http://cecp.air.org/familybriefs/docs/Resiliency1.pdf>

