



Evidence-Based Parenting Program

A free, 15-session prevention-focused parenting program for your clients with co-occurring mental health needs

SERVICE AREA: Mille Lacs • Kanabec • Pine • Isanti • Chisago counties • Grant-funded through Region 7E Adult Mental Health Initiative

EVIDENCE BASED

DBT

Emotion regulation and distress tolerance adapted for parenting contexts

RO-DBT

Addresses overcontrol presentations alongside undercontrol

Triple P / PCIT

Positive parenting strategies, behavior management, and parent-child interaction

Attachment + TIC

Trauma-informed care and co-regulation research embedded throughout

EXPECTED OUTCOMES

- ↑ Emotion regulation skills Cohen's d = 0.5–0.8
- ↓ Harsh discipline and corporal punishment
- ↓ Parenting stress Moderate reductions on PSI-SF
- ↑ Positive parenting practices and caregiver involvement
- ↓ Depression and anxiety symptoms PHQ-9 / GAD-7 tracked
- ↓ Child maltreatment risk factors APQ & DERS measured

APPROPRIATE REFERRALS

- Depression
- Anxiety / GAD
- PTSD
- BPD
- Bipolar Disorder
- Substance use recovery
- High parenting stress
- Childhood trauma history
- CPS-involved families
- Prevention / skill-building
- Children ages 0-17

- ◆ Intergenerational pattern work and explicit cycle-breaking framework
- ◆ Validated outcome measures for grant reporting (DERS, PHQ-9, GAD-7, PSI-SF, APQ)
- ◆ Online format via Microsoft Teams reduces transportation and access barriers



Program Details

START DATE

Week of April 13, 2026

FORMAT

Online via Microsoft Teams · Mondays

SESSIONS

15 sessions × 2 hours each

COST

No cost to participants

REFERRAL FORMS

Available at plumbhs.org

How to Refer

- 1 Identify eligible clients with children ages 0-17 in the 5-county area
- 2 Discuss program and obtain client consent
- 3 Complete referral form at plumbhs.org or contact us directly
- 4 We contact client within 3 business days; you get outcome notification

Unique Clinical Feature

- ◆ DBT + RO-DBT integration addresses both undercontrol and overcontrol
- ◆ Complementary to individual therapy; does not replace clinical treatment
- ◆ Mandated reporter protocols embedded throughout

Questions? Contact: contactus@plumbhs.org