

## More Outcomes

- Reduced child problem/conduct behavior 35 to 58%
- Reduced maternal depression by 30%
- Reduced parental use of physical punishment and yelling
- Reduced spousal violence and violence toward their children
- Improved general family functioning by 29%
- Improved family cohesion and parent-child bonding
- Improved family organization and family unity
- Improved effectiveness of discipline
- Improved parental involvement with children and their schoolwork
- Increased supervision of school and peer activities
- Improved school grades
- Increased knowledge and use of good parenting skills



# Parenting Wisely

**is made possible through the support of:**



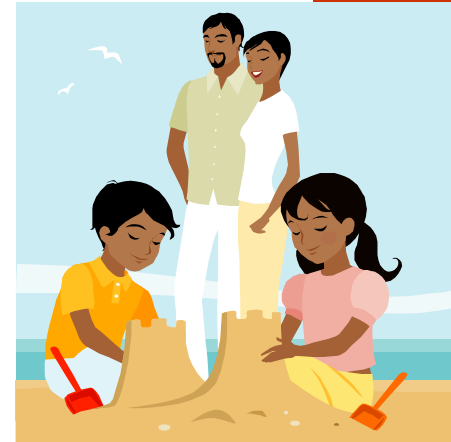
[DrugFreeJackson.com](http://DrugFreeJackson.com)



407 S. Mechanic St.  
Jackson, MI 49201  
Phone: 517-784-1361  
Fax: 517-784-8221  
E-mail: [benkeaster@comcast.net](mailto:benkeaster@comcast.net)

# Parenting Wisely

**Help & Hope for Families**



Providing  
Help.  
Creating  
Hope.

(517) 784-1361

## Helping Families

PARENTING WISELY IS SHOWN TO:

1. Reduce child problem/conduct behavior 35% to 58%
2. Reduce maternal depression by 30%
3. Reduce paternal use of physical punishment and yelling
4. Reduce spousal violence and violence toward their children
5. Improve general family functioning by 29%



### HOW DOES IT WORK?

After the initial assessment, a Family Specialist (sometimes called a 'Coach') guides the family through each interactive computer module in the family's home. Each module allows the viewers to watch a family deal with a difficult parenting situation and discuss how they would deal with the issue. Various choices are given on how to deal with each conflict and the family is able to watch the probable outcome of that choice. **Parenting Wisely is fun and it works!**



### HOW CAN MY FAMILY BE INVOLVED?

To get your family enrolled in Parenting Wisely, call Community Connections (the front door of the Lifeways Building) at (517) 789-1200 and ask for a "triage" for your child. Ask the clinician if Parenting Wisely is right for your family. You are likely eligible to receive Parenting Wisely **FREE!**

If you are already involved with a Lifeways Pro-

vider (such as a casemanager, psychiatrist, counselor, or wraparound facilitator), ask your clinician about referring you to Parenting Wisely.

If neither of these options is available to you, contact Catholic Charities directly. If there is enough community demand, we may be able to provide the material in a group or individual format at one of our offices for a modest price.



**Parenting Wisely** (American Teens) has been named an **"exemplary"** program by the Office of Juvenile Justice and Delinquency Prevention (**OJJDP**), a **"model"** program by The Center for Substance Abuse Prevention (**CSAP**) and the Substance Abuse and Mental Health Services Administration (**SAMHSA**), and a **"best practices"** program by the Center for the Application of Prevention Technologies (**WCAPT**).