



## Chicago Parent Program

### –Tier 1–

**Overview:** The Chicago Parent Program focuses on positive parenting, reducing behavior problems in young children, and emotional bonding and trust within the family dynamics.

Modality	Intended Audience	Staffing Requirements	Additional Materials Needed
Twelve 2-hour weekly parent group sessions	Parents/ Caregivers with children ages 2-8	At least two trained Chicago Parent Program group leaders per group	Equipment to play and project videos, toys for role play (as needed), printed parent handouts, and folders for each parent to store handouts.  <i>*The National Center for School Mental Health will provide training manuals to all trainees who will be facilitating parent groups and provide access to online material.</i>

### Target Outcomes

- Improve parenting skills to foster positive discipline, communication, and emotional support in families
- Reduce child behavioral problems such as aggression, defiance, and emotional dysregulation through effective parenting strategies
- Strengthen parent-child relationships by enhancing emotional bonding, building trust, and promoting healthy family dynamics

### Training Requirements and Important Considerations

**Type of Training:** Four-day virtual training during regular business hours (3.5 hours each day)

**Continuing Education Units:** Participants can receive up to 10 CEU credits

**Expectations for full participation and certificate of attendance:** To be considered trained, the expectation is that trainees complete the full training, demonstrate engagement (e.g., on-time, stay for the full session, camera on, participation in role-plays, practice activities). **If you miss key components of the training, you may not receive CEUs or a certificate of attendance and will need to reregister and complete the full training if spots are available.**

#### Important Considerations:

- While formal licensure is not required, Chicago Parent Program facilitators need to have relevant experience in a helping profession, such as social work, psychology, counseling, education, or early childhood development. This ensures that facilitators have the knowledge and skills to work with parents in a supportive and informed manner.
- If your organization decides to offer childcare services to boost parent attendance, qualified childcare staff should be available to accommodate the number and age ranges of children that parents are likely to bring for childcare during parent group meetings.

**Translated Content:** Materials & Videos are available in Spanish.

## Ongoing Engagement and Expectations

### POC/Supervisor Expectations:

- **Attend a Virtual Planning Meeting:** Meet with the National Center for School Mental Health and the Maryland Community Health Resource Commission to discuss metrics and deliverables including reach and target demographics, service offerings, and outcome expectations as well as the training and implementation plan for your organization.
- **Maintain regular communication** with coordinator(s) from the National Center for School Mental Health to ensure progress toward training and implementation goals including review of a monthly training email containing training and evaluation updates for your organization, and action items.
- **Provide administrative and supervisory support** to staff, including, but not limited to:
  - Share important dates (e.g. training dates, implementation support call dates), registration links, training evaluation completion reminders, and other important information with staff.
  - Ensure that providers in your organization attend the selected Evidence Based Practices (EBPs) for which they are registered. If staff register for training and do not show up, there is not a guarantee they can train at a future date, which may impact implementation plans outlined in your grant application.
  - Please provide ongoing communication with your organization's providers about training attendance and expectations. Consider providing funding for staff time to attend training and implementation calls as appropriate.
  - Ensure staff complete all training, evaluation, and implementation tasks.

### Providers/Trainees Expectations:

- **Commit to attending the training once registered**
- **Complete the post-training evaluation survey** for each selected EBP immediately following the training
- **Attend each round of implementation support** meetings offered over the year for each EBP you are implementing and complete implementation surveys prior to each meeting
- **Implement intervention** components as specified in the training and tailored to local community as needed

\*For more information or questions pertaining to priority EBP training logistics and expectations, please contact the National Center for School Mental Health at [BlueprintEBP@som.umaryland.edu](mailto:BlueprintEBP@som.umaryland.edu). For grant-related requirements or fiscal questions, please contact Megan Brown, the Consortium Director at [megan.brown@maryland.gov](mailto:megan.brown@maryland.gov). For evaluation or metrics and deliverables questions, please contact the National Center for School Mental Health at [BlueprintEval@som.umaryland.edu](mailto:BlueprintEval@som.umaryland.edu).