GenerationPMTO

GenerationPMTO is an evidence-based intervention that helps parents strengthen families at all levels (children, youth, parents, and couples). Based on more than 50 years of research, GenerationPMTO promotes parenting and social skills and prevents, reduces and reverses the development of moderate to severe conduct problems in children and youth.

PMTO Core Components
- Encouraging Positive Behavior
- Family Problem Solving
- Positive Involvement
- Limit Setting
- Monitoring

PMTO Supporting Skills
- Effective Communication
- Emotion Regulation
- Clear Directions
- School Success
- Mindfulness

PROGRAM OUTCOMES

GenerationPMTO alters family dynamics and opens doors to healthy social environments. The results are long lasting with far-reaching family effects. The core GenerationPMTO components are universal.

CHILD & YOUTH OUTCOMES

Decrease:
- Depression
- Substance Use
- Noncompliance
- Delinquent Behaviors
- Internalizing Behaviors
- Out-of-Home Placement
- Deviant Peer Association
- Arrest Rates/Severity of Crime

Increase:
- Academic Performance
- Social Skills

PARENT OUTCOMES

Decrease:
- Poverty
- Depression
- Arrest Rates
- Coercive Parenting

Increase:
- Positive Parenting
- Standard of Living
- Marital Satisfaction
- Marital Adjustment

GenerationPMTO is listed as an evidence-based intervention with top scientific ratings:

- Blueprints for Healthy Youth Development
- California Evidence-Based Clearinghouse (CEBC)
- SAMHSA’s National Registry of Evidence-based Programs and Practices (NREPP).

GenerationPMTO
Steps to successful parenting

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GenerationPMTO Group

GenerationPMTO programs help families around the world in wide-scale applications in the United States and several other countries.

Tailored for diverse populations, GenerationPMTO has flexibility: Preventive or clinical intervention, delivery format, age 2-17, family circumstances, intervention length, service provider, and billing options.

Session content includes core components and supporting skills in both individual and group formats. Below is an example of program topics covered in the Parenting Through Change (PTC) group format:

**PTC Program Topics**

- Introduction: Focus on Strengths & Goals
- Encouraging Cooperation with Clear Directions
- Encouraging Positive Behavior
- Recognizing Emotions
- Regulating Emotions
- Setting Limits & Discipline
- Balancing Encouragement & Discipline
- Communicating with Children
- Problem Solving & Family Meetings
- Negotiating Compromise
- Monitoring Children’s Activities
- Promoting School Success
- Building Skills
- Balancing Love, Work & Play