

solutions

PARENT INVOLVEMENT PREDICTS TREATMENT SUCCESS

Effective School Solutions welcomes you to our 2015-2016 Clinical Program. We hope that the summer break gave you and your child a well-deserved respite from the stress of hectic schedules, homework, and car-pools. We are looking forward to working with you and your child to help with the transition back to school, which may be especially challenging for those who are dealing with a child's behavioral and mental health issues too.

We want to share some good news with you. There is a growing body of evidence that **family involvement is a key component of effective mental health services**. According to research aggregated by the National Alliance on Mental Illness, the quality of the parent-child relationship, as well as parent involvement in treatment are two of the factors in determining successful treatment outcomes. Also, in a research review found in the *Journal of the American Academy of Child and Adolescent Psychiatry*, there is evidence that therapy involving parents is an effective, essential part of treatment for children with depression, anxiety, substance abuse and/or conduct disorders. Lastly, the findings of recent clinical trial data indicates that family involvement can significantly reduce the frequency and severity of mental health relapse.

Our programs provide information on how you can best help your child overcome his/her struggles. Within this context, the ESS Parenting Program and the family

sessions are aimed at inclusion of parents to improve students' chances to achieve their emotional and academic goals. We encourage parents to talk with ESS staff about their role in their children's treatment via phone calls and during family sessions. Your input is essential in developing the most personalized treatment goals and strategies possible. The information that you provide is extremely valuable; no one knows your child better than you do. When students, parents, educators and clinicians work as a team, the opportunities for success are limitless.

In addition to providing information to your child's clinician, as a "member" of your ESS treatment team, you are also learning:

- How to ask the "right" questions to help your child get individualized educational and mental health services. You can develop your role as an advocate.
- How to talk more effectively with your child to increase your understanding of how your child feels and improve the overall communication quality in your family.
- How to *show* your child that he/she is loved. You learn to demonstrate your love by spending quality time together. Involvement in your children's treatment shows them that you are interested in their struggles and dreams.

Please join us for the monthly sessions of the 2015-2016 Effective School Solutions Parent Support Group. Please contact your child's clinician for the schedule of this meeting at the school.

PARENTS MATTER: Remember...You are the most important influence in your child's life.