

# solutions

## PARENT INVOLVEMENT PREDICTS TREATMENT SUCCESS

Effective School Solutions 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.

Effective School Solutions has designed services to provide you with a variety of opportunities to provide information regarding your child's struggles and solutions to successfully overcoming them. Both 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 and quantity 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.

### Resources:

Lowie, J. A., Lever, N. A., Ambrose, M. G., Tager, S. B., & Hill, S. (2003). *Partnering with families in expanded school mental health programs*. In M. D. Weist, S. W. Evans, N. A. Lever (Eds.) *Handbook of School Mental Health: Advancing Practice and Research*, pp. 135-147. Kluwer Academic/Plenum Publishers: New York, NY.

Center for the Advancement of Mental Health Practices in Schools College of Education, University of Missouri Excellent website with strategies for involving families in schools. *Tips for Involving Parents*: <http://mhpr.missouri.edu/involvingparents/index.shtml>

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