Family-based Interventions with Children and Adolescents with Externalizing Behavior Problems

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Externalizing Concerns

- Poorly managed ADHD
- Reactive aggressive behavior
- Oppositional defiant behavior
- Other conduct problems, incl. theft, vandalism, & bullying
Exacerbating Factors for Externalizing Problem Behavior

• High risk pregnancy
  • Young mother, poor nutrition, substance abuse, low birth weight
• Difficult temperament
• Coercive parenting style (Patterson et al.)
  • Limited discipline responses
  • Ignoring of prosocial behavior
  • Poor child monitoring
  • High coercive interactions
Parent makes a compliance demand

“Stop hitting your sister!”

“No! She started it!!”

“All right! All Right! Take it easy! Just keep the noise down, okay?”

Mother’s escape behavior is reinforced & child’s antisocial behavior is reinforced

Repeat....
Exacerbating Factors for Externalizing Problem Behavior

• High risk social environment, including violent street codes
• Co-morbid ADHD and/or ODD
• Poor readiness and peer rejection in school
• Academic difficulties, retention, and/or special education
• Exposure to high risk or deviant peers
• Lack of prosocial models and supervised community activities
• Alcohol, drugs, and weapons
Parent Psychopathology

Parenting and other relationships with child/youth

Pre-Natal

Infancy

Early Childhood

Middle Childhood

Adolescence

Socioeconomic disadvantage

Mother Smoking/Substance abuse Nutritional/health care

Parent Smoking/Substance abuse

Nutritional/health care

Infancy

Home Caregiver's近百 or inconsistent discipline Poor monitoring, poor reinforcement, child rejection

Child Temperament Health status

Early Childhood

School Fights, bullies, no homework, academic failure, no connection, substance use, early sex, delinquency, social cognitive deficits

Teachers Give up; multiple suspensions

Home Combative with parent, no discipline, less time at home, antisocial peers, low supervision

Conduct Problem Developmental Model

Adapted Reid & Eddy, 2002
CDC 2009 Meta-analysis of 77 Parenting Program Evaluations

Elements found to decrease problem behavior

• **Teaching** parents the correct use of time out
• **Teaching** parents to respond consistently to their child – if it’s a rule, it gets enforced
• Requiring that parents **practice** with their child during program sessions
• **Teaching** parents to interact positively with their child
What is Parent Management Training (PMT)?

- PMT is an intervention in which parents are taught social learning techniques to change the behavior of their children and adolescents (Kazdin, 2005)
- Very solid research base
Critical Elements in PMT

• Focuses on antecedents, behavior, and consequences
• Emphasis is on positive reinforcement
• Requires active training of parents
• Progress is systematically monitored
Three Programs of Note

• The Incredible Years
  • Children ages birth-12

• Kazdin Method
  • Children age 6 to adolescence

• Triple-P Program
  • Community-centered; children under 8 years-old
The Incredible Years Parent, Teacher, and Child Programs

Originator and principal researcher
Carolyn-Webster Stratton
Incredible Years Theoretical Foundation

• Addresses Patterson’s coercive family process with special attention paid to exacerbating school problems

• Heavy use of social learning theory through modeling and behavioral rehearsal

• Use of cognitive strategies for parent anger and depression management
Incredible Years Training for Parents

• The BASIC program: Parenting skills known to promote children's social competence and reduce behavior problems
  • how to play with children
  • helping children learn
  • effective praise and use of incentives
  • effective limit-setting and strategies to handle misbehavior
Incredible Years Training for Parents

• The ADVANCE program: Parent interpersonal skills such as:
  • effective communication skills
  • anger management
  • problem-solving between adults
  • ways to give and get support
Incredible Years Training for Parents

• The SUPPORTING YOUR CHILD'S EDUCATION program (known as SCHOOL) Parenting approaches designed to promote children's academic skills such as:
  • reading skills
  • parental involvement in setting up predictable homework routines
  • building collaborative relationships with teachers
Summary

• Incredible Years a “Blueprints Model Program” meaning it has multiple controlled studies that support efficacy (see Center for the Study and Prevention of Violence in References)

• Training materials, including dubbed videos, are available in Spanish. Cost for materials and videos is in the $1600 range

• Certification as a Trainer is available and recommended but not required
Parent Management Training
Alan Kazdin
Parent Management Training

• Very *operant behavior* approach

• Interventions are aimed at the:
  
  • **Antecedents:** Identify events that increase the likelihood of problem behavior
  
  • **Behaviors:** Identify the positive opposites that can be substituted for problem behavior
  
  • **Consequences:** Increase positive reinforcement and decrease punishment
Parent Management Training

Parents are taught to:

• Shift focus to desired new behavior
• Practice that new behavior
• Positively reinforce the new behavior
• Monitor the frequency
• Limit punishment focus and learn more effective procedures such as time-out
Kazdin’s Books

• **The Kazdin Method** is aimed at literate parents, but is a very useful text for therapists and contains training videos

• **Parent Management Training** is a more traditional treatment manual with greater depth and session-by-session content
Final Parent Programs of Note

• The Triple-P Program

• Blueprint “Promising Program”

• Five levels, from community-wide to individual treatment that encompasses both large scale media work and more focused treatment

• Requires certification training
The Triple-P Program System
Levels of Intervention

- **Universal Triple P (Level 1) Community**
  - Media and informational strategies to de-stigmatize and facilitate help-seeking

- **Selected Triple P (Level 2)**
  - Brief, flexible parent consultations and large group teaching

- **Primary Care Triple P (Level 3)**
  - Four individual meetings, tip sheets, and generalization strategies

- **Standard and Group Triple P (Level 4)**
  - Variety of child management skills training with multiple behaviors in multiple settings setting

- **Enhanced Triple P (Level 5)**
  - Inclusion of parent mood management, coping, and communication skills
Parenting Wisely and ACT

- **Parenting Wisely** – OJJDP Exemplary Program
- Uses a DVD-driven/on-line approach in which parents respond to problem scenarios
- Ages 3-Adolescent; culturally diverse
- **Adults and Children Together Raising Safe Kids – ACT** (Coming shortly)
Last Thoughts

• Information alone does not reliably change parenting behavior; *Training and practice* may...

• Training content must not clash with the culture where it will be practiced
  • See Langford et al. (2004)

• Never underestimate the importance of the therapist-client relationship!