

# Parent Coach

## Service Population

Appropriate for both single and two parent families as well as those parents working with the local DSS or court to have their children returned to their care.

## Focus Points

The program covers a variety of aspects necessary for parents to be responsible and supportive to their children's needs, including:

- Organizational Management
- Financial Planning & Budgeting
- Employment Assistance
- Redirecting Misbehavior
- Parenting for School Success
- Cooperation & Communication
- Building Courage & Self-Esteem
- Family Enrichment Activities
- Self-Awareness & Empathy

Sessions are a combination of both in person and telephone/video support to help teach parenting skills and connect to resources to help be effective parents.

For additional information about this program or to make a referral, please contact our team and we would be happy to assist you.



## Program Description

Our Parent Coach Program is a family support program that works with the parent/guardian to influence and effect positive change to problematic areas within the home environment. In addition to supporting the caregiver, it also assists the youth in addressing a number of identified needs. The overall goal of the program is to effect positive change for the inner-workings of the family environment and overcome barriers hindering positive family relations.

Emphasis is placed on working with the parent/guardian in a number of areas, such as housing, budgeting, employment, organization management, goal setting, and other individualized needs. The program also incorporates evidence-based parenting skills to help parents deal with challenges facing today's youth.

Sessions incorporate a variety of settings ranging from educational, direct assistance, and observation and feedback. Both youth and their guardians will be part of the initial intake process which examines the family as a whole and identifies areas of concern, along with goals/objectives, that lay the framework for the individualized care plan.

Youth Connect's Parenting Coach program is unique in that it provides a comprehensive and systematic approach to dealing with the underlying deficiencies present in the home environment. We believe that by working with the families to build individualized care plans and incorporating evidence-based strategies, results in a higher likelihood of long-term success.

### **Youth Connect of Virginia**

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