



Stronger Families...Brighter Futures

Don Allen ParentCare Recovery Center's Incredible Families Program

Vista Hill ParentCare's Incredible Families Program (IFP) was designed to consolidate needed services, and improve outcomes for children and their families involved in East County Child Welfare Services (CWS). Utilizing proven methods from the evidence-based Incredible Years model, the goal of the program is safe and successful family reunification (for families of children in foster care), improved family functioning, and improved mental health functioning for referred children.

The target population includes children ages 2-11, who are dependents of Juvenile Dependency Court due to abuse and/or neglect, and their families. Most of the participating children reside in foster homes, with a smaller portion residing with relatives and/or parents under CWS supervision. In order for these families to safely reunify, parenting skills education, consistent and meaningful family visitation and mental health treatment are typically among the most critical (and often court-ordered) service needs. In collaboration with CWS and Children's Mental Health, Vista Hill's Incredible Families Program seeks to combine these elements under one organizational umbrella, with one primary clinician assigned to each family, thus providing maximum efficiency and effectiveness for the families as well as the supervising CWS worker.

Specific service components include a weekly multi-family Parent-Child Visitation event and meal for all family members. Immediately following the family visitation, a 15-week Parenting Group, utilizing the Incredible Years evidenced-based curriculum, is provided to parents. Their children, ages 2 to 11 are also provided with Brief Mental Health Outpatient Services, focused on alleviating trauma and strengthening parent-child relationships. Additional interventions will include Clinical Support and facilitation of Visitation events and Individual Therapeutic Contacts with parents to address specific problems and further support their attainment of effective parenting skills.

A primary therapist is assigned to each family, who is responsible for implementing all program components for their assigned caseload: Parent Group, clinical support during Family Visitation events and individual/family therapy. All family members (parents and children) are also assessed and referred for additionally-needed services, including further mental health treatment, substance abuse services, and if needed, ancillary services.

For questions please call **619.668.4263** or visit: www.vistahill.org

FUNDING PROVIDED BY COUNTY OF SAN DIEGO
CHILDREN'S MENTAL HEALTH

4990 Williams Avenue • La Mesa, CA 91942 • 619.668.4200