



central pa

FAMILY support

services

Parent Support Program

This strength based program connects families to resources to improve parenting skills, develop connections to the community, and create a safe, nurturing home environment. Our Family Support Specialists (FSS) work one-on-one with parents in their home or other community-based settings; Family Support Specialists work with the family and all systems to meet immediate pressing needs, and work towards families' short and long term goals and how to achieve them. Family Support Specialists are available day, evening, and weekend hours to accommodate individual schedules, and typically meet with parents 1 to 2 times each week for three to nine months. Our In-Home Parent Support Program includes Adult Skills Education, Parenting Education and Support.

Parent Support Program help parents work on:

- Assisting the family to overcome barriers to provide their family with basic needs (housing/homelessness, food, clothing, health care)
- Parenting (behavior management, child development and parent-child communication)
- Household management (time and money management and home safety)
- Life Skills (interpersonal communication, social support, healthy relationships, anger management and stress management)
- Understanding the effects of domestic violence, substance abuse and mental health on parenting and children
- Medication Management (State Certified Pharmacist can review a family member's prescribed medication with their Primary Care Physician to optimize the benefits of the medication for the individual)

Success is measured by parents' ability to:

- Work toward parenting and case plan goals
- Improve parent-child relationships
- Make effective choices for self and family
- Meet their family's physical, emotional, financial and intellectual needs independently or by utilizing available resources

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The major goal of the Parent Support Program is to empower parents with the skills and resources needed to independently address the difficulties that arise in raising children. The Parent Support Program is provided using a home-based model of services delivery. This helps the family to overcome barriers to service access, increases family participation, and enhances the maintenance of the families' progression.

PROGRAM BASICS:

- Length of program varies depending on the needs and progression of the family.
- Family Support Specialist meets with the Family 1-2 times a week.
- Family Support Specialists meets with all systems involved with the Family each week throughout the program.

COMPONENTS OF THE PROGRAM:

Adult Skills Education:

Education and guidance for adults is provided on life and employment skills that will improve their living situation. Skills that are focused on include; effective communication, time and stress management, and financial planning/management. Encouragement and the coordination of resources to learn technical skills such as computer skills, G.E.D completion and preparation work or higher education are also provided.

Parenting Education and Support:

Parenting Education is an important part of the Family Support Program. The guiding philosophy is that Parents are their child's first and most important teachers. Weekly family meetings conducted by our Family Support Specialist will educate parents on effective parenting skills and seek any resources the family needs to improve their stability. Supported Services include Psychological Evaluations and Psychiatric Evaluations, as well as counseling for the family, parent and/or child.

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