

Further documentation in support of maintaining group therapy reimbursement rates, submitted by Jennifer Auletta, MA, LCMHC, R-DMT, Clinical Services Director at The Family Center of Washington County

The Family Center of Washington County is working towards RBA systems to further enhance our data gathering and analysis, to assess outcomes from therapy groups. Below is a summary of a recent parenting therapy group and qualitative outcome statements by participants -demographic breakdown as follows for the 9 participants:

- 4 involved with DCF
- 6 single mothers
- 2 accessing treatment through BAART
- 2 with diagnosed learning disabilities
- 6 with diagnosed mental health conditions (PTDS, depression, anxiety)

Parenting: Love and Limits, a collaborative therapy group between the Family Center and Washington County Mental Health, ended just before Thanksgiving after a successful six weeks! Nine parents from the community joined together through the fall to learn specific skills from the “Parenting the Strong-Willed Child” curriculum, as well as to gain insight and support through a group therapy structure.

Therapists Jennifer Auletta and Roberta Garland utilized a variety of modalities to create a safe space for parents to process their relationships with their children, reflect on their parenting style, learn new skills, give and receive support and have fun together, as we traverse this varied and challenging landscape of parenthood. Use of Adverse Childhood Experiences research and Strengthening Families Protective Factors also accessed.

Some reflections from participants:

- Appreciation of the weaving of brain development into the sessions
- “I feel more patient and my kid talks more.”
- A sense of an “improved” relationship with their children
- “We have grown closer”
- Through the lessons and support people had more confidence and skills in dealing with challenging behaviors in their children
- “Having people I can relate to, vent to and learn from.”
- “I look forward to this group and the support I get here, each week.”
- “I am more aware of things and it has made me realize parenting can be rewarding.”

Stay tuned for further collaborative offerings!