

Program: Parent Child Interaction Therapy (PCIT)

PCIT is an exceptionally effective, short-term therapy that improves family relationships and increases positive and supportive communication.

Parent Child Interaction Therapy contributes to the AHS Population Outcomes:

1. Vermont Families are safe and healthy
2. Vermont's children are ready for school

And directly address our community's significant need for:

An evidence based model with demonstrated positive results for improving parenting skills and behavioral functioning of 2 to 6 year old children. PCIT is a coaching program that works with parent and child to create conditions for a safe and nurturing environment for families to play, learn, and grow together.

PCIT at Howard Center in 2016

- Produced statistically significant changes in Child Behavior as evidenced by pre and post scores on the Child Behavior Checklist
- 540 Clinical PCIT Services were provided
- 60 Clients received PCIT Services
- Strengthened family report of engagement in services

^{1,2} Results for parental satisfaction survey

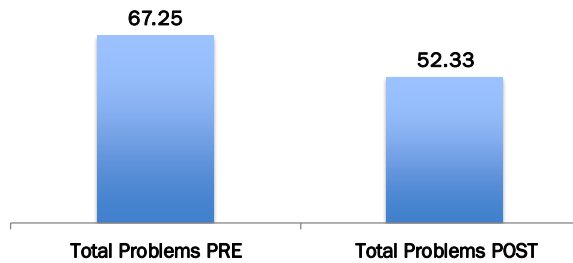


RESULTS: Children who received PCIT improved behaviorally

91.6%

Of children demonstrated reduced total problem symptoms on the Child Behavior Checklist after receiving PCIT services

Pre and Post Total Behavior Problem Scores on the Child Behavior Checklist (CBCL)



The "story behind the curve":

Children involved with PCIT were rated by their parents as having "total" behavioral and emotional problems at a rate greater than **96%** of their same aged peers. After PCIT, these same children were rated as having total problems greater than **59%** of their peers, which translates essentially to "typical" or "average" functioning (calculated using CBCL percentile rank)

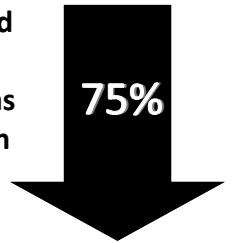
Additional Subscale Data:

Rating Scale	(Pre-CBCL Measure)	(Post-CBCL Measure)
Sleep Problems	62.6	52.8
Aggressive Problems	73.5	54.2
Oppositional Problems	72	54

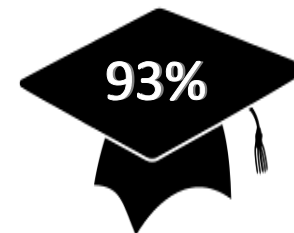
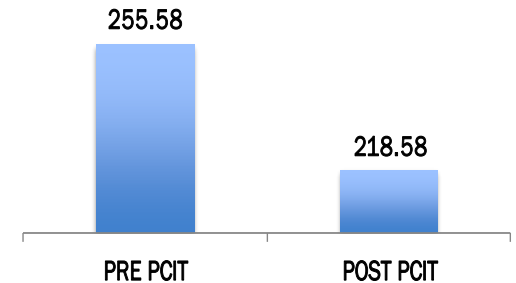


RESULTS: Parents who received PCIT decreased clinical stress

Of guardians reported reduced parenting stress after services as reflected by scores on the Parenting Stress Index (PSI)



Pre and Post Total Parenting Stress Scores on the Parenting Stress Index (PSI)



Of guardians reported improved parenting competence after PCIT as reflected in the PSI Competency Subscale