



Thriving Minds

Behavioral Health Center

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Brighton, MI 48116-9559
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Family Services Center

350 N. Main Street, Suite 220
Chelsea, MI 48118-1370
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“Ask a Therapist” Brown Bag Lunch Series

Thriving Minds Behavioral Health in Brighton and Chelsea will now offer a **lunch-and-learn for parents**. Bring your lunch as one of our staff therapists presents on a topic and answers your questions! Please note: the office location rotates and has been listed below.

All sessions are FREE of cost and are from 12:00-1:00 P.M.

<u>Date & Location</u>	<u>Topic & Presenter</u>
4/18/19 in Brighton	Your Strong-Willed Child: Tips for Managing Difficult Behavior, by Bryce Hella, Ph.D.
5/16/19 in Chelsea	When to Worry about Your Child’s Worries, by Aimee Kotrba, Ph.D.
6/20/19 in Brighton	Childhood ADHD: 5 Strategies to Make Your Life Easier, by Heather Schmitt, Ph.D.
7/18/19 in Chelsea	Recognizing and Supporting Your Teen with Depression, by Elizabeth Spotts, LMSW
8/15/19 in Brighton	How to Get Your Child their Best Sleep, by Andrea Roth, Psy.D.
9/19/19 in Chelsea	What to Do When Your Child Dreads School, by Becky Thomson, Ph.D.

Due to limited space, please RSVP to reception@thrivingminds.info at least one week prior to the scheduled talk.



Parent Problem-Solving Program

Overview

If your child or teen is experiencing a behavioral or emotional concern, it can be difficult to know how to respond. You may find that some strategies work well, while at other times, you may feel that nothing you do or say seems to work. The goal of the *Parent Problem-Solving Program* is to equip parents with a clear plan of action, including strategies that have been proven effective, to help their child or teen manage current challenges.

How Does It Work?

The *Parent Problem-Solving Program* involves four structured one-hour sessions:

1 The first session involves: <ul style="list-style-type: none">•A brief interview to prioritize concerns•Discussion of important background information about the primary concern	2 The second session involves: <ul style="list-style-type: none">•A review of baseline data to better understand the primary concern•Development of a comprehensive plan
3 The third session involves: <ul style="list-style-type: none">•Troubleshooting any challenges•Discussion of modifications/changes to the plan, as necessary	4 The fourth session involves: <ul style="list-style-type: none">•Troubleshooting any challenges•Discussion of ongoing services needed

What Can Parents Expect?

The *Parent Problem-Solving Program* is...

- **Data-driven.** Prior to the first session, parents are asked to complete a short questionnaire (in addition to normal clinic intake paperwork) to help clarify and prioritize concerns. Throughout the program, parents record data about the primary concern to track progress.
- **Focused on 1-2 primary concerns.** Different from other therapy sessions, this program focuses only on the most prioritized problem area. Once the primary concern is addressed, a plan can be developed to work on other challenges.
- **A link to further resources/services.** If needed, ongoing services can be coordinated following completion of the program. Your child or teen will remain on our clinic waitlist throughout the duration of the program, and you will be notified as soon as an appointment slot becomes available. *Please note it is likely that your child or teen will be matched with a different therapist for individual therapy due to the unpredictability of appointment openings.*

Please contact Becky Thomson, PhD, NCSP for more information about the *Parent Problem-Solving Program*: bthomson@thrivingminds.info.

Note: This is not a SLCS sponsored activity.