

## **REGISTRATION IS NOW OPEN**

We are excited to be offering another round of the Think:Kids **Collaborative Problem Solving Parent Classes** this coming fall at Willamette Health & Wellness. Classes are open to all parents and caregivers interested in learning more about this model. Classes start on September 7, 2019 and run for 8 weeks. Please see the attached flyer for more detailed information about these classes.

## **COMING SOON!!**

In addition to offering the CPS Parent Classes to the community WHW will now have a Certified Think Kids CPS Trainer available for individualized CPS therapeutic support!. Beth Holliman, LPC has extensive experience working with children and families in a variety of settings including; residential treatment, subacute and foster care. Beth uses Collaborative Problem Solving as her primary intervention strategy when working with children and families.

Once a parent/caregiver has attended any CPS certified Parent Class and are interested in advancing their understanding and application of the model more effectively with their children, they can work with Beth. Families will be required to attend an Initial Assessment to determine the needs of the family and establish recommendations for on-going treatment planning.

Our goal is to work with both children and parents to help them develop a system for problem solving in their own homes. Sessions will be a mixture of individual and family work that is aimed at teaching the child and parents how to address conflicts proactively in the home using a predictable style of communication (PLAN B). This intervention is time limited (6-12 sessions) and uses a combination of role playing, direct teaching, modeling and coaching the model during sessions. Children and families will be using current challenges to build the skills required to be more flexible/ adaptable, increase frustration tolerance and become better at problem solving so that they can eventually replicate this process in their own homes.

Many times children and their families already have an established mental health provider that they are working with. This CPS work is an adjunct to the support of an individual or family therapist and Beth will coordinate with your primary therapist when/as needed. We can bill most insurances for sessions (currently Beth will be billing as out-of-network, but plans to be in-network with BCBS, AETNA, MODA, First Choice and HSO by late Fall 2019). We recommend families contact their insurance about coverage of benefits prior to engaging in treatment as WHW cannot guarantee coverage by your insurance plan.

Because this is a pilot program and space is limited we will work individual with families to establish care at WHW for this program. If you are interested please start by contacting Beth at [hollimanb@whwpdx.com](mailto:hollimanb@whwpdx.com).

NOTE: If you have Healthshare (HSO) insurance we cannot bill HSO for these services if you already have a primary therapist who has a special authorization from HSO. You will need to work with WHW and HSO prior to engaging in treatment with Beth to ensure coverage or a payment plan agreement.