

SESSION STRUCTURE

PART A: YOUR HOUSEHOLD RULES

Check In

Goals

- Build the relationship
- Prepare for the session by checking for crises ("clearing the fog")
- Assess recent youth behavior

Activities

- Ask how the caregiver is doing
- Ask what has transpired since last contact
- Ask about progress of youth

Review – Not Applicable

Intervention

Goal

- Understand how to create household rules in a manner that increases likelihood of success

Activities

- Learn criteria for effective household rules
- Identify possible topics for household rules
- Make a plan to change household rules

Assignment

Goals

- Apply the plan to change household rules with the youth

Activity

- Apply the five-step process of changing household rules with youth and assess what went well or not well

DURATION

25 MINUTES

Check-in: 4 Minutes

Review: 0 Minutes

Intervention: 15 Minutes

Assignment: 1 Minute

SESSION STRUCTURE

PART B: REWARDING GOOD BEHAVIOR

Check In

Goals

- Build the relationship
- Prepare for the session by checking for crises ("clearing the fog")
- Assess recent youth behavior

Activities

- Ask how the caregiver is doing
- Ask what has transpired since last contact
- Ask about progress of youth

Review

Goals

- Ensure assignment was completed
- Check for learning retention

Activities

- Review lessons from Part A of the workbook
- Review the most recent assignment where caregiver applied the five-step process to changing household rules

Intervention

Goals

- Learn and apply effective rewards

Activities

- Assess how caregiver gives rewards
- Apply the three-step process for establishing rewards with child

Assignment

Goals

- Apply a reward system with child

Activity

- Give assignment to establish rewards using the three-step process and keep track of how well it worked

DURATION

25 MINUTES

Check-in: 4 Minutes

Review: 5 Minutes

Intervention: 15 Minutes

Assignment: 1 Minute

SESSION STRUCTURE

PART C: HOLDING FIRM TO RULES

Check In

Goals

- Build the relationship
- Prepare for the session by checking for crises (“clearing the fog”)
- Assess recent youth behavior

Activities

- Ask how the caregiver is doing
- Ask what has transpired since last contact
- Ask about progress of youth

Review

Goals

- Ensure assignment was completed
- Check for learning retention

Activities

- Review lessons from Part B of the workbook
- Review assignment of establishing rewards using the three-step process

Intervention

Goals

- Learn how to apply rules and consequences

Activities

- Learn the four guidelines to enforcing rules
- Learn and practice the five-step process of applying consequences

Assignment

Goals

- Apply consequences effectively

Activity

- Give assignment to apply the five-step process of applying consequences and keep track of how well it worked

DURATION

25 MINUTES

Check-in: 4 Minutes

Review: 5 Minutes

Intervention: 15 Minutes

Assignment: 1 Minute

SESSION STRUCTURE

PART D: EFFECTIVE USE OF AUTHORITY

Check In

Goals

- Build the relationship
- Prepare for the session by checking for crises (“clearing the fog”)
- Assess recent youth behavior

Activities

- Ask how the caregiver is doing
- Ask what has transpired since last contact
- Ask about progress of youth

Review

Goals

- Ensure assignment was completed
- Check for learning retention

Activities

- Review lessons from Part C of the workbook
- Review the most recent assignment where caregiver put in place the five-step process of applying consequences and keep track of how well it worked

Intervention

Goals

- Learn how to use parental authority effectively when necessary

Activities

- Learn and practice the three-step process for using parental authority

Assignment

Goals

- Use effective parental authority techniques

Activity

- Give assignment to put the three-step process of parental authority in practice

DURATION

20 MINUTES

Check-in: 4 Minutes

Review: 5 Minutes

Intervention: 10 Minutes

Assignment: 1 Minute