

Nurturing Parenting Program

The Nurturing Parenting Program is a family-centered parenting program with a proven record of preventing & treating child abuse & neglect. The Program is an evidence-based 16-week course designed to build parenting skills as alternatives to abusive parenting and child rearing attitudes and practices. The program's framework includes four pillars of learning – appropriate expectations, empathy, non-violent behavioral management and appropriate familial roles.



The curriculum provides parents with basic developmental information as well as strategies to address negative

behaviors and emphasizes the importance of raising children in a warm, trusting, & caring household. It is founded on the belief that children who are cared for develop the capacity to trust, care, & respect themselves, other people, living creatures, & the environment. The philosophy is based on the following principles:

- The family is a system
- Children who feel good about themselves are more likely to become nurturing parents.
- Empathy is the single most desirable quality in nurturing parenting.
- Parenting exists on a continuum.
- No one truly prefers abusive interactions.
- A child's behavior is positively impacted when they receive nurturing and parenting based on their developmental needs.

For more information on the next class schedule and information about the curriculum, contact **Naomi Reid** at **303 432-5620** or visit our website at **www.jcmh.org**

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Colorado Children's Trust Fund



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Early Intervention Services

A support and education program for parents of infants and pre-school children





The early years of a child's life are very important. What a child experiences and learns during this time is critical to begin the development of their emotional, behavioral and mental well being. Raising a child to grow up healthy and safe can be especially

challenging when mental health issues are present in the family. Jefferson Center's Early Intervention Services (EIS) are provided to parents with mental health challenges who have young children (infants and pre-school children up to 5 years). The program is also appropriate for other caregivers (e.g. foster parents, daycare centers, pre-schools). Services which promote resiliency and are parent centered and strength-based, include: assessment, treatment, consultation, parenting skills training, education, and support.

The Early Intervention Services Team are experienced clinical staff and parent educators who help parents provide a safe and nurturing family environment. Services are designed to expand effective parenting skills and knowledge of appropriate child development through education and support; teach coping skills and how to deal with behavioral problems in a positive manner; help parents to better understand their own physical and emotional health and the importance of family relationships.

A head start...

Prevention Services

- Community Education & Outreach
- Risk Assessment
- Parenting Education & Instruction
- Nurturing Parent Program
- Case Management
- Consultation for Families & Caregivers

Clinical Services

- Assessment & Evaluation
- Behavior Management
- Crisis Intervention
- Home Visitation
- Psychiatric Evaluation
- Medication Management
- Parent Support / Educational Groups
- Outpatient Services (including Play Therapy)
- Respite Services

Community Services

- Advocacy Services
- Interagency and Family Staffing
- Consultation to Child-Care Facilities & Pre-schools
- Home-Based Intensive Family Therapy
- Consultation to Head Start Programs

Home Based Treatment

Mental health services are provided by Master's level clinicians with expertise in working with families with young children. Intensive mental health counseling/therapy and education about early brain development is provided for families in the home setting. Services are designed to help to resolve issues in a parent's life that are conflicting with their ability to provide appropriate care for the child, and which might be contributing to situations of abuse or neglect.

Parent Educators

The Parent Educators have Bachelor degrees in an early childhood specialty area and work closely with the home based mental health clinicians. The Parent Educator goes into the home and provides parents or caregivers help with parenting skills, developmental milestones, appropriate discipline, the importance of early brain development, school readiness, and accessing community resources.

