

## Where is the program available?

Confident Parents: Thriving Kids is a phone-based program available throughout British Columbia. We are committed to improving access to early interventions by reducing barriers to support such as long wait times, cost, distance and stigma.

## Is the program free for me?

Yes! All program services and materials are free to participants.



## How do I sign up?

Confident Parents: Thriving Kids is available through referral from a health care provider, including family doctors or pediatricians. They can also help determine whether the anxiety or behaviour program is the best fit for your family.

The anxiety program is also available through referral from a Child and Youth Mental Health clinician (CYMH or ACYMH), psychologist, teacher, school counsellor or early childhood educator.

For more information and referral forms, please visit [www.confidentparents.ca](http://www.confidentparents.ca)

## About CMHA

Founded in 1918, the Canadian Mental Health Association (CMHA) is a national charity that promotes mental health for all and supports the resilience and recovery of people experiencing mental illness.

CMHA responds to the unique needs of each community, through experience and expertise on community-based mental health promotion and support.

CMHA BC is proud to be part of a family of local, provincial and national CMHAs across Canada, including 14 branches in BC, whose grassroots involvement and direct services touch the lives of over 100,000 British Columbians each year.

Learn more at [www.cmha.bc.ca](http://www.cmha.bc.ca)



**Canadian Mental Health Association**  
British Columbia  
*Mental health for all*

### Confident Parents: Thriving Kids

#### Anxiety Program

[cptk.anxiety@cmha.bc.ca](mailto:cptk.anxiety@cmha.bc.ca)

#### Behaviour Program

[confidentparents@cmha.bc.ca](mailto:confidentparents@cmha.bc.ca)

[www.confidentparents.ca](http://www.confidentparents.ca)



**Canadian Mental Health Association**  
British Columbia  
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# Confident Parents Thriving Kids

**Concerned about your child's behaviour?  
Worried about your child's anxiety?  
We can help!**



[www.confidentparents.ca](http://www.confidentparents.ca)

## What is Confident Parents: Thriving Kids?

Confident Parents: Thriving Kids is a phone-based skill-building program designed to help parents and caregivers support children aged 3–12 who experience mild to moderate anxiety or behaviour challenges.

We offer two separate program streams—one for anxiety and one for behaviour.

In both streams, you'll learn effective skills to empower you as the primary change agent for your child and strengthen your role as a parent with support from a trained coach.

CMHA is also working with an Indigenous Reference Group to develop a program stream to support Indigenous families with anxiety challenges, expected in early 2020.



**“I am excited now. The joy of parenting has come back. Before this program, I felt so lost.”**

*—Confident Parents: Thriving Kids participant*

## Which stream is right for my child?

Perhaps you are hoping to learn techniques to better set healthy limits, problem solve and encourage pro-social behaviour with your child. The behaviour program teaches these and other skills so that parents can help their children manage challenges such as uncooperative or disruptive behaviour, not completing tasks, aggression, or defiance.

Sometimes anxiety looks similar, but the challenging behaviours only appear in certain situations—like getting ready for school or going to bed. When anxious, your child may seem agitated, withdrawn or complain of stomach aches. The anxiety program can help you learn techniques that will help you support your child to face and manage their excessive fears and worries at home, at school and with friends.

## What is involved?

The behaviour program consists of a series of 6 or 14 weekly phone sessions with a certified coach who will guide you through each hour-long session using the workbooks and program materials provided. The recommended number of sessions will depend on the behaviours presented by your child.

The anxiety program is delivered through a series of short online videos supported by 4 to 8 weekly coaching sessions by phone.

## What is a Confident Parents coach?

The role of the coach is to help you develop and practice effective skills, keep you motivated, answer questions and support your progress as you complete the program step by step. Coaches don't provide counselling or work directly with your child. Instead, they support you to become the primary change agent for your child.

## Is this program right for my family?

If you answer yes to the following questions then this program may be for you!

- Are you a resident of British Columbia?
  - Is your child between the ages 3 and 12 years?
  - Does your child show signs of excessive anxiety, fears or worry?
- OR
- Does your child engage in disruptive behaviours that get in the way of their everyday life?

This program may not be the right fit for children with diagnoses such as autism spectrum disorder, fetal alcohol syndrome or significant developmental delays. Please talk to your primary care provider for guidance on the most appropriate resources and services for your child.



## Does the program work?

The behaviour program is based on the Parent Management Training Oregon (PMTO) model which is an evidence-based program proven to prevent, reduce, or reverse mild to moderate behaviour problems in children ages 3–12.

The anxiety program incorporates concepts from cognitive-behavioural therapy (CBT)—one of the most effective treatments for anxiety. The program was developed by BC experts in child anxiety, and based on the best available research evidence.