



# Parenting Curriculum & Training

IHR's Parenting Program works to:

- Integrate relational and family issues into substance use disorder treatment across systems
- Serve as a resource to the Mass. substance use disorder treatment system regarding child and family development issues
- Develop and provide training for national, state, regional and community programs on issues of families, children, substance use and co-occurring disorders and trauma

IHR's Parenting Program provides clinical consultation and support to individual providers at publicly funded programs throughout the state and works to develop systems which both acknowledge that substance use is a family disease and support family recovery. The Parenting Program is supported by funds from the Massachusetts Department of Public Health, Bureau of Substance Addiction Services and various private training and consultation contracts.

After working for several years to integrate substance use disorder treatment and family issues, IHR developed a group-based parenting curriculum, *The Nurturing Program for Families in Substance Abuse Treatment and Recovery*. This program, originally published in 1995 by Family Development Resources, is designed to nurture the parent, to nurture the parent-child relationship and to promote development of parents' self-awareness, competence and skill. A second edition of the curriculum, published in 2006, was updated to include more information about trauma and mental illness, in addition to substance use disorders. It is designed for families affected by these issues and specifically addresses the impact of these experiences on parents and children. A third edition of the curriculum, integrating sessions designed specifically for men and fathers, was published in 2012.

*The Nurturing Program* has been cited on SAMSHA's National Registry of Evidence-based Programs and Practices (NREPP) and the California Evidence-Based Clearinghouse for Child Welfare.

*Parent Time* is a curriculum for parents of adolescents with substance use problems. *Parent Time* is designed to enhance parents' ability to help their children, whether the children are in treatment, have completed treatment, or are still actively using alcohol or other drugs. This eight-session curriculum includes information about substance use disorders and treatment, adolescent development, relapse, resources for parents and guidance for parents in caring for themselves and supporting their teen. It also includes modules and activities aimed at strengthening relationships.

Building Resiliency in Kids (BRiK) is a psychoeducational, group-based curriculum designed for children aged 5–12 in families affected by substance use, mental illness, and domestic violence. The curriculum has nine core sessions with the goals of improving self-esteem, self-protection, vocabulary of emotions, and promoting a child's resiliency.

The Parenting Team regularly consults with programs throughout the country regarding training design and technical assistance services.

For more information, please call 617-661-3991 or contact:

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