



Parent Management Training Oregon

Parent Management Training Oregon (PMTO) will help parents learn supporting practices like directions, tracking, emotional regulation, and communication. PMTO sessions are videotaped to assist clinicians with learning.

Information & Assistance

For further information or for questions or concerns, please contact:

Customer Services:
(734) 243-7340 TTD: 7-1-1

Suicide and Crisis Life Line: 9-8-8

What to expect from PMTO?

Supporting Parenting Practices

PMTO is a skill- and evidence-based treatment approach that provides:

Directions: Promotes children's cooperation and helps parents stay focused on the positive.

Tracking: Notes progress of what is working and what may need to be adjusted for success.

Emotional Regulation: Learning ways to maintain a well-regulated emotional state to cope with everyday stress and be available for learning and interactions.

Communication: Teaches positive communication to assist in building a strong parent-child relationship.

Who is eligible?

- Youth from preschool through adolescence with serious behavioral concerns

These behaviors may include:

- Overt antisocial behavior (noncompliance, aggression, defiance, hyperactivity, fighting)
- Covert antisocial behavior (lying, stealing, truancy, fire setting)
- Internalizing problems (depressed mood, peer problems, deviant peer association)
- Delinquency, substance abuse, school failure

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