
**BREAKTHROUGH PARENTING ®
AT CLARIS HEALTH**

To Whom It May Concern:

My name is Niki Woolsey and I am the Parenting Program Director at Claris Health, a community-based non-profit that provides medical, mental health, and support services for individuals and families.

In 2013, we became certified to offer Breakthrough Parenting®, a 10-session comprehensive, skill-building program designed to teach advanced parenting techniques. Successful completion of this course is determined by the number of sessions attended and by the completion of the course workbook.

Over the past several years, this class has fulfilled court-mandated requirements for numerous clients, including those from our classes that we offer at Clare Matrix, a substance abuse treatment facility, and several re-entry group homes in conjunction with the Office of Diversion and Re-Entry.

For your information, the training covers the following 15 major areas:

1. **Three Approaches to Raising Children** – the traditional authoritarian and permissive approaches; new ways based on recent psychological research
2. **Making the Shift** – becoming inner-directed, preventing victim syndrome, teaching parents and children to take responsibility, changing polarized thinking, using positive thinking, influencing children, setting personal boundaries, understanding the cycle of change in a child's life
3. **Understanding the Source of Behavior** – what creates a certain behavior; underlying thoughts, feelings, and needs
4. **Teaching Responsibility** – R=TLC, six steps to solving any family problem
5. **Helping Children Build Healthy Self-Esteem** – destructive and constructive labels, the CTBG method, understanding that mistakes are valuable
6. **Communicating Effectively** – the Dance of Life, disciplinary situations, receptive listening, building trust even with teenagers, avoiding “accusatory you”

7. **Influencing Children Positively** – how children learn, leadership styles for parents
8. **Problems with Punishment** – verbal and physical punishment, understanding the differences between discipline and punishment
9. **Discipline with Love** – how to clarify agreements, address the behavior, using natural consequences, planning ahead to be more effective, stopping temper tantrums (at any age)
10. **How Children Think** – play as a child’s work, developing the multi-faceted mind
11. **Learning to Love** – supporting child development from birth to young adult
12. **Reducing Stress in the Family** – accepting children as they are, understanding the specific needs of every human
13. **Resolving Family Conflicts** – how to identify conflicts, the four most effective conflict resolution strategies using H.A.L.T., building closeness
14. **Talking about Sensitive Subjects** – seven important guidelines, understanding how teenagers think, dealing with life-threatening issues for teens
15. **Living a Self-Actualized Life** – family goal setting, teaching children how to live a conscious life with less conflict and more enjoyment, making life-altering choices with direct consequences

Does your program comply with Penal Code section 273.1?

1. The instructors have Substantial expertise and experience in the treatment of victims of child abuse and the families in which abuse and violence have occurred.

Yes, our instructors have substantial experience working with victims of child abuse, families that have dealt with abuse, and how many other Adverse Childhood Experiences (ACEs) affect their parenting today.

2. Staff providing direct service are therapists licensed to practice in this state or are under the direct supervision of a therapist licensed to practice in this state.

The staff teaching parenting classes are not therapists but instructors certified in Breakthrough Parenting. However, we can connect clients to our in-house therapy program, if they should require it.

3. The class or sessions must specifically address the offense, including methods of preventing and breaking the cycle of family violence, anger management, and parenting education that focuses, among other things, on means of identifying the developmental and emotional needs of the child.

Breakthrough Parenting delves into these subjects, as is outlined above.

4. Utilization of group and individual therapy and counseling, with groups no larger than 12 persons.

Participants can be referred to our in-house therapy program or external partners.

5. Capability of identifying substance abuse and either treating the abuse or referring the offender to a substance abuse program, to the extent that the court has not already done so.

Our staff do not do substance abuse evaluations. However, should someone require that, we can refer them out to a community partner that specializes in substance abuse.

6. Entry into a written agreement with the defendant that includes an outline of the components of the program, the attendance requirements, a requirement to attend group session free of chemical influence, and a statement that the defendant may be removed from the program if it is determined that the defendant is not benefiting from the program or is disruptive to the program.

At this time, our program requires a Confidentiality Release and a signed Release of Information, but we're open to drafting something if this is a requirement for your defendant.

7. No child victim shall be compelled or required to participate in the program, including family counseling, and no program may condition a defendant's enrollment on participation by the child victim. The treatment counselor shall privately advise the child victim that his or her participation is voluntary if family counseling is part of treatment.

Our parenting classes are for adult participation only.

8. Is your program 52 weeks?

Breakthrough Parenting is offered weekly on an on-going basis. The course can be completed in as little as 10 sessions. For participants that want or require additional training they can remain in the Breakthrough Parenting program for longer than 10 weeks or can access any of our other parenting classes.

If you have any questions, please call me at (310) 820-2560.

Sincerely yours,



Niki Woolsey
Parenting Program Director