

Therapeutic Supervised Parenting

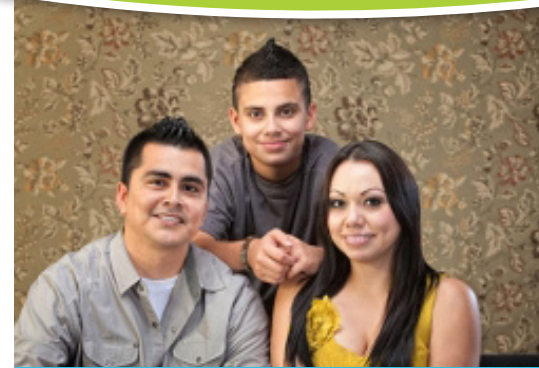
Therapeutic Supervised Parenting (TSP) works with parents who are under court order for supervised time through the child welfare system.

FAMILIES RECEIVING TSP ARE OFTEN

- In need of support to reunite children with parents after separation,
- Court-ordered to receive supervised parenting due to chemical dependency, domestic violence, mental health issues, and/or child abuse/neglect,
- In need of information and support on how to parent positively and education on child development, and
- Lack sufficient income for the family unit.

EVOLVE PROVIDES FAMILIES WITH

- Evidence-based practices that enhance parenting abilities and effectiveness,
- Culturally appropriate services within their own community,
- Space for children to feel safe, supported, heard,
- A neutral, safe, and supportive environment to reunite and reestablish healthy relationships,
- A hands-on environment in which to learn and develop positive parenting skills regarding age and stage appropriate child development,
- Access to culturally appropriate comprehensive mental health services,
- Increased parenting skills in a hands-on environment and parenting coaching sessions,
- Space for children to process their feelings during separation and supervised parenting time to reduce child stress and negative “acting out” behaviors, and
- Convenient options for time and location of services; weekday evenings and weekends located in north Minneapolis and St. Paul.



EVOLVE's TSP Program provides a space for children to feel safe, supported, and heard.

EVOLVE's Therapeutic Supervised Parenting (TSP) services are based out of our North Minneapolis and St. Paul offices and focus on families of color.

90-minute sessions with 20 weekly openings are offered leveraging the professional guidance of a mental health worker and parent coach.

We recommend a minimum of 12 weeks/sessions for TSP to be impactful for families.



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[EvolveServices.org/Family-and-Youth-Services](https://www.EvolveServices.org/Family-and-Youth-Services)



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EVOLVE OFFERS TWO LEVELS OF SUPERVISED PARENTING... WHAT'S THE DIFFERENCE?

EVOLVE is able to provide supervision of parenting time between parents and children which focuses on safety and strengthening parent-child interactions to improve chances of family reunification. Services are provided at two levels depending on the needs of the family – therapeutic or non-therapeutic.

Parenting sessions can be held at a variety of locations, including EVOLVE sites in St. Paul and North Minneapolis, in communities reflective of the culture of the population being served.



Supervised Parenting

- Teaches new parenting skills through repetition and encouragement
- Provides teaching moments involving hands-on demonstrations that build on the parent's strengths while conveying new approaches.
- Helps parents cope with their feelings in order to visit consistently and keep their anger and depression out of the visit.
- Provides coaching to help parents meet their children's needs and emotions in the visit.

In addition to the elements of Supervised Parenting, **Therapeutic Supervised Parenting**

- Holistically offers parent coaching/training, parent education, child development education, mental health services, and evidence based psychotherapy to address the family's barriers to reunification
- Is evidenced-based and skills-based
- Offers therapeutic support to both children and parents through preparation activities before the family sessions and debriefing afterwards, as age appropriate
- Designed to complement other family services accessible in the community
- Is available at no cost to counties through a grant funded by the Department of Human Services

GOALS OF EVOLVE'S THERAPEUTIC SUPERVISED PARENTING (TSP) PROGRAM

- 90% of non-custodial parents voluntarily surveyed will indicate an increased level of knowledge and understanding of child developmental stages.
- 80% of non-custodial parents who have had a minimum of 12 sessions, will have demonstrated an increase in their independent usage of positive parenting in at least one of the following domains: engagement, safety, responding to child's developmental needs, responding to child's expectations, communication, effective discipline, and healing/empathy.
- 60% of non-custodial parents who have completed at least 12 session will be reunified with their child(ren).

LONG-TERM PROGRAMMATIC GOALS OF TSP INCLUDE

- Reduction of reentry rates of clients served.
- Reduced governmental/societal costs to out-of-home care.
- Ceased intergenerational and cyclical child abuse and neglect.



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*Growing Families.
Enriching Lives.*