

Footsteps of Change



Parent Training

What Does the Service Look Like?

Parent training services begin with a Footsteps of Change clinician helping parents prioritize their child's greatest needs, from addressing challenging behaviors to teaching new skills. The highest one or two needs are then transformed into specific goals for services. Next, relevant assessments (e.g., interviews, observations, etc.) are conducted in order to develop an individualized plan for how parents can successfully work toward the goals as a part of their daily routine. Once assessment results and recommended strategies have been reviewed with parents, the clinician provides an initial training and subsequent coaching and feedback sessions until the family is comfortable carrying out the plan. Finally, when progress is evident by all of the predetermined goal(s) being met, the clinician fades the frequency of follow-up consultation until services are ultimately discontinued. Parent training services may then be requested and reinstated again in the future for new goals to address additional needs.

What is the Cost?

Parent training is billed at an hourly rate for direct services only. Direct services include activities such as meetings and trainings. Indirect services, such as report writing and data analysis, are provided free-of-charge. Costs are typically highest during initial months and decrease as progress is made. Insurance coverage may also be available for clients with particular diagnoses and plans.



What can be Addressed?

Parent training can be used to address a wide range of needs across individuals with & without diagnoses. Some examples include: toilet training, teaching daily living skills, decreasing challenging behavior (at home or in the community), improving communication, preparing for a job, teaching daily living skills, and addressing sleep problems.

How Long Does it Take?

Services typically last 3 to 6 months; however, the amount of time varies greatly due to the wide range of needs across clients. Some factors that impact the length of services include the goal(s) being targeted, complexity of the plan, & parents' adherence to the plan.

Contact Us for More Information

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Invigorating hope, one step at a time