

Youth for Change has a mission to enhance the well-being of children, families, individuals and communities.

# Skill Building for Family Success



## The Youth for Change Difference

Youth for Change believes that the best place for a child is with his or her family. When a family is in crisis and unable to meet a child's need for safety and health,

Youth for Change makes every effort to provide support, skills and resources to help reunify this family in a healthy and nurturing way. We strive to provide a supportive, encouraging, family-like environment and are dedicated to supporting all aspects of the child. We believe positive change can happen allowing families to become stronger and self-sufficient.

### What's our purpose?

Parent Child Interaction Therapy (PCIT) is a hands on approach to developing effective parenting skills. It is highly recognized, successful and evidence based practice for parents, foster parents and guardians.

PCIT is designed to improve the quality of the relationship between you and your child. The focus is on teaching you the necessary skills to reduce unwanted behaviors that affect you child's functioning at home, in public, and with his/her peers.



In PCIT, you can also be coached to help your child work through traumas he/she may have experienced.

The PCIT process consists of two parts: (1) relationship enhancement. (2) strategies for better behavior. You are taught and coached specific skills and given the opportunity to practice these skills during therapy until you can do it on your own.

### Who can use the program?

Children 2 to 7 years old who:

Are having problems behaving appropriately at home, school, pre-school, day care or in public places.

May be experiencing difficulty with foster or adoptive family placement.

May be in other programs or therapy, or even on medication.

May have been exposed to domestic violence, parental substance abuse, physical abuse or neglect, or any other traumatic event.

PCIT and other therapeutic services through Youth for Change are available at no charge for children and youth with Full Scope Butte County Medi-Cal.



### Positive Results

Your relationship with your child(ren) will become stronger as you gain confidence in your parenting. Your child(ren) benefit in some of the following ways:

- + **Learn to communicate** and express feelings more appropriately, which reduces temper tantrums.
- + **Have better focus** and participation in school.
- + **Become more cooperative** and interact more appropriately with peers and adults.
- + **Learn to use words to express** his/her needs, rather than hitting, kicking and hurting.
- + **Participate** and have more fun in childcare.
- + **Learn to use respectful language** toward parents and teachers.



Pictures are not of actual clients

Youth for Change provides services to individuals, children and families in Butte County.

**Parent Child Interaction Therapy (PCIT)**  
Paradise, Chico, Oroville  
530-894-5933 ext. 24

Paradise

**Foster Care Services**

7200 Skyway, Paradise, 530-877-6787

**Specialty Services**

7200 Skyway, Paradise, 530-877-1965

**Community Services**

7204 Skyway, Paradise, CA, 530-872-2103

Oroville

**Olive Highway Counseling Center**

2856 Olive Highway, Ste. "A", Oroville, CA,  
530-533-1576

Chico

**Rio Lindo Support Center**

578 Rio Lindo Avenue, Ste. 3, Chico,  
530-894-5933

**6th Street Center for Youth**

130 W. 6th Street, Chico, 530-894-8008  
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**Supervised Visitation Facility**

530-762-1811

# PCIT

Parent Child Interaction Therapy



[www.youth4change.org](http://www.youth4change.org)

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individuals, families and communities.*



Youth for Change  
Administration Office  
530-877-8187

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*"Because of  
the PCIT Program,  
my family enjoys a more peaceful,  
playful and confident home."  
Amy, Parent*