

How do families sign up?

Contact **Janet Morrison** directly with questions
AND to schedule a
CAPS Family Project session at:

541-346-4634

Or text 541-600-4324

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The CAPS Family Project

Prevention Science Institute

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OREGON

What is the CAPS Family Project?

- The CAPS Family Project is a research study being conducted through the University of Oregon Prevention Science Institute by Professor Elizabeth Skowron and her research team.
- The 5-year project will involve 250 local families.
- We study how stress affects families & how parenting programs and other community services support children & parents.
- **Families participate for up to 1 year and earn \$400-\$540 for their participation.**



Who is eligible?

- Parents age 18 or older
DHS involved – Any program
- Parent & child live together in the same home at least half time
- Children ages 3-7 years
- English-language fluent
- No known history of sexual abuse in the family

What is involved?

- **TWO assessment sessions(4 visits) in a clinical lab**
- All families can continue in their DHS services during study participation
- **Free childcare provided for siblings**
- **Compensation: Gift Cards, cash for transportation costs**

Some families will be invited to a free Parenting Program (PCIT)

What is PCIT?

- PCIT is a 1-hour weekly program comprised of 16+ weekly sessions.
- In Phase I, parents learn specific skills to increase children's positive behavior, support warm-parent child relations, and enhance enjoyment with parenting.
- Phase II helps parents learn effective discipline strategies to improve children's behavior and compliance with parent instructions without resorting to harsh parenting.

Goals of PCIT:

- Improve relationships
- Support parenting skills
- Teach behavior management

