



About Us

We value the role of families and relationships in child/youth health and wellbeing. Our child and adolescent services always include caregivers in assessment and treatment. Even individual therapy for children/youth includes at least one caregiver because we know that children usually need help to make lasting changes.

We also offer a growing number of programs that are specifically for caregivers. Children do not participate with their parents in most of these programs. Some programs are only available to families who are already receiving other services in our clinics and some are also available through Community Referral (i.e., those not currently in services). Those who are seeking services through Community Referral will complete an intake process with their child to ensure that a caregiver program is a good fit for the family. After completing a caregiver program, other services may or may not be recommended.



Contact Us

For general information about our services, please contact us at our main number (585) 279-7800

For more information about Caregiver Programs, please contact Kenya Malcolm, PhD, at kenya_malcolm@urmc.rochester.edu.

Pediatric Behavioral Health & Wellness

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Part of Strong Memorial Hospital.



Pediatric Behavioral Health & Wellness

Caregiver Programs



Caregiver Only Programs

ALLY Caregiver Group

- Caregivers of LGBTQ+ youth
- 8 sessions, in person
- Available to families who are receiving services as well as through Community Referral

The ALLY Caregiver Group is for caregivers of LGBTQ+ youth. Using the AFFIRM Caregiver model as a guide, this group offers parents an opportunity to think about their youth's identity, their own experience as caregivers of a gender diverse youth, and to connect with other parents with similar and diverse caregiving experiences. The primary focus is to provide caregivers information and support in order to become more affirming in their parenting. Please note: Parents are expected to have had conversations with their child's primary therapist about their child's identity and have demonstrated tolerance for engaging in reflective conversation about gender and sexuality prior to joining group.

Caregiver Connections (Reflective Parenting Program)

- Caregivers of children, birth-8 years of age
- 10 sessions, telemedicine or in-person, both group and individual family options available
- Available to families who are receiving services as well as through Community Referral

Caregiver Connections is a program that focuses on helping parents enhance their ability to make meaning of their child's behavior, improve their own attachment behaviors with their children, and find more joy in caregiving as they build confidence to address everyday challenges with their children. Caregiver Connections is currently offered in two ways: to individual caregivers (or co-parent pairs) and in a group format.

RUBI Caregiver Training Program for Challenging Behaviors

- Caregivers of children, 2-12 years of age
- Approximately 12 sessions, via telemedicine
- Available to families who are receiving services as well as through Community Referral

The RUBI program is for caregivers of children with and without developmental concerns who have challenging or disruptive behaviors. This program utilizes principles of applied behavioral analysis (ABA) to support parents in teaching their children new skills and reducing their child's challenging behaviors (e.g., tantrums, noncompliance, aggression). Examples of specific sessions include using prevention strategies to limit triggers of children's behavior, adjusting schedules to support helpful behavior, using reinforcement to encourage helpful behavior, using consequences effectively, and learning to increase compliance. This program may be combined with individual therapy for a child, but may also be the only therapy service accessed at the time of program enrollment.

SPACE

- Caregivers of children (5 and up) with anxiety symptoms which have resulted in caregivers making accommodations in expectations
- 12 Sessions, via telemedicine or in - person, both group and individual family options available
- Available to families who are receiving services as well as through Community Referral

SPACE is for caregivers with children who have a lot of anxious behaviors. The focus of the program is on helping caregivers think about how to help their children build their tolerance for handling anxiety-provoking situations more effectively. Children do not have to be seeing a therapist for individual therapy for caregivers to participate in SPACE.



Caregiver + Child Programs

Family Therapy

- Families where the primary focus of treatment is the way the family members are communicating and interacting with one another
- Available to caregivers of youth already receiving services in our program

Family therapy is a branch of psychotherapy focused on family members' relationships in order to nurture change and promote wellness.

Parent Child Interaction Therapy (PCIT):

- Caregivers and young children, 2-7 years of age
- Sessions are completed in-person
- Available to families who are receiving services as well as through Community Referral

PCIT is an Evidence-Based Parent- Coaching treatment for families with young children with behavioral and emotional difficulties like frequent tantrums or difficulty listening to adult directions. PCIT is implemented in two phases: (1) the Child-Directed Interaction Phase (CDI) where parents develop child-centered interaction skills to enhance the parent-child relationship; and (2) the Parent-Directed Interaction Phase (PDI) where caregivers learn additional behavior management skills. PCIT clinicians coach caregivers during sessions via an earphone device. Caregivers are also expected to practice the skills every day at home.