

## WHO IS THIS SERVICE FOR?

Clinically Supervised Parenting Time is referred when families have complex circumstances impacting parenting time or reunification with their children. Here are some examples of when Clinically Supervised Parenting Time may be appropriate:

- When other supervised parenting time services are not meeting the needs of the family.
- When the parents have legal involvement with criminal court.
- When parents need extra assistance in meeting the needs of their child.
- When it is ordered by the court.
- Other special circumstances where Clinically Supervised Parenting Time would best serve the needs of the child and parents.

## SERVICE PROVIDERS

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(Statewide)

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## CLINICALLY SUPERVISED PARENTING TIME



*Clinically Supervised Parenting Time provides parenting time supervision and coaching by a mental health professional.*

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CSO-2911 (Rev. 7-23)



## HOW DOES THIS SERVICE BENEFIT MY FAMILY?

The goal of Clinically Supervised Parenting Time is for your family to enjoy parenting time in a supportive environment that is emotionally and physically safe so that your parenting time can safely increase and restrictions can be reduced. Clinically supervised parenting time helps you to recognize parenting skills you already have and builds on those skills. Clinically supervised parenting time focuses on your relationship with your child being a healthy parent-child relationship.

## WHERE WILL THE PARENTING TIME HAPPEN?

Clinically Supervised Parenting Time happens in a location that has a safe, bright atmosphere, designed to look like a comfortable family room, which allows you to practice and show your ability to take an active caregiving role. The area provides space for your family to engage in play, share a meal, and other typical family activities while having privacy from other visiting families. The area has a variety of toys, games, and art supplies, and you are encouraged to bring activities that your children enjoy to the session.

## WHAT CAN I EXPECT BEFORE MY PARENTING TIME STARTS?

The Clinically Supervised Parenting Time professional will schedule a time to meet with you for the intake where they will talk to each parent individually and get to know your family better. The DCS specialist may also attend this meeting to help ensure all the services that your family is receiving connect. During this meeting, the professional will also go over the program rules and policies and ask for a release of information so that they can work together with any other service providers that your family has to help your family meet their goals. You will have an orientation with the professional at the parenting time location so that you can see the location, meet the staff there and discuss the plan for transitions to and from parenting time for the children. At a different time, the professional will meet with any children who are old enough and able to understand and talk to them about what to expect for the service and parenting time. Intake meetings are usually scheduled within 7 days of an agency being assigned your referral. Once the intake meetings are complete your parenting time will be scheduled.

## WHAT CAN I EXPECT ONCE MY PARENTING TIME STARTS?

Before each parenting time session, you will meet with the professional for 30 minutes to set goals for your parenting time. After your parenting time the professional will talk to the children to see how they feel that it went, and talk to you to see how you feel that it went. The professional will talk to you about "glows", things that went really well, and "grows", ways that you can plan for the next visit. The professional will go over the notes on the session log with you. You will be able to view your log and share your feelings about your parenting time.

