



Strongest Families – Ontario Study

Behaviour Problems

Many children have behavior problems, but sometimes things can get in the way of getting help, such as

- long wait times
- shortage of professionals
- busy work and school schedules
- costs

If children with mental health problems are not treated in childhood, they may struggle, now and when they get older, with

- school work
- family and friends

Strongest Families

Strongest Families is a program that is being used to help children with behaviour problems in Nova Scotia.

Strongest Families is a distance treatment program. Parents learn skills in the comfort and privacy of their own homes, at times that are best for their families, and at no cost.

Trained coaches give telephone support to families as they work their way through the program. Coaches and parents work together solve problems as parents apply new skills in their daily lives.

The Study

Dr. Patrick McGrath, at the IWK Health Centre, in Halifax, NS, and Dr. Charles Cunningham, at McMaster University in Hamilton, ON, are now studying The Strongest Families Program with families in Ontario. Several Children's Mental Health Agencies throughout Ontario, including Vanier Children's Center, are working with Strongest Families by introducing the study to clients who are eligible for study participation.

This study is funded by Canadian Institutes for Health Research (CIHR).

What Others Say About Strongest Families

"I liked the convenience. I could review the material on my own time and do it from my home, and my child did not have to go into a mental health facility."

"I learned so many techniques of dealing with problems and it gave me a new outlook on being a parent."

