Harsh Punishment - Algorithm and Addressing Barriers

- Do you often feel your child is difficult to take care of?
- Do you sometimes find you need to slap or hit your child?

Reflect: It sounds like taking care of [child’s name] has not been easy
Empathize: Lots of parents have a tough time with their kids

- What’s the behavior that is MOST difficult for you?
- Are you getting help with his/her behavior?
  - Yes
  - No, other reason

What kind of help are you getting?
Eg, partner/spouse, other family, someone who works for a religious group, a mental health professional, my child’s daycare provider or teacher, parenting classes, medicine for my child

Would you like help, or more help?
- Yes
- No, other reason
- No, getting enough

What kind of help are you willing to consider?

Support parent’s choice
Offer future help if needed

- Support parent’s choice
  - Offer or facilitate help
  - SEEK Parent Handout
  - F/U up at next visit

What’s makes it hard to get help?
Suggest barriers, address what parent endorses

What would make it easier to get help?

What do you think may be the benefits of getting help?
Encourage getting help
Harsh Punishment - Addressing Possible Barriers

Barrier: I was hit as a kid, and I turned out OK
Response:
• Lots of people were hit as kids, but we’ve learned about better ways to teach kids
• Would you like me to suggest some things that should help?

Barrier: I’ve tried talking to____. It doesn’t work
Response:
• I hear you, but can we see how you might do this differently?

Barrier: It’ll get better with time
Response:
• I hear you that you feel that “time will fix things”
• While some things do get better with time, how long would you want to wait before getting help?
• Your child could be doing much better. And, you could be feeling better too
• Would you like me to suggest some things that should help?

Barrier: It’s not that bad
Response:
• I’m glad you don’t feel the problem is that bad
• But, how bad does it need to be to get help?
• Would you like me to suggest some things that should help?

Barrier: I don’t know where to get help
Response:
• Yes, it’s often hard to know where to go.
• I think I can help you
• I can also recommend other professionals that help parents like you
• Here’s a handout with useful info on good places for help

Barrier: I don’t think counseling or parenting classes work
Response:
• Have you had a bad experience with counseling? I understand that must be discouraging
• Do you think this could be different if you had someone really good?
• Would you like me to recommend professionals I think you’ll find helpful?

Barrier: Costs too much
Response:
• I think I can help you.
• Would you like me to suggest some things that should help? And, that won’t cost you much

IF OUTSIDE HELP IS NEEDED:
• I understand that cost makes this hard. Do you know insurance for counseling has gotten better?
• Would you like me to check to see what you’re eligible for?
• Also, some professionals/clinics accept what you’re able to pay. Some offer free care

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• This is so important. Would you like me to try find something you can afford?

Barrier: **No transportation**
Response:
  • I think I can help you.
  • Would you like me to suggest some things that should help, right here?

**IF OUTSIDE HELP NEEDED:**
  • I see that transportation is a problem
  • Would you like me to see if there’s something close to home or a bus route
  • Some programs will actually come to your place

Barrier: **I don’t have childcare**
Response:
  • Yes, childcare can be tough to find
  • Some programs do provide childcare
  • Would you like us to try find one that does?