What to expect when participating in PC-CARE?

PC-CARE is a 6-week intervention designed to improve the quality of the caregiver-child relationship and to teach caregivers skills to help them manage their children’s difficult behaviors. Here are some things to expect when participating in PC-CARE:

- You and your child will be asked to attend 1 hour sessions on a weekly basis for 7 weeks
- You will be asked to fill out standardized assessment measures at the beginning of treatment and after completion of treatment
- Each week, you and your child will be taught a new skill and you will get the chance to practice these skills with the help from our PC-CARE coaches
- You will be asked to fill out a weekly behavior checklist at each session
- You will be asked to practice these new skills with your child at home on a daily basis for 5 minutes
- If you are unable to make an appointment, you will be asked to call to cancel the appointment as soon as possible
- One month after completing PC-CARE, you will be called to assess how things are going and will be asked some questions regarding your child’s behavior
- Six months after completing PC-CARE, you will be called to assess how things are going and will be asked some questions regarding your child’s behavior

For information contact:

Lindsay Forte
PC-CARE Coordinator
laforte@ucdavis.edu
(916) 734 – 7833