

SUPPORTING SIBLINGS and PARENTS of Children with Behavioral Challenges

A CLINICALLY BASED,
RESEARCH-INFORMED CURRICULUM

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Background:

- Siblings of children with significant behavioral or mental health needs are frequently exposed to physical and verbal aggression
- These children and adolescents may also be at increased risk of maladaptive behaviors and anxiety, depression, and PTSD
- The Sibling Support Program: A Family-Centered Mental Health Initiative (SSP) has served thousands of siblings and caregivers in a variety of settings

Use this book to:

- Create and launch your own online or in-person SSP, using the step-by-step instructions and dozens of forms, templates, scripts, exercises, and activities
- Create an engaging and effective SSP that addresses the needs of siblings, caregivers, parent mentors, and SSP group facilitators
- Foster resiliency and minimize the effects of trauma in siblings of youth with behavioral/mental health needs, increase parental competency and confidence, and build capacity among clinicians who practice family-centered care

Included on the Companion Website:

- 17 PowerPoint presentations, each comprising a complete sibling group session with speaker notes
- 12 PDF handouts and printouts to help you successfully plan, launch, and run your SSP

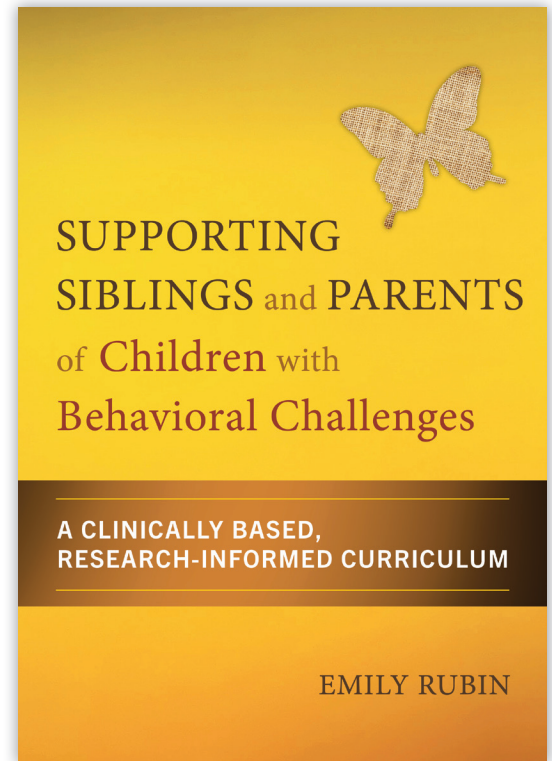


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