



OCP Family Therapy Services

OCP's Connections Program is excited to work with you and your child to address behavioral concerns and build upon your family's strengths to meet your treatment goals. Our family therapy model is informed by Parent Management Training- Oregon (PMTO), and is based on 40+ years of research. We believe that caregiver involvement is crucial in achieving desired outcomes in your child's behavior. You are your child's best advocate and teacher, so we require that caregivers actively participate in their child's counseling by meeting and communicating with your family therapist regularly. Information gathered during weekly meetings with you assist your Family Therapist in developing meaningful session plans and sharing information with your child's therapist or skills trainer.

Connections therapists have the pleasure of working with many families each week, and our schedules are often crowded. We understand that from time to time, barriers arise that prevent you from making a scheduled appointment. If you need to cancel your scheduled appointment, we ask that you communicate with your family therapist via phone or text a minimum of 24-hours in advance. This advanced notice increases the likelihood your therapist can schedule to meet with another client at that time.

If an appointment is cancelled same-day or no shown, we ask that your Family Therapist (FT) to take the following steps:

- Your FT will contact you and attempt to reschedule within the week, if possible. Your FT will talk with you to understand if there are barriers to making scheduled appointments, and work with you to problem solve solutions.
- If there develops a pattern of cancelled or missed appointments, your child's individual therapy or skills training may be put on hold until regular FT meetings can resume. Our services are most effective when combined with caregiver involvement.
- If your FT is unable to reach you, a letter will be sent to your home address. This letter will outline a date by which we need to hear back from you. If we do not hear back within this time frame, we will assume you are no longer interested in services, and your family's case will be closed.

Exceptions to the cancellation policy include emergency, sickness, and unforeseeable events that interfere with scheduled appointment.