

PPE Services

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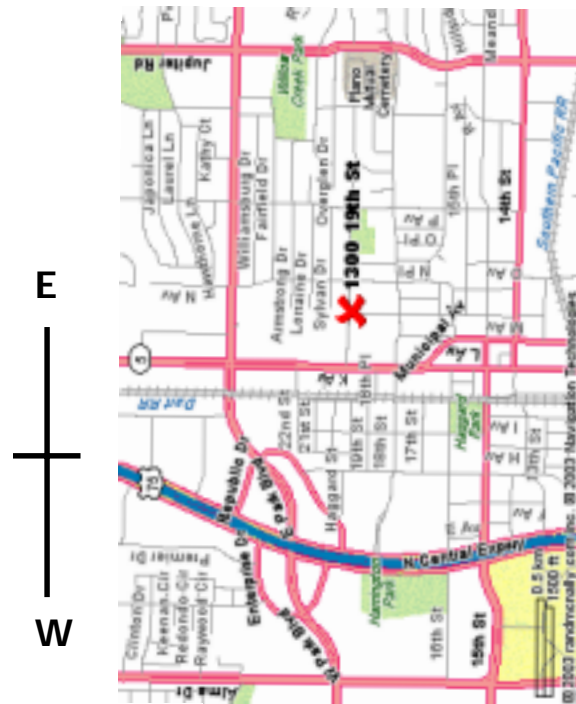
Parent Helpline

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We are located...



Practical Parent Education is located at 1300 19th Street, Plano, Texas 75074. From the 75 Expressway, turn east on 15th Street. Follow 15th Street past Avenue K and turn north (left) on Municipal Avenue. Municipal Avenue becomes Avenue K. Drive through traffic light at 18th Street. Turn east (right) on 19th Street at O'Reilly's Auto Parts store. Turn right into the parking lot at 1300 19th Street. The building is on the southwest corner of 19th Street and Avenue M. The door to **Practical Parent Education** is on the east side of the building facing Avenue M.



Practical Parent Education

Cooperative Parenting Strategies and Parenting Coordination

Practical Parent Education's mission is to be proactive in providing all community parents with support, parenting skills and resources in their efforts to rear responsible, self-confident, mentally healthy children.

Practical Parent Education
1300 19th Street
Plano TX 75074
469.752.2270
www.practicalparent.org

What is Parenting Coordination?

Parenting coordination combines family systems theory model, parenting education and mediation services for distressed or highly conflicted families having difficulties implementing an effective separated or divorced co-parenting plan. The focus is on understanding the needs of the child/ren. The role of the parenting coordinator is to facilitate problem-solving and act as a consultant and family functioning coach to facilitate necessary family system changes.

What will this service do?

- ✓ Take a thorough look at strengths and problems of the family system functioning.
- ✓ Help parents make informed decisions about what to include in a parenting plan they can make work to meet their child/ren's needs
- ✓ Coach parents to create a a "next step" plan with support resources needed to carry out the plan.

How will this service do these things?

- ✓ For the 1st meeting, the family specialist will look at this family's strengths and challenges. Families will dialogue about what the family does well and what challenges the family is presently facing.
- ✓ Before the 2nd meeting, each parent will review a written handbook and a videotape.
- ✓ At the 2nd meeting, the parents will decide what they need to do to improve their ability to co-parent their child/ren in a way that meets the needs of the child/ren and minimizes parental conflicts.

- ✓ Additional sessions will be scheduled as needed to resolve conflicts.
- ✓ Specific change goals and resources to help reach the goals will be identified.

What are the possible outcomes?

- ✓ Empower parents to plan their own lives and choose their own support services without giving up that power to the court, and all within a private process.
- ✓ Strengths and problems in the family are clearly defined so parents can make a more informed decision about how to succeed in separated/divorced co-parenting.
- ✓ Provide an individualized parent education program.
- ✓ The family specialist may decide the process is too stressful for this particular family at this time and stop/alter the process with appropriate referrals.
- ✓ Should a family member/s exhibit threatening and/or aggressive behavior toward one another, the family specialist who is committed to optimizing family functioning, will work to preserve the safety and well-being of each person.

Who are the Family Specialists?

They are Licensed Professional Counselors (LPCs) who specialize in developing, researching and implementing innovative interventions to help parents learn to be successful co-parents, though they are not married to each other. Parenting Coordinators believe in families being able to learn effective communication skills and to reorganize the family system in ways that protect and nurture children.

What Will the Service Cost?

Practical Parent Education uses a sliding fee schedule for the hours actually used, based on gross annual income. The total number of hours used is divided between the parents. The sliding scale is applied to determine each parent's hourly fee.

Below \$25,000	-	\$ 50/hr
\$25,000 - \$49,999	-	\$ 75/hr
\$50,000 - \$74,999	-	\$100/hr
\$75,000 - \$99,999	-	\$125/hr
\$100,000-\$149,999	-	\$150/hr
\$150,000 and over	-	\$200/hr

Payment may be made either by credit card (Visa/MC/Discover), cash or money order only. Payment is expected before each session begins.

If the Parenting Coordinator were to be subpoenaed for court testimony, the sliding scale hourly fee would apply to the parent issuing the subpoena for all time and cost involved, including preparation, travel and wait time. A deposit of four hours would be required to be paid 24 hours before the hearing in order for the therapist's clients to be rescheduled.

Please call Carol Lane, MA, LPA, LPC at 469.752.2270 to schedule an appointment.

