



# HF Family Program - Basic & Premium Coaching Packages Overview

## PROGRAM DESCRIPTION

I recognize that while you likely found us because of struggles with your child, my primary focus is helping you. Research shows that if I can resource you as a parent, kids have a greater chance of success—not to mention a stronger family for years to come.

This 90-day parent coaching program is based on my 20+ years working with at-risk kids and 10 years of working in the home with families. This program uses a holistic, strength-based, family-systems approach utilizing behavioral cognitive interventions, applied behavior, and functional analysis, as well as parent coaching with a focus on attachment and structure. As part of this, I also address root issues, past trauma, attachment issues, and poor social functioning.

Goals for this intensive 90-day coaching package:

1. **Parental skills:** You will understand and implement a parenting style emphasizing structure and nurturing while rebuilding strong attachments.
2. **Healthy connections:** The program helps create a safe environment in the home that will foster and build strong social connections for the parents, for siblings, and for the identified child.
3. **Family stability:** The program will help provide the child with a safe home and teach you and all other family members to interact positively with one another and others in the child's social network.

## EXPECTATIONS AND RESPONSIBILITIES

To be eligible for this 90-day intensive coaching program, you must first participate in our online Parenting Class that is offered monthly.

I have found that those who are most successful with our program have the following attributes (in addition to showing up for all the coaching sessions possible):

- a willingness to try new things (even when it doesn't make sense)
- the ability to follow the program as closely as possible
- a determination to follow-through to the end no matter what

**My Commitment to You:**

- 2 x week individual coaching sessions (up to an hour each time)
- Saturday mornings Bridge Building Group coaching calls with other families in similar situations (highly recommended but not required)
- Short daily videos for the first 30 days of the program as well as other instructional videos throughout the program
- 24/7 access to me during the intensive 90 days of the program
- Access to additional support resources
- Be your guide and encourager

**Your Commitment:**

- To participate fully in all aspects of the 90-day program recognizing this is an intensive program and deviating from sessions and instructions could limit its effectiveness.
- Parents in the home need to fully participate in the program and any other adults helping in the home need to be on the same page.
- Temporarily take a break from outside activities and support services (i.e. camps, clubs, other therapies, appointments, etc. except for meds management). Check with us if you have questions about specific services.
- Limit outside interactions to program-involved child-care providers and immediate family.
- No outside children visiting the home. This is family time.
- To take full advantage of the hours available to your family during the program.
- Track your progress at the end of each day with the brief tracking form I provide.
- To watch the videos that are assigned and to review the other support materials.
- To be honest about how things are going and where you are struggling.

## **SCHEDULING & COMMUNICATIONS**

**Coaching calls:** Your twice-weekly individual coaching calls will happen through Zoom. These session times and dates will be established prior to confirming your start date.

**Weekly Saturday Bridge Building Group for Parents:** Our group coaching calls on Saturday mornings will be on Zoom at the same time each week. It can be extremely valuable and encouraging to hear from other families in similar situations. While this is not required during the 90 days, it is very much encouraged. I use this time to teach about the specific stones you need in building your bridge to your best family possible.

**24/7 access to me:** As you are learning to apply the skills to the situations in your home, I encourage you to ask lots of questions and contact me often. You have access to me 24/7 for any questions, if you are uncertain about how to handle a situation, to debrief a previous situation, desire clarification, feel like giving up, etc. Do not underestimate the advantage of staying in close contact with me, especially in the first 30 days. I welcome it—so your family

can have the greatest impact from this coaching program. A lot can happen during coaching calls, but it is often the conversations outside of these calls that can make the greatest difference. Text messages are typically the fastest way to get a response but calls, emails or videos are also welcome. I encourage you to take full advantage of this access for your 90 days.

## **PAYMENT**

**Basic Coaching Package:** includes everything above - \$4,999

**Premium Coaching Package:** includes all of the above plus a 4-day foundational reset at the start of the program. Housing is provided as well as a licensed counselor in the HF Family Program working on site with your family. Cost: \$8,999 (travel to Boise, ID not included).

I look forward to helping your family build a bridge to your best family possible.

A handwritten signature in black ink, appearing to read "Dr. Michelle Alden". The signature is fluid and cursive, with a long, sweeping underline.

Dr. Michelle Alden, DHS, LPC, MFT