



Caregiver-Focused Services at PBH&W: Five programs, one road map. Creating connection through data collection.



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Purpose:

- To help service leaders identify common goals and workflows across caregiver- focused programs.
- To maximize efficiency and cohesion in post-program data collection for caregiver-focused programs offered at Pediatric Behavioral Health & Wellness.

Background:

- Pediatric Behavioral Health & Wellness has five caregiver-focused programs providing individual and group treatment options for caregivers.
- Each program was initiated independently, using different referral processes, data collection protocols, and measurements for treatment satisfaction.

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SPACE:

For caregivers with children exhibiting anxious behaviors. The focus of the program is to help caregivers increase supportive responses and decrease accommodations to reduce childhood anxiety.

ALLY:

The Affirmative Caregiving Group is for caregivers of trans/ gender diverse youth. Using the AFFIRM Caregiver model as a guide, this group offers parents an opportunity to think about their young person's gender journey, their own experiences as caregivers of a gender diverse youth and connect with other parents with similar and diverse caregiving experiences. The primary focus is to provide caregivers information and support to become more affirming in their parenting.

Caregiver Connections:

Caregiver Connections is a program that focuses on helping caregivers enhance skills that help them make meaning of their child's behavior, improve their own attachment behaviors with their children, and find more joy in caregiving as they build confidence to address everyday challenges with their children.

PCIT:

Parent- Coaching treatment for families with young children with behavioral and emotional difficulties. PCIT clinicians provide live coaching to caregivers during session.

RUBI:

The RUBI program is for caregivers of children with and without developmental concerns who have challenging or disruptive behaviors. This programs utilizes principles of applied behavioral analysis (ABA) to support parents in teaching their children new skills and reducing their child's challenging behaviors (e.g., tantrums, noncompliance, aggression).

Methods:

- Met with all program leaders to increase understanding of all caregiver focused programs available at PBH&W.
- Gained knowledge regarding building a measure and how to appropriately target caregiver satisfaction through survey questions.
- Worked with leaders of caregiver-focused programs to create a uniform satisfaction survey across programs.
- Collected all assessments currently used across programs and made recommendations to program leaders to finalize a clear set of assessment tools.
- Created REDCAP survey with a centralized link to provide a user-friendly way to complete pre and post treatment surveys.

Next Steps and Future Directions:

- Roll out use of centralized link for data collection.
- Determine effectiveness of improving follow up rates.
- Indicate process for link distribution.
- Use robust pre and post treatment data in implementation science research.