

Family Organizations as Providers of Common Sense Parenting: Implementation Findings from the Treatment Effectiveness Study

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U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
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Purpose of Today's Presentation

- ▶ **Discuss experiences conducting a research study in a system of care setting**
- ▶ **Collaboration between family organizations and researchers to study a children's mental health intervention**



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Goal – Research Question

Goal:

- ▶ To examine whether children who receive an EBT delivered within a system of care experience better outcomes than children who do not receive the EBT

Research question:

- ▶ To what extent does an evidence-based treatment increase the effectiveness of the system of care?



Intervention

- ▶ **Common Sense Parenting (CSP) is a skill-based parenting program that provides parents with easy-to-learn techniques to:**
 - **Lessen children's problem behaviors**
 - **Improve parent and family relationships**
 - **Minimize problems that disrupt family life**
- ▶ **Consists of 6 weekly 2-hour sessions, with each session building upon techniques learned in previous sessions**



Intervention

- ▶ **Developed by Girls and Boys Town (GBT) in the late 1980's as an extension of the Parent Model used with children in GBT residential care programs**
- ▶ **Used widely throughout the country but little effectiveness research exists**



Study Design

- ▶ **Identify system-of-care communities willing to participate**
- ▶ **Identify evidence-based treatment for the community**
- ▶ **Decision to use a randomized controlled study design**
 - **Eligible participants randomly assigned to treatment group (intervention plus typical SOC services) or control group (typical SOC services)**



Study Design

Family Organization Responsibility

- ▶ **Train staff in Common Sense Parenting (CSP)**
- ▶ **Contact parents in treatment group and schedule CSP classes**
- ▶ **Provide CSP classes – transportation, childcare, meals**
- ▶ **Follow-up with parents that do not attend**
- ▶ **Report participation to research team**



Study Design

Research Team Responsibility

- ▶ **Develop instrument protocol and data collection plan**
- ▶ **Screen child and the family for eligibility (DPS) at intake into SOC - recruit**
- ▶ **Random assignment to condition (treatment vs. control)-inform family organization**
- ▶ **Collect Data-outcome and treatment fidelity measures at intake and every 6 months**
 - **Provide incentive for data collection effort**
- ▶ **Analyze data**



Participating Communities

- ▶ **Westchester County, New York**
 - **SOC- Westchester Community Network (WCN)**
 - **Family Organization – Family Ties of Westchester, Inc.**
- ▶ **Marion County (Indianapolis), Indiana**
 - **SOC – Dawn Project**
 - **Family Organization – Families Reaching for Rainbows**



Participant Eligibility

- ▶ **Children participating in the community's system of care and the outcome study**
- ▶ **Children Age 6 – 15**
- ▶ **Children diagnosed with disruptive behavior disorder (i.e. ADHD, conduct disorder, or oppositional defiant disorder, DISC Predictive Scale)**



Enrollment and Data Collection

As of May 31, 2005

	# Screened (DPS)	# enrolled *	Treatment Group	Control Group
Westchester	74	56	32	24
Indiana	86	36	20	16
Total	160	92	52	40
TES Goals		200	100	100

* All enrolled children have baseline data collection completed



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CSP Classes

Westchester

- ▶ ***Westchester:*** As of May 31, 2005 there were 5 parents who completed the full CSP class (6 sessions)
- ▶ ***Indiana:*** As of May 31, 2005, 1 parent has completed the full CSP class (6 sessions)



Family Organization Involvement

- ▶ **Currently, 7 Family Ties staff trained and 6 Rainbows staff trained in CSP**
- ▶ **Required 4-day training sessions and 1 booster session**
 - **Trained one bilingual staff in each community**
 - **Both communities have added it to their service array**



Family Organization Involvement

- ▶ **Why be involved?**
 - **Help determine whether intervention is effective in “real-world” setting**
 - **Provide input to developer to improve intervention – Westchester example**
 - **Protect study participants**



Westchester County Challenges

- ▶ **Core values of Cultural Competency and Family Driven services are difficult to achieve within the research design**
- ▶ **Strict fidelity requirements of the intervention make it difficult to modify**
- ▶ **Difficult to adapt intervention protocol in research environment**



Westchester County Challenges

- ▶ **Both sites are closing out; programs have evolved and enrollment has slowed**
- ▶ **Timing of CSP may not be appropriate for families' situation – families are in crisis**
- ▶ **Families interested in CSP were assigned to control group**
- ▶ **Families in control group could receive other parent training from Family Ties**



Westchester County Challenges

- ▶ **Not all study participants have other contact with Family Ties**
- ▶ **Case manager involvement was not considered from the beginning**
- ▶ **Multiple collaborators (WCN, Family Ties, Columbia University) with diverse responsibilities makes it challenging to coordinate**



Moving Forward

Use of Data

- ▶ **Desire to create an evidence-base for Common Sense Parenting**
- ▶ **One of the most commonly used parenting skills interventions with little or no evidence-base**
- ▶ **Increase the evidence-base for interventions that are effective in system-of-care settings**



Advice for Family Organizations

- ▶ **Important for Family Organizations to be involved in research to determine whether EBT will work in the “real-world” setting**
- ▶ **Prepare for lack of flexibility in administering intervention**
- ▶ **Assess the community’s need for the intervention**
- ▶ **Be flexible in making changes**



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