From your Pocket to the Front Lines: Evaluating New Ways to Connect Families to PCIT

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Acknowledgments
Connecting Families

- Pocket PCIT
- Utilization of natural helpers to recruit and engage families from Little Havana into PCIT
- Primary Care PCIT
Pocket PCIT

The Identified Problems:

- high attrition rates in behavioral parent training (Lyon & Budd, 2010; Werba et al., 2003)

- Concerns regarding effective practice of skills at home

- Concerns about where families access information about parenting

- Accessibility of evidence-based intervention (Kazdin, 2008)

- What happens to all of those paper treatment handouts?
Pocket PCIT

- Proposed Solution: A mobile resource that parents can access when parents need that info the most
- The interprofessional partnership: PCIT + Telehealth + Graphic Designer
- Implementation Plan:
  - Develop and publish an iBook that families can use during PCIT or that families can use to learn about PCIT.
  - Evaluate the effectiveness of Pocket PCIT (74 families enrolled to date)
Pocket PCIT: What Is It?

- Paper handouts vs. mobile devices with sustainable resources
- Provides additional resources for caregivers to learn skills
- Practical resources for implementation of PRIDE skills
- Treatment engagement strategies
- Multimedia approach to learning
- 7th grade reading level
- Free to families
Pocket PCIT Demo

POCKET PCIT: CHILD-DIRECTED INTERACTION
A PARENT CHILD INTERACTION THERAPY RESOURCE FOR PARENTS
JASON JENT, ALLISON WEINSTEIN, GREG SIMPSON, PATRICIA GISBERT, & SCOTT SIMMONS
The Reach of Pocket PCIT

- iBook directs families to PCIT international website to find a certified provider
- 337 downloads in US, Canada, Australia, New Zealand, Japan, Netherlands, UK, and Spain
If You Want To Try Out Pocket PCIT

- Download iBooks app on iPhone, iPad, or Mac
- Go to iBooks Store
- Search for Pocket PCIT
- Google Pocket PCIT

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PCIT + Natural Helpers

The Identified Problems:

- Hispanic children at increased risk for conduct disorders and less likely to access treatment (Chang, Natsuaki, & Chen, 2013)

- Zip code analysis revealed PCIT305 rarely served any families from Little Havana

- ConnectFamilias identified unmet treatment needs for families with children with disruptive behaviors

- Families interested in receiving parenting support from natural helpers (Niec et al., 2014)

- Natural Helpers did not feel equipped to provide that parenting support for children with disruptive behaviors
PCIT + Natural Helpers

- Proposed Solution: Train NHs to recruit families for PCIT and reinforce PCIT principles during weekly home visits

- The interprofessional partnership: PCIT + ConnectFamilias

- Implementation Plan:
  - Train NHs on PCIT recruitment, retention, and reinforcement strategies
  - Provide tablet and video resources to help guide NH activities
  - Evaluate the feasibility of the training model
  - Troubleshoot identified concerns
  - Implement and evaluate services within Little Havana to increase access and possibly reduce stigma
The Identified Problems:

- Some families with young children (0-3) at Uhealth/Jackson pediatric practices unwilling to attend parenting services within traditional provider setting (e.g., location, stigma)

- Intensity level for traditional parenting services not needed

- Permissive parenting
Proposed Solution: Recruit Healthy Steps families to receive brief group-based PCIT (Berkovits et al., 2010) within or near their pediatric practice.

The interprofessional partnership: PCIT + Healthy Steps for Young Children + Pediatric Practices

Implementation Plan:

- Healthy Steps Specialists recruit families based on assessment measures of parenting stress and parenting behaviors and/or physician or self-referral.

- Healthy Steps Specialists attend all Primary Care PCIT sessions to provide warm hand off and ongoing coordinated support.

- Certified PCIT therapist provides Primary Care PCIT in English and Spanish to seven groups totaling approximately 30 families per year (16 families to date; 16% attrition rate).

- Families with continued parent training needs following Primary Care PCIT are linked to traditional PCIT services.
Integrating Interprofessional Behavioral Health

- Develop mechanisms for integration of culturally sensitive behavioral health care systems within MCCD
- Develop and evaluate interprofessional behavioral health programs
What other opportunities exist for promoting interprofessional behavioral health care to the families we serve?
References


