The Family Options Project: Implementing an Innovative Intervention for Parents with Mental Illnesses and Their Families

Joanne Nicholson  
*University of Massachusetts Medical School, Joanne.Nicholson@Dartmouth.edu*

Kathleen Biebel  
*University of Massachusetts Medical School, Kathleen.Biebel@umassmed.edu*

Valerie F. Williams  
*University of Massachusetts Medical School, Valerie.Williams@umassmed.edu*

*See next page for additional authors*

Follow this and additional works at: [http://escholarship.umassmed.edu/psych_cmhsr](http://escholarship.umassmed.edu/psych_cmhsr)_NODE

Part of the [Community Health and Preventive Medicine Commons](https://escholarship.umassmed.edu/psych_cmhsr), [Health Services Research Commons](https://escholarship.umassmed.edu/psych_cmhsr), [Psychiatric and Mental Health Commons](https://escholarship.umassmed.edu/psych_cmhsr), [Psychiatry Commons](https://escholarship.umassmed.edu/psych_cmhsr), and the [Psychiatry and Psychology Commons](https://escholarship.umassmed.edu/psych_cmhsr)

Repository Citation

[http://escholarship.umassmed.edu/psych_cmhsr/638](http://escholarship.umassmed.edu/psych_cmhsr/638)

This material is brought to you by eScholarship@UMMS. It has been accepted for inclusion in Systems and Psychosocial Advances Research Center Publications and Presentations by an authorized administrator of eScholarship@UMMS. For more information, please contact Lisa.Palmer@umassmed.edu.
The Family Options Project: Implementing an Innovative Intervention for Parents with Mental Illnesses and Their Families

Authors

Comments
Presentation at Psychiatry Research Day: Translation Research in Psychiatry, at the University of Massachusetts Medical School, 2007.
THE FAMILY OPTIONS PROJECT
Implementing an Innovative Intervention for Parents with Mental Illnesses and Their Families

The Partnership
The Family Options Project reflects a productive partnership between researchers and providers at the UMass Center for Mental Health Services, Research and Employment Options, Inc., Marlborough, MA.

The Intervention
The Family Options Intervention is an evidence-informed psychiatric rehabilitation intervention. Developed and tested within the context of a community-based agency setting.

Key Intervention Concepts & Processes:
- Family-Based
- Strengths-Based
- Family-Driven & Self-Determined
- Recovery & Resilience

Implementing the Family Options Intervention
Implementation & Refinement

Creating the Organizational Capacity:
- Allocating Internal Resources
- Attending to Staff Performance
- Standardizing Methods of Operation
- Finding & Hiring Staff

Creating the Work Force Capacity:
- Educating, Training, & Coaching Staff
- Identifying & Pursuing Opportunities for Sustainability

Translating Science to Service:
- Understanding what the Family Options Intervention looks like on a daily basis
- Identifying Family Needs: principles of working with Families
- Orienting Providers & Consumers to FO Intervention
- Shifting Paradigm from Working with Adults to Working with Families
- Developing Coaching & Modelling the Family Options Intervention by Integrating Feedback

The Implementation Study
Involves describing the key domains of activity crucial to intervention translation, initial implementation, and full operation stage.

- 30 open-ended ethnographic interviews conducted over a 2-year period with 18 key informants, including: agency Board members, staff, & club house members;
- Nine focus groups with 54 parent Family Options participants including: agency Board members, management team, staff, & club house member, conducted at 3 implementation stages; and
- Multiple interviews with local community providers to assess existing services & resource gaps.

The Implementation Study: Preliminary findings suggest four key domains of interest to support the Family Options Intervention:

- Creating the Organizational Capacity;
- Creating the Work Force Capacity;
- Creating the Community Capacity;
- Translating Science to Service.

The Outcomes Study
Involves studying the experiences and outcomes of parents and children in intervention and comparison groups “treatment as usual,” using maximum individualized change score approach.

- Qualitative & quantitative methods;
- Interviews at enrollment, 6, 9, & 12 months, and include standardized measures & open-ended interview items;
- Parent & Child Outcomes:
  - Well-being (e.g., ESI, BERS-2)
  - Family Functioning (e.g., SPQ)
  - Supports & Resources (e.g., MCOSSS)
- Family Outcomes:
  - Empowerment (e.g., FES)
  - Supports & Resources (e.g., ERS, FRS)

Family Options Intervention Mothers Report Past Experiences:
- 4% ever been in a hospital
- 5% ever been reported to child services
- 56% ever married
- 77% ever sexually abused
- 77% ever physically abused

Family Options Intervention Mothers’ Reports of Children’s Experiences:
- 24% of mothers report a child ever being involved with police or probation
- 43% of mothers report a child ever being in a psychiatric hospitalization
- 48% of mothers report a child ever hospitalization in past 3 months
- 71% of mothers report a child ever having emotional or behavioral problems
- 83% of mothers report a child ever having an Individualized Education Plan

Next Steps
- Enhance and solidify the Family Options intervention in a well-articulated, comprehensive standard operating procedure document that will facilitate replication and further testing of the intervention.
- Continue to collect and analyze data through 2007 and, potentially, into 2008.
- Disseminate research findings.