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

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THE FAMILY OPTIONS PROJECT
Implementing an Innovative Intervention for Parents with Mental Illnesses and Their Families

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THE PARTNERSHIP
The Family Options Project reflects a productive partnership between researchers and practitioners 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-Driven & Self-Determined
- Recovery & Resilience
- Availability & Access
- Engagement & Relationship
- Well-being (e.g., BSI, BERS-2)
- Supports & Resources (e.g., MOS-SSS)
- Continuous Quality Improvement;
- Learning & Advisory
- Feedback of research findings; and
- Identification of needs, principles of working with families,
- Translating Science to Service:

Implementing the Family Options Intervention
Implementation & Refinement
The implementation process has involved:
- Collaboration with community agency partners;
- A collective effort across partners;
- 3 Family Coaches, a Family Options Director, & Clinical Consultant;
- Who partner with 26 families, i.e., 26 parents with mental illness, 13 partners, & 56 children;
- Refining the intervention as an iterative process involving:
  - Continuous Quality Improvement;
  - Feedback of research findings; and
  - Program adaptation

Refinement of the intervention is an iterative process involving:
- Feedback from collaborating agencies;
- Continuous Quality Improvement;
- Feedback of research findings; and
- Program adaptation

The Implementation Study
Involves describing the key domains of activity central to intervention translation, trial implementation, and full-scale operation.
- 30 simulated ethnographies interviews conducted over a year period with 15 key informants, including: agency Board members, staff, & club house residents;
- Nine focus groups with 1 Family Options readable-groupe including: agency Board members, management team, staff, & club house members, 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; and
- 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, 3, 6, & 12 months, and
- include standardized measures & open-ended interview items;
- Parent & Child Outcomes;
- Well-being (e.g., BSI, BERS-2);
- Functioning (e.g., SF-8);
- Supports & Resources (e.g., MOS-SSS);
- Family Outcomes;
- Well-being (e.g., FRS);
- Supports & Resources (e.g., FR, FRS)

Family Options Intervention
Mothers (n = 232):

Data at enrollment paint a picture of the multiple, complex challenges faced by families participating in the intervention.
- Mothers:
  - average age is 37.4 years
  - 77% are White
  - 71% are ever married or living with a partner
  - 64% of mothers report a child ever being involved with police or probation
  - 77% of mothers report a child ever being involved with police or probation
  - 43% of mothers report a child taking psychiatric medication in past 3 months
  - 71% of mothers report a child ever having experienced or behavioral problems
  - 31% of mothers report a child ever having an Individualized Education Plan

Family Options Intervention Mothers Report:

Reports of Children’s Experiences:
- First mental health problems at an average age of 17.5 years
- 37% are employed
- 48% of mothers report a child ever having a psychiatric hospitalization
- 24% are married or living with a partner
- 64% ever homeless
- 26% ever run away
- 77% ever sexually abused
- 78% ever physically abused

Family Options Intervention Mothers’ Reports of Children’s Experiences:

Mothers (n= 232):
- ever having a psychiatric hospitalization

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

Creating the Organizational Capacity:
- Understanding what the Family Options Intervention looks like on a daily basis
- Identifying & Planning Opportunities for Sustainability with Community Partners
- Engaging & Collaborating with Community Partners
- Strengthening Relationships with Community Partners
- Recruiting Families in the Community

Creating the Work Force Capacity:
- Recruiting & Hiring Staff
- Educating, Training, & Coaching Staff
- Assisting Families in Service Engagement
- Developing, Clarifying, & Modifying the Family Options Model
- Shifting Paradigm from Working with Adults to Working with Families
- Developing Lifestyle, & Modifying the Family Options Intervention by Integrating Feedback

Creating the Community Capacity:
- Creating the Organizational Capacity;
- Creating the Work Force Capacity;
- Identifying Supervisor Characteristics & Skill Sets
- Identifying Community Resources
- Identifying & Planning Opportunities for Sustainability with Community Partners
- Engaging & Collaborating with Community Partners
- Strengthening Relationships with Community Partners
- Recruiting Families in the Community

Translating Science to Service:
- Understanding what the Family Options Intervention looks like on a daily basis
- Identifying & Planning Opportunities for Sustainability with Community Partners
- Engaging & Collaborating with Community Partners
- Strengthening Relationships with Community Partners
- Recruiting Families in the Community

Creating the Organizational Capacity:

Creating the Work Force Capacity:

Creating the Community Capacity:

Translating Science to Service: