

The Parent And Caregiver Active Participation Toolkit (PACT) Pilot Study: Enhancing Participation in Child Mental Health Services



Parent participation in child treatment, in particular for children with disruptive behavior problems, is an important part of effective services. Barriers to participation exist, especially for diverse families with few resources served in community settings.

QUESTION:

Can providers and parents work together to help parents participate more in their children's mental health treatment?

To ANSWER this question, researchers developed and tested the **Parent And Caregiver Active Participation Toolkit (PACT)** in a randomized pilot study comparing PACT to standard care alone.



PARTICIPANTS

29

Therapists providing clinic-based psychotherapy in community settings serving low-income families



DATA COLLECTED

Therapist surveys about job attitudes and parent engagement in treatment



Video recordings of therapy sessions, coded for both therapist use of engagement strategies and parent participation in the session

20

Families with children ages 4-13 with disruptive behavior problems



Therapist report on family attendance over the four-month study period

OUTCOMES

THERAPIST ATTITUDES AND BEHAVIORS



Higher job adaptability and perceived influence in the workplace



Increased collaboration with parents around homework early in treatment



Increased commenting on parent strengths and effort early in treatment

72%

Therapists adherent to PACT delivery benchmarks

PARENT BEHAVIORS



Increased collaboration with therapists around homework later in treatment



More enthusiasm for homework later in treatment



Asked more questions later in treatment



Higher attendance

IMPLICATIONS

These preliminary results have important potential implications that can be explored in future studies. First, the evidence of improved job attitudes suggest that PACT may be useful for encouraging therapists in community settings to be receptive to innovations such as evidence-based practices. Second, results suggest a temporal synergy between changes in therapist practices and parent participation in sessions and indicate that an early, brief dose of attention to parent participation may set a positive course for participation over time.

FULL REFERENCE

Haine-Schlagel, R., Martinez, J. I., Roesch, S. C., Bustos, C., & Janicki, C. (2016). Randomized trial of the Parent And Caregiver Active Participation Toolkit for child mental health treatment. *Journal of Clinical Child & Adolescent Psychology*. Advance online publication. DOI: 10.1080/15374416.2016.1183497.

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