

Coping Together: An adapted family strengthening program rooted in resilience

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Overview

- Our team identified an **unmet need** for mental health care for families in Durham during COVID-19
- Could a family intervention (originally implemented in Kenya) be helpful in Durham to address this unmet need for mental health care?

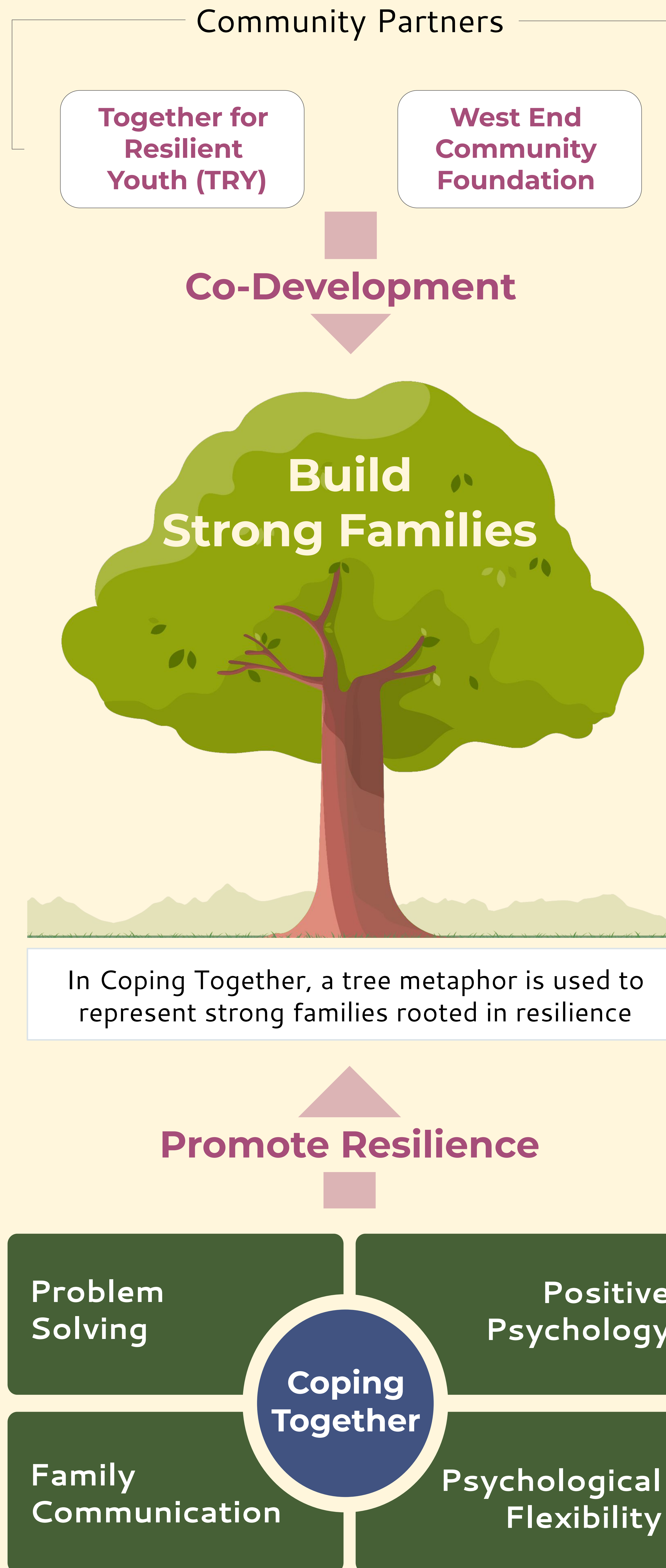
Background

- Survey (N=1073) to assess mental health of families during pandemic was administered across 18 Southern States:

Parents	Children	Families
>50% of parents reported at least mild symptoms associated with depression	75% of parents reported at least one child's mental health and well-being deteriorating	Parents reported deterioration of partner relationships and parent-child relationships

Program Goals

- Pilot a family-centered program to address multiple dimensions of well-being (coping, communication, problem solving)
- Adapt and co-design with community partners
- Following a pilot of the intervention in Durham, possibility of adaptation to other community settings



Path to Adaptation

Focus groups with child & family-serving community organizations from Durham and surrounding area

Findings:

- Families are struggling with:
- mental health
 - pandemic restrictions
 - economic impact



There are not enough (mental health) providers and resources to meet families' needs

Content adaptation in co-developing sessions with community partners

- Coping Together content adapted from Tuko Pamoja ("We Are Together"), a lay-delivered family strengthening program from Kenya
- Training sessions of lay-providers are also collaborative and inform adaptation
- Training and developing done in stages - we continue to adapt as the intervention is in process

Implementation of the virtual program in 8-weekly sessions led by facilitators

- Connect with families through community partners - TRY and WECF
- Intervention content is a combination of skills, activities, and skill-development
- Collect feedback on feasibility and acceptability of the program through interviews and surveys

