The Family Resource Builder Initiative

Faculty in the departments of Social Work, Special Education and Childhood Education and Literacy developed this proposal.

Applicants:

Thomas Knestrick, Ed.D
Associate Professor
Department of Childhood Education and Literacy

Shelagh Larkin
MSW, LiSW
Director of Field Education
Department of
Social Work

Kathy Winterman, Ed.D.
Associate Professor
Department of Secondary Education

Proposal for Women of Excellence Grant
WOX Grant Application Form  
01/01/14

Please use this template for submission of your grant. Insert your cursor into the text box provided under each section and begin typing. The box will expand and there is no character limit.

The completed WOX Grant Application must be emailed to simonn2@xavier.edu and a paper copy with appropriate signatures mailed to Margie Simon, Alumni Building ML 5430 by March 1, 2014.

NOTE: Proposal assistance is available through the Office of Grant Services. Please contact Shari Howell at 513-745-1904 or email at howells3@xavier.edu.

**PROPOSAL FOR WOX GRANT**

Include the following info in the following order:

<table>
<thead>
<tr>
<th>Title of Proposed Project:</th>
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<tr>
<td>Family Resource Builder Initiative</td>
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<table>
<thead>
<tr>
<th>Name of Each Applicant and Their Associated Position:</th>
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<tbody>
<tr>
<td>Dr. Thomas Knestrick</td>
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<tr>
<td>Dr. Kathleen Winterman</td>
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<tr>
<td>Ms. Shelagh Larking, LISW, MISW acting chair of Social Work</td>
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</tbody>
</table>

ALL appropriate signatures as outlined in the Guidelines for the WOX Grant Awards document. For each approval needed, please type the person’s name, title, email address, and then have them physically sign it.

<table>
<thead>
<tr>
<th>Dr. Mark Meyer</th>
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<td>Dean College of Social Science</td>
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<table>
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<tr>
<th>Dr. Cindy Geer</th>
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<tr>
<td>Chair, Department of Childhood Education And Literacy</td>
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<th>D. Michael Flick</th>
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<tr>
<td>Chair, Department of Secondary Education</td>
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ABSTRACT

Title of the Proposed Project:
Family Resource Builder Initiative

Amount Requested:

$9800.00

When patients or clients are able to be actively involved in their diagnosis and treatment this is called ‘patient activation’. There is a growing body of evidence showing that patients who are more activated have better health outcomes and care experiences. In social work the term used for this is ‘self-determination’. Emerging evidence indicates that interventions, if tailored to support the individual’s needs and that build skills and confidence, are effective in increasing patient activation. The Family Resource Builder (FRB) is a survey that allows parents who are raising a child or children with special needs to determine what their immediate and long term needs are as they relate to caring for their family and child. The FRB also assists parents in establishing short and long-term action plans to chart the attainment of the goals. A team of 40 social work students in the Xavier University social work program and 10 students from the special education program will be enlisted to assist 50 parents in completing the survey, planning goals and developing action plans that lead parents to a higher level of resilience or ability to cope well with the stress of raising a child with special needs. As well as a strong sense of self determination. Each student will be trained in survey administration as well as a three-hour training in the FRB action plan development. This project has the potential to be self-sustaining and offered as a product to agencies, hospitals and primary care physicians as well as school districts and churches. This initiative has been proposed to the Xavier IRB and is being reviewed at this time. It is identified by protocol #13055.

BUDGET

What is the amount of funding requested?

Budget Page Attached
NARRATIVE

Please answer the following questions in the associated boxes. Please limit your answers in total to no more than two single-spaced, typed pages.

1. How does this proposed project enhance the mission and purpose of Women of Excellence?

   The Family Resource Builder (FRB) is a targeted survey and action-planning tool that is administered with the assistance of trained professionals and generates action plans for immediate and long-term needs and goals. This beta test will provide this service to 50 families in the tri-state area. This process has the potential to be a tool that can change the lives of families all over the country not just here at Xavier. The impact of a tool that encourages parents to be an integral part of developing life plans for themselves and their families is something that has not been developed before in any context and is revolutionary in the development of family resiliency for parents raising a child with special needs. Likewise, 80% of marriages of parents who are raising a child with a severe disability end in divorce with the mother typically retaining custody of all the children. These mothers often struggle to survive and have little time or energy to locate and access resources for their child, or develop any life plans for themselves. The FRB can change that by allowing parents to target their needs and their hopes and dreams and forming action plans that can get them the resources they need and the ability to plan a future for themselves and their family. These are core Jesuit and Catholic values that support the health and the welfare of families and maintain and support the dignity of all people.

2. How will this project further the mission of Xavier University to “engage and form students intellectually, morally and spiritually, with rigor and compassion, toward lives of solidarity, service and success?”

   Learning to live a life for others is a mainstay of the curriculum at Xavier University and I believe the most important difference a Xavier education provides. Many in the helping professions seek to make this ethic a part of their day to day work life. The social work and special education students will be the primary change agents in this beta test of the FRB. They are already trained to form reciprocal relationships with families as a result of their training as teachers and social workers. Our partners in this program, Sweeeten Life Systems, has a team of licensed therapeutic professionals, psychologist and counselors that will provide six hours of training for our student interviewers in assisting parents in the completion of the survey and the action planning process that the FRB provides. These skills will not only help or students play an integral part in supporting change in these families but will also benefit them after graduation when they go to work in the classroom or in the field as social workers. This project will provide practical, hands on experience. They will administer the surveys to the parents; establish the rapport and connections necessary to create meaningful and targeted action plans and assist them in starting their journey towards greater family resilience. The FRB process will allow our students to see, in a very practical way, how their life of service can change the life of one of these families forever.

3. Why is this project important? Does it address a gap within existing University programs?

   This project is important for four reasons:

   (a) Affordable Care Act (ACA) Changes. With the advent of the ACA the paradigm for agency care for these families is changing radically. In the past insurance paid for services rendered. Now, the emphasis has changed and agencies, therapists and general practitioners will need to document that they are proactively servicing families and creating a climate of wellness and prevention. The FRB cuts to the chase of care and asks the families directly what are the ten things your family needs immediately. It will also generate a list that prioritizes longer-term goals, wants and needs as well. In this new model agencies, therapists and general practitioners will have a list of needs prior to ever meeting with the family. Thus, proactively serving the family prior to a first visit. This facilitates care and connection.
(b) Creation of Care Coordinator Position- with the advent of the ACA, all agencies, therapists and general practitioners, as well as school districts, will have to create a new position typically called ‘Care Coordinator’. This will be an entry-level social work or education degreed person who is the ‘first contact’ for these agencies, therapists, general practitioners or schools. The FRB is potentially a tool that could serve as a way to proactively discern needs of families prior to seeing them in an office visit. The care coordinator would also be assigned to make ‘first contact’ and begin the process of targeting services requested by parents in the FRB. The students who will serve as our student interviewers will all be eligible for this type of position after graduation. Participation in this study will provide first hand experience with what many of them will be doing upon graduation.

(c) Benefits for Xavier, Students and WOX- the FRB project has the potential to be a self-sustaining research and service effort. We are ahead of the curve in anticipating systemic changes created by the implementation of the ACA. Xavier stands to be recognized as the innovator for these services and changes. By creating the FRB product, and charging for the service, we can potentially sustain the existence of the FRB data collection over time and continue to learn what these families need and what the hopes and dreams are. Xavier students will be provided an opportunity to gain first hand experience with skills that will be the standard bearer in agency service in the very near future. Sustaining this over the long term will provide this opportunity to an ever increasing number of students in social work, education, occupational therapy, psychology, counseling and virtually every area represented in the College of Social Science at Xavier University. Our plan is to create surveys for other targeted areas in the medical field. Lastly, the Women of Excellence community will be the organization receiving credit for helping create and promote what I believe will be a nationally recognized service tool. All of this will inform our teaching in education, social work, and special education and will allow us to better target our instruction to alert our students as to the important issues of support indicated by the parents through this survey.

(d) Sustainability of FRB Over Time- The FRB as a product will be easily monetized after this initial beta testing period. Many agencies in the tri-state have already indicated they would pay to be able to use this survey and planning process to enhance their care of the families they work with. In addition, we are working towards the possibility of interfacing with the EPIC system of electronic records that most medical and therapeutic settings use. Then, the short and long term goals indicated by parents themselves will be available to the caregivers as a pull down menu on each patient’s electronic files. The monetization of the FRB has the potential to sustain the data collection over the long term at little or no cost to the university.

4. What is the expected outcome of your project? How many people (faculty, staff, students) will be engaged in your project?

There are several -desired outcomes for this initial beta test of the FRB.

(a) Standardization of Survey and Process- we hope to use the qualitative data we receive from interviewers, parents and service providers to edit the survey and adjust the action planning process so it maximizes effectiveness in generating prioritized lists of needs and longer term goals. We also want to hear feedback from parents about the length and usefulness of the survey in its present form. Last we want to learn more about how to improve the training process of the interviewers and learn how to help them form more effective action plans with parents.

(b) Begin Collecting Data and Identifying Trends and Patterns- when the data begins to be collected from individual families we will be using the data for two purposes. The first is to better meet the needs of the individual families as described above. The second is to create a database that will allow us to begin to identify trends and patterns of care that large groups of families identify as goals. As the survey begins to be used across the country, we will be able to disaggregate the data to identify local, regional and national trends and patterns of care. This data can then be used to better target resources, direct services and better meet the needs of more families raising children with special needs.
(c) Communicating With Service Providers about the Usefulness of Survey Data- After the lists and action plans have been completed a report will be generated for each parent. This report will have specific action plans developed for both the short and long-term goals the parents and student interviewers have developed. If the parent so chooses, they can share their plan and targets with agencies they may be involved with. If this occurs we will seek parent permission to talk with the agency about the usefulness of the data shared and what they might suggest as additions to the FRB process.

(d) Improvement of the care and service delivery for families using the FRB- ultimately the goal of the FRB and the action planning process is to improve the ability of parents to take care of their family and themselves. We believe that this tool will provide families the voice they don’t have now and allow them to have greater control of their child’s care and their life.

There will be a total of 50 students involved with this project initially. However, we can envision this number growing after this initial beta to as many as 100 per semester. The faculty of the special education department, social work and childhood education and literacy will be involved in this initial beta. However, the entire college of social science as well as theology and sociology has expressed interest as well.

5. How will you measure the success of your project, if funded? What are the qualitative and quantitative measures that you will use to assess impact and effectiveness?

This project will be measured in three ways:
(a) At the conclusion of the FRB process, we will interview parents as to the efficacy of the survey, the planning process and their feelings of being listened to. This will be done through a face-to-face interview conducted by the researchers.
(b) If the families choose to share their FRB data with agencies or caregivers we will also conduct a face-to-face interview with an agency representative asking them about the data, it’s usefulness to their care of families and the perceived efficacy of the survey and the process.
(c) Last, we will be interviewing the student interviewers on their feeling of the survey effectiveness and usefulness in planning with the parents.

6. There will be several ways WOX giving circle will be recognized if this grant is funded:
(a) On all literature going to parents and agencies throughout the entire data collection and reporting period WOX will be cited as the funder for the project.
(b) Any publications, presentations will also plainly display that WOX was the funder for this project.
(c) The annual Remarkable Families Symposium will be reporting on this initiative and it’s findings. It will be promoted as a WOX funded project. This will include all literature promoting the event, signs at the event as well as Facebook, Twitter and RFS web page
(d) Article describing the FRB and the initiative will be proposed to Exceptional Parent Magazine, Parenting Special Needs Magazine as well as local parenting publications in the tri state area.

**ADDITIONAL INFORMATION**

Use this section to add additional information or supporting arguments not covered in the sections above.
# The Family Resource Builder Initiative Budget Details

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<tr>
<th>Equipment</th>
<th>Estimated Cost</th>
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<th>Total</th>
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<td>Data Storage Space</td>
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<td>Space for Conducting Interviews</td>
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## Training

| Training Provided by Sweeten Life Systems| $1000.00      | Per 3 hour training session. | $1000.00|
|                                        |                |                            |        |
## Stipends for Students

| Stipend for Student Interviewers/ Travel and time* | $100.00 for the completion of one survey, analysis and planning per student. | 50 students | $5000.00 |
|                                                    |                                                             |            |          |
| Gift Card for Parent Participation               | $ 75.00 gift card to area store or restaurant for participation in study | 50 families | $3750.00 |
|                                                    |                                                             |            |          |
| Detailed FRB Report and Action Plan             | The FRB process creates a detailed report on the short and long term goals and needs as well as a detailed action plan for attaining the short and long term goals | 50 families | $0.00    |
|                                                    |                                                             |            |          |
| Fringe Benefits                                  | $ 100.01 = $1 per student | 50 students | $50.00   |
|                                                    |                                                             |            |          |
| Total Requested                                  |                                                             |            | $9800.00 |

*The fringe benefits are for students enrolled in courses in the program, students involved in the research as part of a field placement or externship, and students involved in the research as part of a field placement or externship.
WOX Giving Circle
Women of Excellence
Xavier University
3800 Victory Parkway; ML 3126
Cincinnati, Ohio 45207

WOX Giving Circle,

I am writing to the Women of Excellence in support of the Family Resource Builder Initiative (FRB) grant submission. The proposed project addresses directly many of the goals of the School of Education and the College of Social Sciences, Health and Education. The initiative involves a collaborative relationship between several programs within the college and works towards goals that are valued by the university as a whole, which is an excellent exemplar of our college motto: Collaborate, Innovate, Educate.

The initiative will also provide many of our students with an opportunity to develop individual skill sets that will directly benefit them in their field and in their search for employment after leaving Xavier University. In addition, the FRB Initiative will provide our students a real world example of how their decisions impact the community and how their service can create positive change in the lives of these families.

It is my hope that this initiative be funded as I believe it will be a sustainable initiative and one that will continue to make a difference in the lives of families in the tri state area and beyond, for the foreseeable future.

If you have any questions, please feel free to contact me.

Sincerely

Mark Meyers, Ph.D.
Dean

COLLEGE OF SOCIAL SCIENCES, HEALTH, AND EDUCATION
Office of the Dean • 3800 Victory Parkway • Cincinnati, Ohio 45207-3222
P 513-745-3119 • F 513-745-1058 • www.xavier.edu/csshe
February 19, 2014

Women of Excellence Committee
Xavier University
3800 Victory Pkwy.
Cincinnati, Ohio 45207

Dear Committee Members,

It is with great pleasure to write a letter of support for Dr. Thomas Knestrict and his team’s proposal “Family Resource Builder Initiative”. The proposed project connects directly with the goals for our education students. Part of our mission states “The department strives to send out into the education community candidates who are morally sensitive to the academic and social needs of our time, foster an appreciation for human diversity, reason critically, and think creatively”. In this project, Xavier students will be active participants in working and making professional decisions with families in the Cincinnati area.

The Family Resource Builder survey identifies the needs of families who are raising children with disabilities. In addition, the information gleaned from the survey helps families establish goals and action plans to support them in raising their children. The value to these families cannot be overstated. In addition to assisting families, Xavier students in education and social work benefit also. They are trained in the very valuable skill of survey administration. More importantly, XU students help families in developing an action plan to help alleviate the stresses of the families’ lives. Not only does the Family Resource Builder Initiative engage the Xavier students in a 'real world' way, but facilitates an understanding of how their decisions impact the community and how their service to the community can create a positive change.

I hope you concur that the effects of Family Resource Builder Initiative are far reaching and will benefit families as well as our Xavier students in profound ways. The grant will offer the foundation to move this plan forward. Please acknowledge the positive outcomes by funding this project.

Sincerely,

Cynthia H. Geer, Ed.D.
Professor and Chair
Childhood Education and Literacy Department
WOX Grant Committee                                          February 28, 2014
Xavier University

RE: Training Case Workers to use the Family Resource Builder Tool Box

Dear Dr. Knestict:

This letter is to confirm our conversation when I agreed that the teams from Sweeten Life Systems, Inc, L3C will train the men and women selected to serve as Case Workers. We will cover the technical and relational dimensions of administering the newly developed Family Resource Builder. We will also develop materials and ways to use the results to develop an action plan with the families.

Sincerely,

Dr. Gary Sweeten, President
Sweeten Life Systems, Inc, and

Director of Patient Activation
Patient Home Advantage, L3C