Women of Xavier Grant

2014

Title: Family Resource Builder Initiative

Amount Requested: $9,800.00

Abstract:

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. 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. 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.

**Outcomes**

The WOX grant allowed us to begin a very tedious and complex research project that was collaboratively executed through the early childhood, special education, social work and nursing departments. Students from each of these programs were trained in the administration, interpretation of the Family Resource Builder (FRB). The 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 children. The FRB also assists parents in establishing short and long-term action plans to chart the attainment of the goals. This required an extensive training program for all students that included two in person workshops as well as several hours of online line training. Sweeten Family Systems and Patient Home Advantage, the authors of the Family Resource Builder provided the training for our students. The cost of their training, materials and development of the online training was supported through the WOX grant.

Once the students were trained they conducted team interviews with parents who were raising children with special needs. Upon determining what their reported needs were the students and the parents conducted a problem solving and action planning session in which they created an action plan for the family. This action plan also included the creation of a visual representation of the plan for the family to post on their refrigerator for daily reference. (An example is included in this report). The family was then done with the first part of the FRB project.

The family was given two $25 gift cards after the completion of this first part of the research. The students were given four $25 gift cards for each family they agreed to work with. These gift cards were also provided through the WOX grant.

One year later the family was asked to complete another FRB so researchers could compare the reported needs of the family had changed over a year and whether the FRB had any impact on these reported needs. At the conclusion of this second round each family was given another set of one $25 gift card. We are still analyzing the data from the second data collection from the families.

The first round showed that the FRB is a wonderful tool that allows parents to put themselves in the center of their care and support as opposed to on the periphery at the behest of the experts in the field. This change of roles suggests that parents are empowered by this participation and we predict better outcomes for these families as a result.

The resulting research has translated into a manuscript, which is currently in review with several academic journals. There are also several conference presentations planned in the future as well. The research described could not of happened had it not been for the generous financial support of the Women of Excellence grant.

Comparative Budget Report (2-2015) Red is “actual spent”

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| **Equipment** | Estimated Cost | Quantity | Total |  |
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|   |  |   |  |  |
|  Data Storage  Space | Xavier in Kind | --------------- | $0.00/ 0.00 | Data storage is required to maintain data. The action planning data will be stored for each family on a separate jump drive and loaded onto the researchers office computer. Then deleted from jump drive. Global data will be loaded onto the Sweeten Life Systems hard drive remotely from the researchers office computer.  |
| Space for Conducting Interviews  | Sweeten Life Systems and Xavier University in Kind  | ---------------- | $0.00/0.00 | Some office space is needed to conduct interviews and conduct planning sessions. For those families not wanting to conduct this process in their homes space will be provided by Sweeten Life Systems at their offices in Blue Ash Ohio. The college of social science, Health and Education has also donated space, if needed, for this purpose. |
|  Office Supplies  Postage | $200.00 | ---------------- | $200.00/ $0 – amount donated by departments | Initial contact mailings, mailing of final action plan documents and mailing of the gift cards for participation will be sent at the end of this project and beta test. |
| **Training** |  |  |  |  |
|  Training Provided by Sweeten Life Systems | $1000.00 | Per 3 hour training session.  | $1000.00/ $1000 | Each student interviewer will receive 6 hours of training from Sweeten Life System trainers on the administration of the FRB as well as the process of short and long-term action planning sessions. The money will go to Sweeten Life Systems for their time and training in administering the survey and action planning coaching. |
| **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/ $5000 | Each student will receive a $100 stipend at the completion of the project.  |
| Gift Card for Parent Participation | $ 75.00 gift card to area store or restaurant for participation in study | 50 families | $3750.00/ $3750\* However, we expect participation rates to be lower for round two.  | Each family will receive a $50 gift card for participation. This is in addition to the detailed report and action plan the FRB process generates.  |
| 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 | The fringe benefit rate for students enrolled in classes is 1%. Each student involved will be enrolled in a field placement class that is required for their programs in special education or social work.  |
| Total Requested |  |  | $9800.00/$9800.00 |  |