

Feasibility of a Web-Based Parent Training for Adolescents in Residential Treatment



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Introduction & Background

- Many adolescents discharged from residential treatment (RT) do not maintain treatment gains
- One strategy that may be useful in conjunction with other supports for adolescents transitioning from RT to the community is parent training
- Trout and Colleagues (2012) created On the Way Home and Ringle and Colleagues (2015) created a blended transitional support program
- Extant studies have been conducted in-person which pose significant barriers (e.g., time, scheduling, transportation) that can affect enrollment, attendance, and engagement
- Web-based parent training can overcome some of these barriers because they are convenient, cost-effective and can be reliably delivered
- Parenting Wisely (PW) is a web-based parent training that increases effective parenting behaviors and reduces child externalizing behaviors

Purpose

The **purpose** of the study was to use mixed methods to evaluate the feasibility of PW in parents with children in RT.

Methods

Enrollment informed consent, demographic survey

Parenting Wisely (5 weeks): housework, schoolwork, curfew, criticizing/step-parenting, monitoring (school, homework, friends), loud music/chores, sharing tech, sibling conflict, getting up on time, finding drugs

Mid-session interview: open ended, semi-structured; assess parents' initial impressions of PW ; content analysis

End of study interview: explore what parents learned from PW, overall satisfaction with the content, timing of delivery, and mode of delivery; content analysis

Usability survey: module completion, clarity, usefulness, time spent completing modules

Sample Characteristics (N=20)

Parents	N
Average age	35
Relationship	
Adoptive mother	4
Biological mother	16
Race and ethnicity	
White (non-Hispanic)	19
White (Hispanic)	1
Income	
<\$20k	3
20-40k	2
40-60k	2
60-80k	1
>80k	12
Education	
No degree	4
Degree	16
Marital status	
Unpartnered	4
Partnered	16
Employment status	
Disabled/Unemployed	12
Employed	8

Adolescents	N
Average Age	15
Gender	
Female	9
Male	11
Average length of stay	15 mos
Prior RT stay	7
Current Residence	
RT facility	10
Home	8
Other	2

Results

Usability survey results			
Content clarity		Ease of use	
Very clear	17	Very easy	15
A little bit clear	3	A little easy	4
Not clear	0	Not at all easy	1
Video helpfulness		Content completed	
Very helpful	12	100%	16
A little bit helpful	8	75-99	3
Not helpful	0	74-50	1
Quiz helpfulness		Time spent per week	
Very helpful	14	<30 minutes	18
A little bit helpful	5	30-60 minutes	1
Not helpful	1	>1 hour	1

Theme 1: Practicing the skills

- Practicing communication: "If my son acts up, everyone's quick to just say take away the cell phone, but not having an actual consequence. Like this is your warning. If you're going to do this, you're going to lose that."
- Parent alignment: "We had a family meeting to talk about some rules. And if we hadn't been watching the modules, I think one of us could've taken something personally...because I remember, at one point, we were all talking and my husband actually pulled back and said, "Hang on. Let's just have one person talk at a time."...We even said, "Remember what the module said about this?" If I had done it by myself, I would've spent so much time trying to explain it to him and then felt isolated trying to run a family meeting or something. It was just so much better."

Theme 2: Delivery mode and timing of PW

- The role of prevention: "This program needs to be used in the beginning when they are identified as having markers that show that they are at risk for mental and behavioral health issues when they are assessed to be at risk for substance use and juvenile justice issues; this should be implemented immediately."
- Timing of delivery: "I think it depends on where [parents] are. The people who are new to treatment, you can tell they're a little bit in rough shape. They're looking for an answer versus people like myself, who we've been doing this for a long time."

Theme 3: Satisfaction with content and scenarios

- Representativeness: "a nice variety of family structures...It's not all white middle class families. I can tell that there's been some effort made there."
- Relatability: "[my] kids' responses are much more extreme than what's in the video...even if the conflict is familiar, the reaction of the kids was way less." OR "The areas of conflict in our home were well-represented. This has played out in our home exactly"

Conclusion

- Parents may need support implementing more difficult skills such as contingency management interventions
- Engaging multiple caregivers in the child's life is important for parenting consistency
- Parent training is ideal before discharge in addition to other supports
- Tailoring of PW is necessary to fit the needs and preferences of the population

Acknowledgement

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