



**Acquired
Brain Injury
Network**

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Conference Presentation Abstract ~ Poster

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Title:

Feasibility Testing of an Intervention for Adolescents with Brain Injury and their Families - Clinicians' Perspectives

Authors:

Rebecca Swift-Weir, RN, Brain Injury Services
Kathy Gravel, M.S.W., R.S.W., Bloorview Kids Rehab
Valerie Lusted, M.S.W., R.S.W., Bloorview Kids Rehab

Presenter:

Rebecca Swift-Weir RN, MScN., Rehabilitation Counsellor, Brain Injury Services
Kathy Gravel M.S.W., R.S.W., Social Worker, Community Developer, Bloorview Kids Rehab
Valerie Lusted M.S.W., R.S.W., Social Worker, Bloorview Kids Rehab

Summary:

Acquired brain injury (ABI) is the leading cause of disability and death among children and adolescents, yet there are few services in the community to help these young people, or especially their families. Research has shown that families of adolescents with ABI report elevated levels of psychological distress and high levels of family burden that persist for many years following the injury. As physical and cognitive recovery stabilizes, psychosocial and behavioral difficulties often emerge. When children with ABI grow into adolescence or young adulthood, it becomes particularly stressful for families as the strains of adolescence may coincide with the adolescent 'growing into' the latent effects of ABI. Family support is especially needed at this stage to help families better deal with the complex challenges of ABI and adolescence.

Although the need for family intervention after ABI has been well established, very few supports exist for these families. Moreover, there is little empirical guidance for professionals on the therapeutic approaches that would be most helpful for families.

This presentation will provide an overview of a new empirically-based intervention designed specifically for adolescents (ages 13 to 19 years) with ABI and their families. This intervention, called BIFI-A, has been manualized and consists of a variety of topic areas that families have identified as important. For the past year, three clinicians have been testing out this intervention with nine families. This poster presentation will provide an overview of the research, intervention curriculum, clinicians' perspective of the intervention, and next steps for the project.

Outcomes/Objectives:

The objectives of this poster presentation are to:

1. Present an overview of the development of an empirically-based intervention for adolescents with ABI and their families (called Brain Injury Family Intervention – Adolescents, BIFI-A)
2. Highlight the strength of multi-site collaboration between research scientists, clinician investigator, consumers, and test clinicians
3. Provide clinician perspectives on the feasibility testing of BIFI-A

Participants will have an opportunity to look at the BIFI-A clinician manual and to engage in direct dialogue with the test clinicians.