Kids Connecting: Building Family Relationships Post ABI

Toronto ABI Network Conference
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Brain Injury Association
KIDS REHABILITATION HOSPITAL
Plan for today

- Review literature and resource needs of siblings and children in families with ABI
- Describe a partnership model to enhance capacity in the ABI system
- Provide overview of Child & Youth Workshop
- Summarize evaluation outcomes and recommendations
Sibling Response After Pediatric ABI

- 46% - emotional reactions, school problems or aggressive behavior changes (Harris et al., 1989)
- Increase in personal responsibilities, family distress, concern for the future (Willer et al., 1990)
- Increased psychological distress and less effective problem solving (Orsillo et al., 1993)
- Loss of parental affection (Peretti et al., 1995)
- Lives are “forever different” (Gill & Wells, 2000)
Effects of Parental Brain Injury on Children

- Negative behavioral change in 90% of sample (Pessar et al., 1993)
- Parents perceived as more lax in discipline (Uysal et al., 1998)
- Non-injured parent less actively involved
- Hidden loss (Kieffer-Kristensen & Johansen, 2013)
- Increase risk for developing PTSD (Kieffer-Kristensen et al., 2011)
What About Us?!
Needs of Siblings & Children

siblings

- Normalizing activities and dedicated time with parents (without injured sibling) (Godwin et al., 2016)
- Psychosocial “checkups” in response to changing needs (Gan et al., 2013)

Children of parents with ABI

- Professional intervention - individual or group (Tiar & Dumas, 2015)
- Access to individual, group, and family support and counseling as needed (Gan et al., 2010)
You are here

Ontario

Toronto 207 KM's

Ottawa 278 KM's

London 386 KM's
Prince Edward County
Challenges of Service Delivery in Rural Ontario

- Distance to Major Medical Centres
- Travel Time
- Physical and Cognitive Fatigue
- Cost (missed time at work, childcare etc.)
- Services across the lifespan at the same time, in the same location.
February 4th, 2016

Child & Youth Workshop for Families Affected by ABI

Holland Bloorview Kids Rehabilitation Hospital

PRESENTED BY STARK FAMILY FUND, BRAIN INJURY ASSOCIATION QUINTE DISTRICT & HOLLAND BLOORVIEW KIDS REHABILITATION
# Workshop Agenda

<table>
<thead>
<tr>
<th>Time</th>
<th>Task</th>
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<tbody>
<tr>
<td>9:45 - 10:00</td>
<td>Registration</td>
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<tr>
<td>10:00 - 10:15</td>
<td>Introductions, Housekeeping &amp; Outline</td>
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<tr>
<td>10:15- 11:45</td>
<td>Panel Presentation</td>
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<td>11:45 - 12:00</td>
<td>Extra Time</td>
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<tr>
<td>12:00 - 1:00</td>
<td>Pizza Lunch</td>
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<tr>
<td>1:00 – 2:30</td>
<td>Breakout Groups- Children, Youth &amp; Adult</td>
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<tr>
<td>2:30 – 3:00</td>
<td>Sharing Top 3 Coping Strategies, Evaluation &amp; Wrap-up</td>
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Participants

- 44 participants and 6 facilitators
- Age range of participants 6 – 67 years old
- 9 children under 10 years old
- 20 participants 11 – 24 years old
- 15 attendees over 25 years old
Panel Presentation
Panel Questions

Tell us about your experience with ABI
What are your greatest frustrations?
How has the ABI changed your family?
What is your happiest memory post-ABI?
Is there something that worked in your family that you think will help others?
What have you learned from ABI and what would you tell others?
<table>
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<tr>
<th>Time</th>
<th>Activity</th>
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<tr>
<td>1:15 – 1:20</td>
<td>Welcome &amp; Group Rules</td>
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<tr>
<td>1:20 – 1:30</td>
<td>Warmup!</td>
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<tr>
<td>1:30 – 1:45</td>
<td>What’s your story? Pass the mic along</td>
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<tr>
<td>1:45 – 2:00</td>
<td>Stressbusters Game &amp; Dotmocracy</td>
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<tr>
<td>2:00 – 2:20</td>
<td>Build a Stressbusters Ball!</td>
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<tr>
<td>2:20 – 2:25</td>
<td>Tell Us What You Think</td>
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Children’s Group Coping Strategies

Talk to someone

Do something

Go somewhere
Tips for Coping – Children

- Watch a Movie
- Talk & Play With Sisters
- Play With Cats
- Talk To Dogs
- Talk To God/ Jesus
Youth Group Challenges

Feelings

Family Issues

Figuring Out What Helps
Youth Group Tips for Coping

- Individual coping strategies
- Advocacy strategies
- Coping with family members
Tips for Coping – Youth

- Pause, Relax, Breathe
- Spend Time With Friends
- Remember Every Brain is Different
- Reach Out for Support
- Maintain Friendships
Tips for Coping – Adult

- Celebrate Milestones
- Keep a Positive Attitude
- Use a Support System
- Choose Your Own Path
- Self Care
Evaluation- Positive Aspects

- Groups
- Different stories from families was the most positive
- Connections with the other parents coping with ABI
- Openness & the offering of strategies of coping mechanisms
- Learning from different people's experiences & coping strategies to deal with people affected by ABI
Children’s Evaluation

- Did you have fun: 6
- Did you find it easy to share your experience: 2
- Did you find talking about coping tips and strategies helpful: 5
- Will you use these tips at home: 2

Options: Very Happy, Happy, Neither Happy nor Sad, Little Bit Sad, Very Sad
1. Overall I had a positive workshop experience.
2. The panel was informative and well structured.
3. The breakout groups and coping strategies were helpful.
4. The workshop was a safe and nonjudgmental environment.
5. I would be interested in attending future youth workshops.

n = 14
Evaluation - Positive Aspects

- Meeting people & discussing different ABI incidents & finding similar people
- Panel & breakout groups
- Breakout groups
Challenges

- Co-ordination with PA Days across 4 School Boards & 4 Private Schools
- Financial Burden on Families
- Limited Funding Resources for Family Members
- Transportation
- Accessibility
- Stigma (Urban vs Rural Service Provision)
Future Directions

- Continued Family Support Groups
- Workshops will be held on PA Days
- Youth wanted more ABI Information
- Children wanted more Social Time with Peers living with Similar Situations
- Parents want more time to connect with their children in a non-judgemental environment.
March Break Day 2016
Halloween Party 2016

Friday October 28
11:00 - 2:30
BIAGD Office
223 Pinnacle St
RSVP
613-967-2756

Spooky Lunch
References


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