

AWARD NUMBER: W81XWH-16-1-0407

TITLE: SMART Optimization of a Parenting Program for
Active Duty Families

PRINCIPAL INVESTIGATOR: Abigail Gewirtz, Ph.D.

RECIPIENT: University of Minnesota
Minneapolis, MN 55455

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TYPE OF REPORT: Annual

PREPARED FOR: U.S. Army Medical Research and Materiel Command
Fort Detrick, Maryland 21702-5012

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14. ABSTRACT The objective of this study is to provide ways to meet the needs of military families experiencing deployments by testing a program to strengthen parenting and family resilience (i.e. children's wellbeing, parents' adjustment, and marital relationships). After Deployment, Adaptive Parenting Tools (ADAPT) is a family resilience program which helps parents to be their children's best teachers by providing them with effective positive parenting tools. Prior rigorous research on ADAPT has shown that it benefits service members, their partners, and their children. The program appears to improve parents' sense of control, or feelings of confidence in their parenting, and these improvements lead to better observed parenting, children's better adjustment, and less distress among and between parents. Families' needs differ – some parents need or want less intensive or online programs, whereas others may need more intensive or in-person programs; some parents may do better in a group program whereas others may need individual support. This study examines multiple formats, 'doses,' and sequences of the ADAPT program in a sequential, multiple assignment, randomized trial (SMART) study design. This is a 2-stage study, whereby families are first randomized to one of two 'small dose' ADAPT interventions (i.e. workshop or online programs), and if they need further support (i.e. are not helped by the program, as indicated by their responses on a measure of parenting sense of control) they are subsequently randomized again, either to have access to a booster group program or a booster individual family ADAPT format. The various formats and sequences are evaluated against each other to determine what works best for whom. This is an innovative study that will advance the field of personalization or tailoring; it is the first military family personalization SMART that we know of. Based on earlier research, we expect the program to benefit families (improving adult, child, and couple adjustment, as well as parenting) but we also expect it to benefit military family providers, giving options for alternative sequences, doses, and components. Another contribution of this study is that it is one of the few studies that will examine how high operational tempo conditions affect family resilience, and how a parenting program might buffer those conditions, strengthening resilience.					
15. SUBJECT TERMS Parenting, children, family resilience, military, SMART design, prevention					
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1. **INTRODUCTION:** Narrative that briefly (one paragraph) describes the subject, purpose and scope of the research.

The objective of this study is to provide ways to meet the needs of military families experiencing deployments by testing a program to strengthen parenting and family resilience (i.e. children's wellbeing, parents' adjustment, and marital relationships). After Deployment, Adaptive Parenting Tools (ADAPT) is a family resilience program which helps parents to be their children's best teachers by providing them with effective positive parenting tools. Prior rigorous research on ADAPT has shown that it benefits service members, their partners, and their children. The program appears to improve parents' sense of control, or feelings of confidence in their parenting, and these improvements lead to better observed parenting, children's better adjustment, and less distress among and between parents. Families' needs differ – some parents need or want less intensive or online programs, whereas others may need more intensive or in-person programs; some parents may do better in a group program whereas others may need individual support. This study examines multiple formats, 'doses,' and sequences of the ADAPT program in a sequential, multiple assignment, randomized trial (SMART) study design. This is a 2-stage study, whereby families are first randomized to one of two 'small dose' ADAPT interventions (i.e. workshop or online programs), and if they need further support (i.e. are not helped by the program, as indicated by their responses on a measure of parenting sense of control) they are subsequently randomized again, either to have access to a booster group program or a booster individual family ADAPT format. The various formats and sequences are evaluated against each other to determine what works best for whom. This is an innovative study that will advance the field of personalization or tailoring; it is the first military family personalization SMART that we know of. Based on earlier research, we expect the program to benefit families (improving adult, child, and couple adjustment, as well as parenting) but we also expect it to benefit military family providers, giving options for alternative sequences, doses, and components. Another contribution of this study is that it is one of the few studies that will examine how high operational tempo conditions affect family resilience, and how a parenting program might buffer those conditions, strengthening resilience.

2. **KEYWORDS:** Provide a brief list of keywords (limit to 20 words).

Parenting, children, family resilience, military, SMART design, prevention

3. **ACCOMPLISHMENTS:** The PI is reminded that the recipient organization is required to obtain prior written approval from the awarding agency Grants Officer whenever there are significant changes in the project or its direction.

What were the major goals of the project?

NOTE: We submitted a request to revise the approved SOW to Michelle Lane and Jennifer Hayden on 28 August 2017. The revised SOW is included below, although we have not received approval yet.

Specific aims are as follows:

1. Compress existing ADAPT group and individual programs for active-duty SO and RA deployed military families.
2. Conduct a SMART with 360 active-duty families to examine the impact of ADAPT on *multiple outcomes* (i.e., (i) coercive family interactions, positive parenting, couple adjustment and co-parenting, (ii) adult PTSD symptoms, depression symptoms, substance use, and (iii) child behavior and emotional problems, and positive adjustment. Specific *optimization* questions are as follows:
Research Question 2a: Is starting with condensed group modality more effective in improving multiple outcomes than starting with online self-directed?
Research Question 2b: Among non-responders to ADAPT condensed group or ADAPT online is subsequent individual or group based programming more effective for improving multiple outcomes?
Research Question 2c: Which of the four embedded sequences of adaptive interventions has the greatest impact (i.e., effect size/ES) on multiple outcomes?
3. Address the following *exploratory optimization* research questions to examine the ability of putative secondary tailoring variables (OPTEMPO, gender) to predict differential response to the 4 embedded AIS sequences
 - a) Will high OPTEMPO (SO) families benefit most from AIS beginning with condensed groups when compared with AIS beginning with a flexible online self-directed format?
 - b) Will fathers benefit most from AIS that include group-based, second-stage interventions when compared to AIS with individually-based, second-stage interventions?
4. Describe and document key process variables: parents' participation and satisfaction with the programs, and fidelity of implementation by providers delivering the in-person programs.

Major Task 1: Pre-award tasks

Subtask 1: Prepare regulatory documents and research protocol

Subtask 2: Coordinator study staff for SMART

Major Task 2: Adapt existing ADAPT curricula for active-duty contexts

Subtask 1: Compress ADAPT group and individual curriculum for retreat-style and 5-session formats

Subtask 2: Collect informal feedback from participants attending mock-workshops and groups at Fort Campbell (FC), Fort Bragg (FB), and Joint Base Lewis-McChord (JBLM).

Subtask 3: Convene 1 focus group of RA and SO military families at FC after completion of first workshop.

Subtask 4: Share focus group findings and discuss further curriculum modifications with Expert Panel for feedback.

Major Task 3: Conduct 2-stage SMART to assess effectiveness and satisfaction of ADAPT in 315 RA and 315 SO active duty military families

Subtask 1: Recruit 315 RA and 315 SO active duty military families

Subtask 2: Randomly assign families to intervention condition

Subtask 3: Detail responsiveness to ADAPT

Subtask 4: Based on responsiveness, re-randomize non-responders to second intervention condition (booster group or booster individual ADAPT)

Subtask 5: Assess effectiveness of ADAPT interventions

Major Task 4: Data analysis

Subtask 1: Coordinate with sites and data team for monitoring data collection rates and data quality

What was accomplished under these goals?

Major Task 1 –

Staffing has been secured at all installations with some turnover in both a site coordinator (FB) and facilitators (JBLM and FB) positions. Facilitator turnover (of installation staff on JBLM) has led to concerns about having enough trained facilitators to deliver the intervention. We consulted with LTC McKnight, at MOMRP, for guidance on strengthening ADAPT's partnership with JBLM. He has kindly agreed to follow-up with the installation.

Facilitators at all three sites have participated in multiple "mock" sessions, delivering the intervention to non-study eligible families, and received coaching from Dr. Molly Willer in Minnesota. Similarly, all sites have fully staffed assessment teams that have also received training, completed mock assessments and are receiving on-going coaching from Shauna Tiede in Minnesota.

Staffing that has not been accomplished is childcare due to the fact that we are waiting on the CNACI policy waiver to begin hiring. In the interim, a childcare stipend has been written into our protocol and approved for use until childcare staff are hired.

Major Task 2 (in revised SOW) - Informal feedback is being obtained from families at all sites who participate in the mock intervention workshops to help inform any additional changes in the compressed curriculum before study participants are delivered the intervention.

Major Task 3 - Recruitment is underway at all sites and is surpassing our expectations (see attached recruitment graph). Special emphasis is being given to develop relationships with the SOF community to ensure there is adequate participation from this group. This does seem to be more of a challenge on JBLM since their staff identifies connecting with SOF as a challenge. Additionally, it has been suggested that we work with the hospitals and clinics on each installation to follow their internal IRB approval process in order to advertise the study within their facilities and for their staff to share our marketing materials. More information is being gathered.

Major Task 4 - Data collection is occurring on each installation as in-home assessments are being accomplished, followed by data cleaning and quality control.

What opportunities for training and professional development has the project provided?

Site coordinators receive weekly mentoring from the project coordinator at the University of Minnesota. Fort Bragg site coordinator is being sent to a professional development conference, Forward March.

Intervention facilitators have all received 8 days of formal ADAPT training, completed 1-2 mock ADAPT workshops and received coaching from Dr. Molly Willer. Once intervention delivery begins, active facilitators will receive weekly coaching.

Assessment technicians have all received formal training on completing in-home assessments, completed a mock assessment and will receive coaching from Shauna Tiede at the University of Minnesota.

How were the results disseminated to communities of interest?

Nothing to report

What do you plan to do during the next reporting period to accomplish the goals?

Primary objectives for the next reporting period are, (1) determine feasibility of JBLM as site, (2) continue with recruitment on all three installations with additional focus given to SOF recruitment, (3) continue with T1 in-home assessments with consented families, and (4) begin initial planning of intervention delivery. We anticipate, based on recruitment numbers, that FC may have enough participants to start Phase 1 in January 2018.

- 4. IMPACT:** Describe distinctive contributions, major accomplishments, innovations, successes, or any change in practice or behavior that has come about as a result of the project relative to:

What was the impact on the development of the principal discipline(s) of the project?

Nothing to report

What was the impact on other disciplines?

Nothing to report

What was the impact on technology transfer?

Nothing to report

What was the impact on society beyond science and technology?

Nothing to report

- 5. CHANGES/PROBLEMS:** The Project Director/Principal Investigator (PD/PI) is reminded that the recipient organization is required to obtain prior written approval from the awarding agency Grants Officer whenever there are significant changes in the project or its direction. If not previously reported in writing, provide the following additional information or state, “Nothing to Report,” if applicable:

Changes in approach and reasons for change

We submitted a request to revise the approved SOW to Michelle Lane and Jennifer Hayden on 28 August 2017. The revised SOW is included below, although we have not received approval yet.

Actual or anticipated problems or delays and actions or plans to resolve them

ADAPT on JBLM began with limited engagement from FAP due to their own staffing shortages. Since our facilitator training this past summer, there has been additional turnover of staff, therefore reducing the number of trained facilitators on JBLM. Conversations with FAP staff have revealed they have no intention of providing additional staff for the ADAPT study. JBLM currently has: One site coordinator and a FAP outreach staff, both whom are trained as facilitators. We terminated employment of a U of MN temp/casual employee due to poor performance who was trained as facilitator and lost a FAP staff member to other employment who was trained as a facilitator. Consultation with LTC McKnight is underway to see if ADAPT can be housed within a different program on the installation.

Changes that had a significant impact on expenditures

Nothing to report

Significant changes in use or care of human subjects, vertebrate animals, biohazards, and/or select agents**Significant changes in use or care of human subjects**

Nothing to report

Significant changes in use or care of vertebrate animals.

Nothing to report

Significant changes in use of biohazards and/or select agents

Nothing to report

6. **PRODUCTS:** List any products resulting from the project during the reporting period. If there is nothing to report under a particular item, state “Nothing to Report.”

- **Publications, conference papers, and presentations**

Report only the major publication(s) resulting from the work under this award.

Journal publications.

Nothing to report

Books or other non-periodical, one-time publications.

Nothing to report

Other publications, conference papers, and presentations.

Nothing to report

- **Website(s) or other Internet site(s)**

www.adapt.umn.edu hosts our series of ADAPT studies, including articles with outcomes from our first ADAPT study.
<https://adapt4u.talentlms.com/> hosts our online curriculum.

- **Technologies or techniques**

Nothing to report

- **Inventions, patent applications, and/or licenses**

Nothing to report

- **Other Products**

Compressed ADAPT curriculum (workshop, group and individual formats) have been created for this study.

7. PARTICIPANTS & OTHER COLLABORATING ORGANIZATIONS

What individuals have worked on the project?

NOTE: Funding Support for all personnel listed is this award

Other staff have been involved in the study as assessment technicians and facilitators delivering the intervention, but none of those staff have individually contributed 1.0 month or more.

Name: Gewirtz, Abigail
Role: PI
Person months: 3.0 months
Contribution: Responsible for preparing, conducting, and administering the project in compliance with applicable regulations and institutional policies. Responsible for staff management, curriculum writing, facilitator training and coaching, fidelity and implementation of intervention.

Name: Majerle, Amy
Role: Staff: Project Manager
Person months: 2.0 months
Contribution: Study oversight and compliance tasks, assist with study implementation

Name: Mensinger, Theresa
Role: Staff: Project Coordinator
Person months: 5.0 months
Contribution: Project implementation, oversight of individual study sites and day-to-day operation of study

Name: Tiede, Shauna
Role: Staff: Assistant Project Manager/Assessment Coordinator
Person months: 3.0 months
Contribution: Assessment oversight: develop and ensure adherence of assessment protocols, train assessment technicians, assist in the development of data flow management

Name: Willer, Molly
Role: Staff: Intervention Coordinator
Person months: 1.0 month
Contribution: Curriculum writing, facilitator training and coaching, fidelity and implementation of intervention

Name: Eversole, Elizabeth
Role: Staff: Site Coordinator, Fort Campbell
Person months: 3.0 months
Contribution: Day-to-day oversight and implementation at the Fort Campbell site

Name:	Gibbon, Lori
Role:	Staff: Site Coordinator, JBLM
Person months:	5.0 months
Contribution:	Day-to-day oversight and implementation at the Joint Base Lewis-McChord site
Name:	Numbers, Megan (March – June 2017)
Role:	Staff: Site Coordinator, Fort Bragg
Person months:	4.0 months
Contribution:	Day-to-day oversight and implementation at the Fort Bragg site
Name:	Heinecke, Cheryle (hired August 2017)
Role:	Staff: Site Coordinator, Fort Bragg
Person months:	2.0 months
Contribution:	Day-to-day oversight and implementation at the Fort Bragg site
Name:	Forgatch, Marion
Role:	Co-Investigator
Person months:	2.0 months
Contribution:	Curriculum writing, training and coaching
Name:	DeGarmo, David
Role:	Co-Investigator
Person months:	2.0 months
Contribution:	Analyze data and monitor data management
Name:	Bloomstrom, Glen
Role:	Co-Investigator
Person months:	1.0 month
Contribution:	Advise key personnel on recruiting regular Army and Special Operations personnel, establish connections with key military and community personnel to market the program
Name:	Piehler, Tim
Role:	Co-Investigator
Person months:	1.0 month
Contribution:	Advise on SMART research design and data analysis

Has there been a change in the active other support of the PD/PI(s) or senior/key personnel since the last reporting period?

GEWIRTZ, Abigail

Title: Comparing Web, Group and Telehealth Formats of a Military Parenting Program

(PI: A Gewirtz)

ID#: W81XWH-14-1-0143

Period: 6/1/2014 – 5/31/2019

Effort: 13.5%

Funding: \$610,273/year

Role: PI

Supporting agency & contact:

US Department of Defense

Michelle Lane, Program Official, michelle.d.lane9.civ@mail.mil

Goals/Specific Aims: This study will compare the effectiveness of three different delivery formats (online, group, and telehealth) of the After Deployment Adaptive Parenting Tools (ADAPT) preventive intervention, an empirically supported parenting program for military families, through the following specific aims:

Aim 1: Evaluate the usability and acceptability of the individualized web-facilitated ADAPT condition.

Aim 2: Conduct a three-group, two-site randomized trial to test the comparative effectiveness of three ADAPT delivery approaches for 360 reintegrating National Guard and Reserves (NGR) families randomly assigned to: (i) ADAPT group-based; (ii) ADAPT individualized web-facilitated; or (iii) ADAPT self-directed online. Families complete pre-intervention baseline assessment (pre-test) and three post-test assessments at 6, 12- and 24 months.

Aim 3: Evaluate generalizability of ADAPT effectiveness across three intervention delivery approaches using intent to treat (ITT) analyses, specifying a non-equivalence hypothesis for group-based and web-facilitated relative to self-directed only.

If results are positive, ADAPT could be widely deployed so that many more military, and especially NG/R families can benefit from improvements to parenting, child, couple, and parental adjustment.

Overlap: This project examines the same parenting program (ADAPT) but with different delivery formats, randomization, and participant pools.

Change: None

Title: The Center for Resilient Families (PI: A Gewirtz)

ID#: U79 SM080009

Period: 9/30/2016 – 9/29/2021

Effort: 20%

Funding: \$599,989/year

Role: PI

Supporting agency & contact:

DHHS SAMHSA

Cicely Burrows-McElwain, Program Official,

cicely.burrows-mcelwain@samhsa.hhs.gov

Goals/Specific Aims: The Center for Resilient Families aims to raise awareness of and increase access to family interventions to promote resilience in traumatized children. The Center will reduce disparities in service access, use, and training by targeting trauma-informed family interventions to isolated families in transition: those with a parent deployed to war, Native American families on reservations, immigrant and refugee families, families involved in the juvenile justice and child welfare systems, and families in which a parent has been killed.

Overlap: None

Change: This is a new active grant

Title: Midwest Continuum of Care for Child Trauma (PI: A Gewirtz)

ID#: U79 SM056177

Period: 12/30/2005 – 9/29/2016

Effort: 50%

Funding: \$399,991/year

Role: PI

Supporting agency & contact:

DHHS SAMHSA

Cicely Burrows-McElwain, Program Official,

cicely.burrows-mcelwain@samhsa.hhs.gov

Goals/Specific Aims: The goals of this project are 1) to improve access to trauma-informed practices and treatment for traumatized children and families; 2) to implement and sustain evidence-based trauma treatment models in the Upper Midwest; and 3) to build and maintain consensus for child trauma.

Overlap: None

Change: This project has ended.

Title: Evaluation of TF-CBT Learning Collaborative (PI: A Gewirtz)

ID#: 56797

Period: 2/7/2013 – 12/31/2016

Effort: 1%

Funding: \$46,213/year

Role: PI

Supporting agency & contact:

Minnesota Department of Human Services

Patricia Nygaard, pat.nygaard@state.mn.us

Goals/Specific Aims: The purpose of this contract is to provide evaluation of training and consultation efforts to expand within the mental health provider community the clinical capacity to provide Trauma-Focused Cognitive Behavioral Therapy.

Overlap: None

Change: This project has ended.

Title: Evaluation of the Sesame Street for Military Families: Transitions Program (PI: A Gewirtz)

ID#: 303131

Period: 1/22/2016 – 12/31/2016

Effort: 5%

Funding: \$170,000/year

Role: PI

Supporting agency & contact:

Sesame Workshop

Tanya Haider, Vice President of Strategy and Research,

Tanya.haider@sesame.org

Goals/Specific Aims: The goal of this project is to assess parental and child response to the Sesame Workshop's Military Families: Transitions Program, including a) use, perceived quality, and impact of materials, and b) changes in child and caregiver outcomes over time, based on a sample of 200 military personnel and their co-parents who have recently or will soon separate from the armed forces.

Overlap: None

Change: This project has ended.

FORGATCH, Marion**Title: Comparing Web, Group and Telehealth Formats of a Military Parenting Program**

(PI: A Gewirtz)

ID#: W81XWH-14-1-0143*Period:* 6/1/2014 – 5/31/2019*Effort:* 5%*Funding:* \$12,197/year (subaward)*Role:* Co-I*Supporting agency & contact:*

Subaward from University of Minnesota

Amy Rollinger, Grants Administrator, amyg@umn.edu

Prime source of funding: US Department of Defense

Michelle Lane, Program Official, michelle.d.lane9.civ@mail.mil

Goals/Specific Aims: This study will compare the effectiveness of three different delivery formats (online, group, and telehealth) of the After Deployment Adaptive Parenting Tools (ADAPT) preventive intervention, an empirically supported parenting program for military families, through the following specific aims:

Aim 1: Evaluate the usability and acceptability of the individualized web-facilitated ADAPT condition.

Aim 2: Conduct a three-group, two-site randomized trial to test the comparative effectiveness of three ADAPT delivery approaches for 360 reintegrating National Guard and Reserves (NGR) families randomly assigned to: (i) ADAPT group-based; (ii) ADAPT individualized web-facilitated; or (iii) ADAPT self-directed online. Families complete pre-intervention baseline assessment (pre-test) and three post-test assessments at 6, 12- and 24 months.

Aim 3: Evaluate generalizability of ADAPT effectiveness across three intervention delivery approaches using intent to treat (ITT) analyses, specifying a non-equivalence hypothesis for group-based and web-facilitated relative to self-directed only.

If results are positive, ADAPT could be widely deployed so that many more military, and especially NG/R families can benefit from improvements to parenting, child, couple, and parental adjustment.

Overlap: This project examines the same parenting program (ADAPT) but with different delivery formats, randomization, and participant pools.

Change: None

Title: The Center for Resilient Families (PI: A Gewirtz)*ID#:* U79 SM080009*Period:* 9/30/2016 – 9/29/2021*Effort:* 5%*Funding:* \$55,133/year (subaward)*Role:* Co-I*Supporting agency & contact:*

Subaward from University of Minnesota

Amy Rollinger, Grants Administrator, amyg@umn.edu

Prime source of funding: DHHS SAMHSA

Cicely Burrows-McElwain, Program Official,

cicely.burrows-mcelwain@samhsa.hhs.gov

Goals/Specific Aims: The Center for Resilient Families aims to raise awareness of and increase access to family interventions to promote resilience in traumatized children. The Center will reduce disparities in service access, use, and training by targeting trauma-informed family interventions to isolated families in transition: those with a parent deployed to war, Native American families on reservations, immigrant and refugee families, families involved in the juvenile justice and child welfare systems, and families in which a parent has been killed.

Overlap: None

Change: This is a new active grant

PIEHLER, Tim**Title: Effects of Psychotherapeutic Treatment Options on Clinical and Family Stress Outcomes for Depressed Adolescents (PI: Bloomquist)**

ID#: NA Period: 9/1/2016 – 3/1/2018

Effort: 5% in kind effort Funding: \$75,000 total award

Role: Co-I

Supporting agency & contact: Clinical & Translational Science Institute, Univ. of Minnesota

Goals/Specific Aims: This pilot study will conduct a randomized trial of individual cognitive behavioral therapy (CBT) intervention and a social-learning family therapy condition for depressed adolescents. Moderators of intervention response to each model will be examined.

Overlap: None

Change: This is a new active grant.

Title: The Development of Behavioral Measures of Peer Contagion Susceptibility in Adolescence (PI: Piehler)

ID#: 23031 Period: 1/15/2015 – 2/28/2017

Effort: 15% in kind effort Funding: \$24,593 total award

Role: PI

Supporting agency & contact: Office of the Vice President for Research, University of Minnesota

Grant-in-Aid of Research, Artistry and Scholarship

Frances Lawrenz, Program Official, lawrenz@umn.edu

Goals/Specific Aims: This pilot study seeks to develop and evaluate measures of susceptibility to peer contagion within the context of group-based interventions for adolescent conduct problems. If successful, this program of research will provide measurement tools to determine which adolescents may be optimal or poor candidates for group-based interventions.

Overlap: None

Change: This project has ended.

Title: Adaptive Intervention Strategies in Conduct Problems Prevention (PI: G August)

ID#: R34 MH097832 Period: 4/1/2013 – 3/31/2017

Effort: 6% Funding: \$150,000/year

Role: Co-I

Supporting agency & contact: National Institutes of Health

Amy Goldstein, Program Official, goldsteinam@mail.nih.gov

Goals/Specific Aims: This pilot study conducts feasibility research to develop adaptive intervention strategies for conduct problems prevention. The adaptive model will stipulate for whom only brief prevention strategies are sufficient and for whom more intensive strategies are necessary. The research will target youth (10-15 years of age) identified by law enforcement as early offenders and referred for pre-court juvenile diversion programming.

Overlap: None

Change: This project has ended.

DeGARMO, David

Title: Translational Drug Abuse Prevention Center (PDs: Chamberlain and Fisher)

ID#: P50 DA035763

Period: 7/15/2013 – 4/30/2018

Effort: 13%

Funding: \$618,325 (subaward)

Role: PI of Methods Core

Supporting agency & contact:

Subaward from Oregon Social Learning Center

Prime funding source: National Institutes of Health

Belinda Sims, Program Official, bsims@nida.nih.gov

Goals/Specific Aims: The major goals of this project are to increase our understanding in three areas that have direct effects on child welfare system (CWS) policy and practice: (a) understanding underlying mechanisms and processes associated with exposure to high levels of early adversity, (b) reducing the rates of drug use and engagement in HIV-risk behaviors in adolescent girls in the CWS, and (c) identifying methods for implementing extant evidence-based interventions in CWS real-world settings with high fidelity.

Overlap: None

Change: None

Title: Comparing Web, Group and Telehealth Formats of a Military Parenting Program (PI: A Gewirtz)

ID#: W81XWH-14-1-0143

Period: 6/1/2014 – 5/31/2019

Effort: 15%

Funding: \$51,276 (subaward)

Role: Co-I

Supporting agency & contact:

Subaward from University of Minnesota

Kevin McKoskey, SPA Associate Director, kevin@umn.edu

Prime source of funding: US Department of Defense

Michelle Lane, Program Official, michelle.d.lane9.civ@mail.mil

Goals/Specific Aims: This study will compare the effectiveness of three different delivery formats (online, group, and telehealth) of the After Deployment Adaptive Parenting Tools (ADAPT) preventive intervention, an empirically supported parenting program for military families, through the following specific aims:

Aim 1: Evaluate the usability and acceptability of the individualized web-facilitated ADAPT condition.

Aim 2: Conduct a three-group, two-site randomized trial to test the comparative effectiveness of three ADAPT delivery approaches for 360 reintegrating National Guard and Reserves (NGR) families randomly assigned to: (i) ADAPT group-based; (ii) ADAPT individualized web-facilitated; or (iii) ADAPT self-directed online. Families complete pre-intervention baseline assessment (pre-test) and three post-test assessments at 6, 12- and 24 months.

Aim 3: Evaluate generalizability of ADAPT effectiveness across three intervention delivery approaches using intent to treat (ITT) analyses, specifying a non-equivalence hypothesis for group-based and web-facilitated relative to self-directed only.

If results are positive, ADAPT could be widely deployed so that many more military, and especially NG/R families can benefit from improvements to parenting, child, couple, and parental adjustment.

Overlap: This current project is examining the same parenting program (ADAPT) but with different delivery formats, randomization, and participant pools that the proposed project.

Change: None

Title: Paths 2 the Future: Testing the Efficacy of a Career Development Intervention for High School Girls with Disabilities (PI: Lindstrom)

ID#: R32 A150046

Period: 7/1/2015 – 6/30/2019

Effort: 15%

Funding: \$556,236

Role: Co-I

Supporting agency & contact: U.S. Dept of Education/Institute of Education Sciences

Goals/Specific Aims: The major goal of this project is to determine whether the *Paths 2 the Future* intervention produces a beneficial impact on education and career outcomes for high school girls with high-incidence disabilities relative to a counterfactual.

Overlap: None

Change: None

Title: Nuestras Familias: Testing the Efficacy of a Family Based Intervention to Promote Latino Student Academic Success and Positive Behavioral Outcomes (PI: Martinez)

ID#: R35 A150280

Period: 7/1/2015 – 6/31/2018

Effort: 5% begins Year 2

Funding: \$238,108

Role: Co-I

Supporting agency & contact: U.S. Dept of Education/Institute of Education Sciences

Goals/Specific Aims: This study is taking place in six middle schools in Lane County, Oregon. Families are immigrant families; we will assess 120 Latino students, about 210 Latino parents, and about 50 teachers and administrators. We will randomly assign three middle schools each to the intervention or comparison conditions. Control schools will operate with “business as usual.” In intervention schools, about 60 families will receive the NF intervention, all school staff will participate in the all-school workshop to provide an overview of each component, select teachers will receive the teacher sessions, and both parents and teachers will participate in the “Bridge” sessions. By using hierarchical linear modeling, we will test the efficacy of the intervention on changes in proximal outcomes of student adjustment, family environment, parenting practices, and school engagement, and intervention effects on distal educational outcomes.

Overlap: None

Change: None

BLOOMSTROM, Glen

No other support (no change)

What other organizations were involved as partners?

Organization:	University of Oregon
Location:	Eugene, OR
Contribution:	Collaboration (subaward)
Organization:	Implementation Sciences International, Inc.
Location:	Eugene, OR
Contribution:	Collaboration (subaward)
Organization:	Fort Campbell, Army Community Services
Location:	Tennessee/Kentucky
Contribution:	Collaboration and networking, facilities, marketing consultation and product
Organization:	Fort Bragg, Family Advocacy Program and USASOC Family Programs
Location:	North Carolina
Contribution:	Collaboration and networking, facilities, marketing consultation and product
Organization:	Joint Base Lewis-McChord, Family Advocacy Program
Location:	Washington
Contribution:	Collaboration and networking, facilities, marketing consultation and product

8. SPECIAL REPORTING REQUIREMENTS

QUAD CHART: Attached

9. APPENDICES:

Recruitment Line Graph

SMART optimization of a parenting program for active duty families

eBRAP Log Number: PT150093

Award Number: 16-1-0407



PI: Gewirtz, Abigail

Org: University of Minnesota, Twin Cities

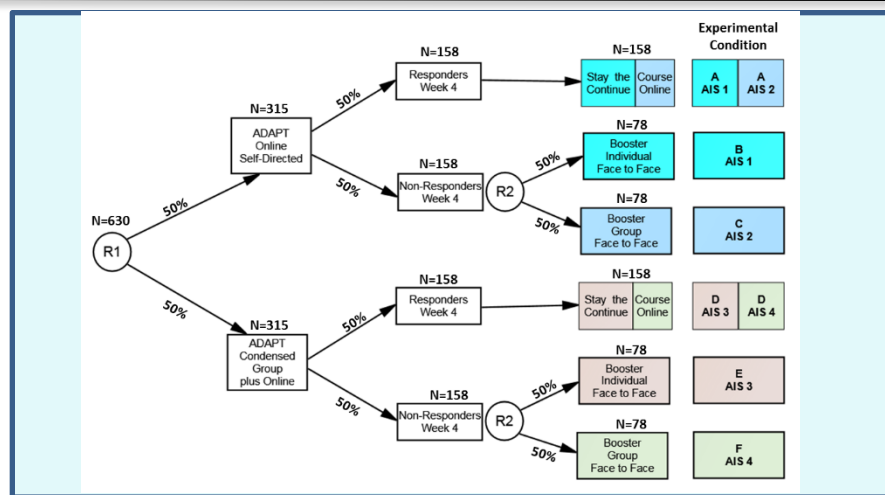
Award Amount: \$4,304,180 total (\$3,000,000 direct)

Objective

The **objective** of this study is to yield the optimal dosage, components, and sequence of a parenting program for active duty military families in diverse OPTEMPO contexts (i.e., regular Army (RA) families and Special Operations (SO) families). We will examine the effects of first and second stage interventions (condensed group, online, booster group, booster individual) on family resilience (i.e. observed parenting, parent and couple adjustment, and child adjustment), among program responders and non-responders, and explore whether certain program sequences or formats are more effective for high OPTEMPO (i.e. SO vs. RA) and male gender.

Approach

Phase III clinical trial with 630 Special Operations/SO and Regular Army/RA families in 3 installations; randomization occurs within each base and by SO/RA. Families are randomly assigned to either ADAPT online or condensed group ADAPT. At 4 weeks post baseline, responder status is assessed. Responders (i.e., parents scoring above the cut threshold on parenting locus of control) stay the course. Non-responders are again randomized to 5-session booster individual ADAPT or 5-session booster group ADAPT. Multi-method, multi-informant assessments are conducted at baseline, 6 (parents only) 12, and 24 months with parents, children, and teachers.



Accomplishment: ADAPT is an evidence-based parent training intervention demonstrating effectiveness in improving parent and child outcomes. The proposed study will optimize ADAPT to enhance efficiency, scalability, and sustainability.

Timeline and Cost

Activities	FY	17	18	19	20
Aim 1: Compress ADAPT program					
Aim 2: Examine optimization effects in a SMART trial					
Aim 3: Examine exploratory optimization questions					
Aim 4: Describe participation, satisfaction, & fidelity					
Estimated Budget (total)		\$709,466	\$1,795,438	\$929,513	\$869,763

Goals/Milestones

FY17 Goal – Condense group ADAPT program and begin recruitment

- ☒ Listening sessions and focus groups (**see explanation under goals accomplished**)
- ☒ Begin recruitment of Cohort 1

FY18 Goals – Program delivery/assessments begin

- ☐ Continue recruitment of Cohorts 2 and 3
- ☐ Complete program delivery for Cohort 1
- ☐ Begin assessment of Cohort 1

FY19 Goal – Completion of program delivery

- ☐ Program delivery for Cohorts 2 and 3
- ☐ Begin assessments for Cohorts 2 and 3

FY20 Goal – Completion of assessments and data analysis

- ☐ Complete assessments for Cohorts 2 & 3
- ☐ Analyze Data

Comments/Challenges/Issues/Concerns

Conversations are being had regarding the feasibility of JBLM continuing as a site. The official CNACI policy waiver has not been received in writing.

Budget Expenditure to Date

Y1 Q4 (06/30/2017 – 09/29/2017): \$289,632

To date (09/30/16 – 09/29/2017): \$709,466

Updated: October 2, 2017

All Installations – by Segment

