

Testing a novel Parents Participatory Pathway

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Our journey with family leadership

- Engaged in Pictability training in June 2018
- Involved a consultant who is also a parent to understand organization's readiness to embark on a different family leadership paradigm
- Tried the use of Pictability in a few circumstances
- Through additional funds from MCFD initiated discussion with Plumtree and Dr. Janson in bringing Now & Next (NN) to Kinsight
- Over the month of May 2019 completed NN program

Now and Next

<https://youtu.be/oaINxg-UzH4>

Theory and Practice

- NN is a capacity building and leadership development program for parents raising young children with a developmental disability or delay
- Uses four main principles:
 - Positive Psychology
 - Post Traumatic Growth
 - Mindfulness
 - Gamification

1.
Vision &
Family
goal

2.
Signature
Strengths,
Child goal,
Circle of
Control

Now & Next sessions

4.
Our role in
working with
Professionals

3.
Wellbeing,
Self Care,
Personal
Goal

Pictability: A participatory visioning tool



[view](#)

Theory and Practice

- The tripartite focus on goals for child, goals for family and goals for self, represents a marked deviation from traditional goal-setting and planning approaches.
- Research indicates that when parents are encouraged explicitly to extend their vision from just their child, to also embrace their whole family and themselves, all goals become more motivating, more ambitious, and more adventurous.
- Inspires families to think beyond therapies and to see themselves as actively engaged participants in their own lives.
- The three tiers move families' focus away from 'planning to help my child with all the things they can't do' to 'visioning and dreaming for the future', away from 'things happening to us' to 'things we'll make happen'.

Data and engagement

- Now and Next incorporates participants outcome and feedback throughout the sessions to improve the program's effectiveness
- A rating scale (PCOM) that measures how participant's feel across 4 domains: individually, interpersonally, socially and overall are taken at the beginning and end of each session
- A 2nd rating scale (GSRS) measures feedback across their relationship with the facilitator and group, the outcomes and topics covered, the approach or method used in each session and an overall feedback score.

Data and engagement cont'd

- Taken together the measures tells us how close parents feel to the facilitators and gives a sense of belonging that the parents experience
- The feedback from both measures enabled the facilitators to tailor support to participants when needed.

Attendance and completion

Kinsight

- 90.6% average attendance
- 18.1% dropout rate
- 37% were fathers
- 12.5% were grandparents
- 56.3% identified as speaking a language other than English at home

Globally

- 88.7
- 15.8%
- 25.9%
- N/A globally
- 55.5%

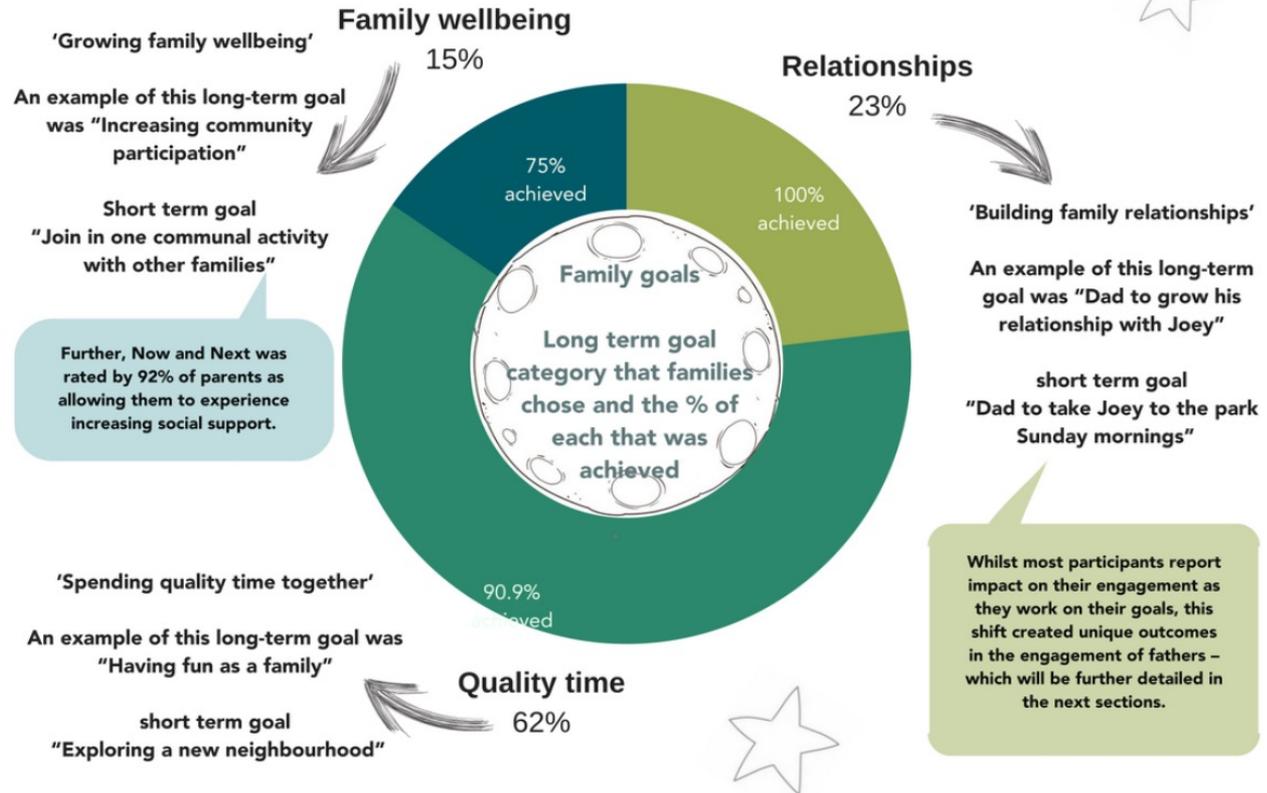
So what actually did we find?

- In the areas of goal achievement, participants mostly achieved their short term family and child goal over the course of the 4 sessions
- This achievement was slightly better than the global benchmark
- In the area of personal goal achievement, participants scored slightly less than the global benchmark

Digging deeper into family goal achievement

- Previous thematic analysis showed that family goals are typically aligned with one of three categories:
 - **Family wellbeing**
 - **Deepening relationships within the family**
 - **Spending quality time as a family**

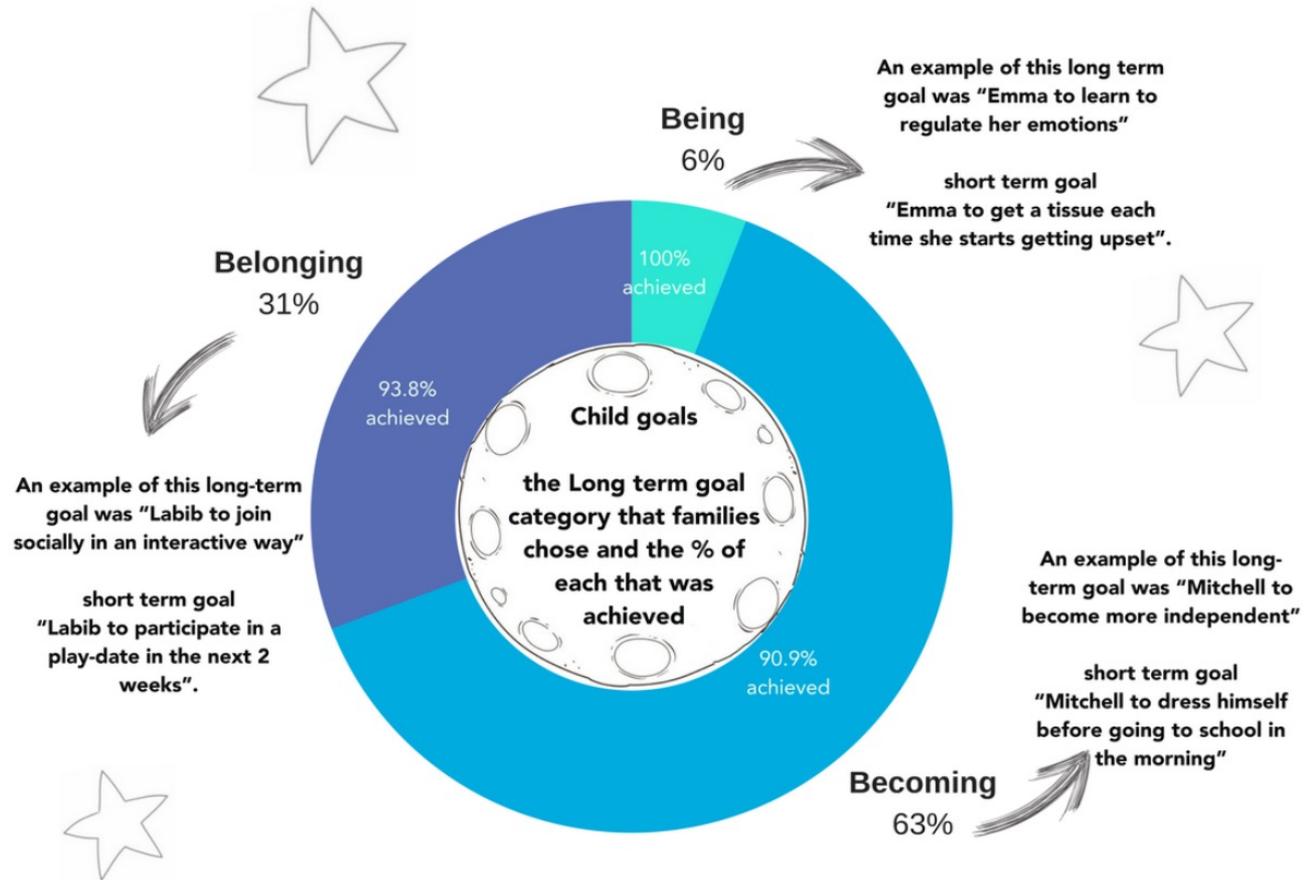
Family Goals



Digging deeper into child's goal achievement

- Analyses showed that child's goals are typically aligned with one of three categories:
 - **Being***
 - **Belonging***
 - **Becoming***
 - Kinsight participants chose goals that matched the global benchmark %'s across all three categories

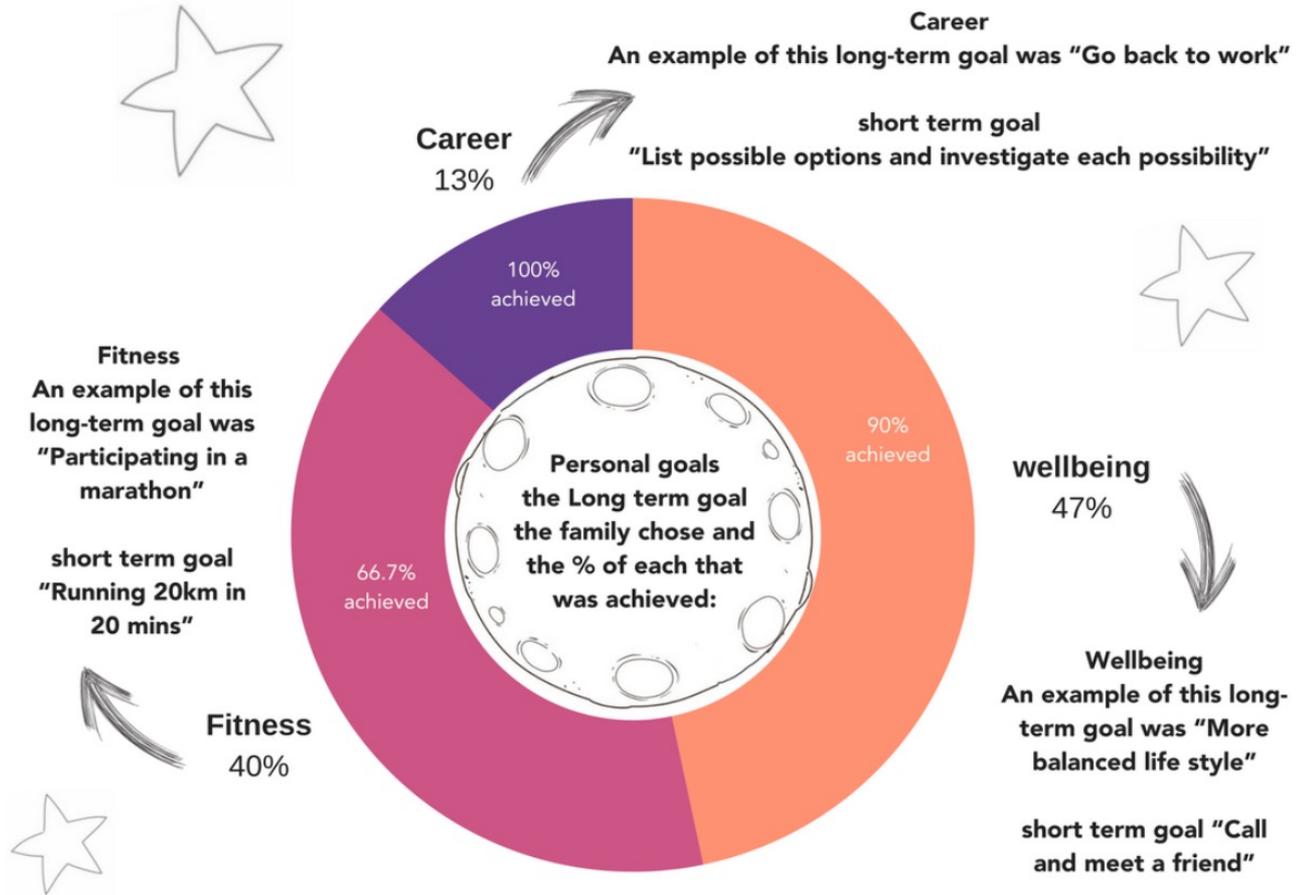
Child goals



Digging deeper into parent's goal achievement

- Parent goals clustered across three common themes: fitness, career and well being
- Goal distribution similar to global benchmarking

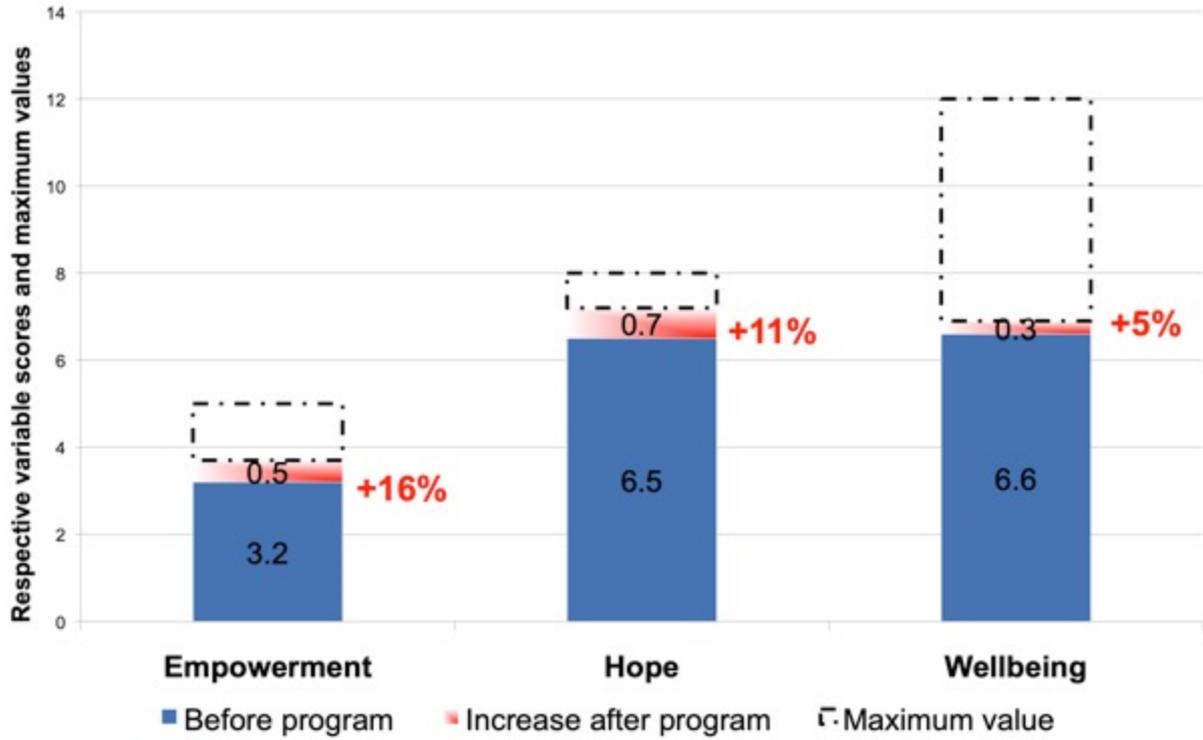
Personal goals



Participants Impact

- Participants all saw improvement across all 3 domains of Hope, empowerment and well-being

Kinsight 2019 Overview of Now and Next Program Impact



Research tools

- Partners in Change Outcomes (PCOMs)
 - Robust scales rating engagement
- Psychological Empowerment Scales (PES)
 - Attitude
 - Skills & knowledge
 - Formal participation
 - Informal participation
- Survey questions

REFS: Akey, T.M., Marquis, J.G. & Ross, M.E. (2000). Validation of scores on the psychological empowerment scale: A measure of empowerment for parents of children with a disability. *Educational and Psychological Measurement*, 60(3), 419-438.

Duncan, B. & Reese, R.J. (2015). The Partners for Change Outcome Management System: The client's frame of reference revisited. *Psychotherapy: Theory, Research, Practice, Training*, 52, 391-401.

Rachel's experience

<https://youtu.be/-qwsqbw9MTw?list=PLweQgLzfClbf8rNdWEywFr9Qq6FC3JHcZ>

Hunter's Vision Statement

- Hunter's dream is to be happy and live independently in his own home one day. Hunter wants to have friends at school and in the community - he is excited about meeting new people and connecting.
- There are two ways that can help Hunter achieve these dreams: Firstly that he looks his best to ensure that other people want to be with him. Secondly that he continues learning to communicate through technology and signs so that their relationship can grow.

Comments

- *It was absolutely amazing to have NN in Canada. We set new goals and set new ones as we achieved them. it feels so good to achieve our goals.*
- *We could reinforce what each other learned... there were other courses that we did alone but learning together was awesome! This is us on the same page!!*
- *I loved the fact that my husband and I could write our goals in our language and were together to discuss these and make future plans. I felt comfortable and welcome.*
- *Finding my inner power again... I recognized right it away although I thought I had lost it. There is so much I can do to support my child – I am glad to have reconnected with these feelings again.*

Links

- <https://youtu.be/-qwsqbw9MTw?list=PLweQgLzfClbf8rNdWEywFr9Qq6FC3JHcZ>

Thank you!

Any Questions?