South Central MIRECC Clinical Educator Grant Program Application

FY2017

The SC MIRECC Clinical Education Grant program funds the development of innovative clinical tools, intervention materials, training programs, videos, or evidence-based treatment manuals that improve mental health care for rural and other underserved Veterans. Clinicians and research investigators at VA medical centers and community-based outpatient clinics develop these products. SC MIRECC provides completed products to the public at no cost. If funded, your final product should be aimed at a general audience and easy for the SC MIRECC to disseminate across VA services and disciplines.

Instructions. *Please complete this application in a brief, yet informative manner.* ***Enter any references or additional budget information on page 4. Attach additional pages or letters of support to your email.*** *Submit the completed application to Geri.Adler@va.gov.*

1. Principal applicant **Date**

First Name, Last Name, Degrees Today's Date

2. Co-applicants *(If none, enter NA)*

Full Names of Co-Applicants

3. Submission type *(Check one)* ☑ Initial Submission ☐ Resubmission

4. Address

Anytown VAMC	1111 Any Address	112233
VA Facility Name	Address	Mail Code / Suite #

Any City	Any State	00000	111-222-3333
City	State	Zip	Phone

5. Title of product.

A Veteran's Guide to Talking with Kids about PTSD

6. Brief description of the product *(1-2 sentences).*

Following a review of the literature and analyzing the results of focus groups, qualitative interviews and self-report questionnaires, the applicant's will create a pamphlet for veteran parents to facilitate communication with their children about PTSD.

7. Target audience *(Check all that apply).*

- [x] Veterans
- [x] VA Mental Health Providers
- [ ] Public
- [ ] Family/Caregivers
- [ ] VA Primary Care Providers
- [ ] Other:

8. Estimated project start and end dates.

10-1-XXXX	9-30-XXXX
Start Date	End Date

9. List 1-3 objectives your project aims to achieve.

1. To conduct mixed-methods research to explore Veterans' experiences of parenting when living with PTSD and how VA can help Veterans in this role;
2. Use these research findings to create a pamphlet for Veteran parents to facilitate communication with their kids about PTSD, thereby empowering them with hope and tools for effective parenting.

10. What clinical issue or problem does your product address?

We are unaware of any research on communication between parents and their children about PTSD, either in the civilian or Veteran population. Opening the lines of healthy communication has the potential to help the Veteran, child, and broader family relationships.

11. What, resources currently exist to address this problem, if any? *(Search the national MIRECC website [http://www.mirecc.va.gov/] and the internet)*. If resources exist, please explain how your product is unique *(e.g., resources are out-of-date, not user-friendly, or not applicable to Veterans).*

After a thorough literature search and consulting with national experts, we believe there are no current parenting guides available for Veteran parents living with PTSD. Similarly, we were unable to find high-quality, research-based parenting resources for individuals with PTSD in the civilian sector. To the best of our knowledge, the only similar resource is a National Center for PTSD published online page entitled "When a Child's Parent has PTSD" (2007). This brief resource describes PTSD symptoms and common problems among children dealing with parental PTSD, as well as an extremely brief section on how parents can help. Almost all references were from the 1990s and distribution/evaluation/use of this webpage is unknown. There are a few books written for children on understanding parental PTSD but our resource will be for the parents themselves.

12. How will your product improve this issue or problem?

Our pamphlet will have the following strengths/advantages:
1. It will be based on qualitative (focus groups/interviews) and quantitative (self-report measures) data from Veteran parents with PTSD currently active in three different VA hospitals
2. It will draw upon input from national experts
3. It will draw from more recent research
4. It will provide much greater specificity regarding the topic and how parents can be helpful
5. Depending on the input from the Veterans in the focus groups/interviews, the product may be interactive so the Veteran can personalize it by writing his/her own thoughts/feelings/experiences
6. It will have an additional, very brief handout/script for providers, including guidance on how to initiate discussions with Veterans about parenting and to how to share the pamphlet in an empowering manner.

13. How does your product improve mental health care for rural and other underserved Veterans?

The role of Veteran as parent has been relatively neglected in the VA system; efficacy in being a parent can be an important part of positive mental health, and parenting can be challenging for veterans with PTSD. Although our Veteran convenience samples at three VAMCs are not representative of all Veteran parents with PTSD, they represent important geographically-diverse groups and will be asked about a topic rarely addressed in the VA. Additionally, given the catchment areas of our VAs, we anticipate our samples to include both rural and urban Veterans, thereby enabling us to specifically explore the experiences/needs of rural Veteran parents with PTSD. Further, the product will be easily available to staff/Veterans seeking care in both urban and rural CBOCs and Vet Centers, both of which serve many Veteran parents.

14. How will you evaluate the final product? *(Check all that apply)*

- ☐ Pretest
- ☐ Posttest
- ☐ Follow-up Survey
- ☐ Individual Interviews
- ☐ Focus Group Interviews
- ☑ Other: VISN 16 Consumer Advisory Board

15. Budget Table *(submit additional on page 4 if needed)*

Item With Justification	Quantity	Cost per item	Total Cost
Digital Recorder	2	$150	$300
Focus Group Participant Payment: Canteen Books	90	$25	$2,250
Transcription (focus group interviews; 31-41 hours of recording)		$100/hour	$4,100
Resource book (list attached)			$500
Non-VA consultants for product review	3	$500	$1,500
Graphic Designer to create product			$1,000
Copy Editor (contributed by MIRECC)			No Cost
		Grand Total	$9,650

Please **email your complete application to Geri.Adler@va.gov by 4:00 pm CT on August 5, 2016 and copy your Mental Health or Service Line Chief for concurrence on the email**. If you work at a CBOC, you may also need concurrence from your clinic Director. **If your Service Chief or Director is not included on the email, we cannot accept your application.** For more information, contact Geri Adler, PhD, the SC MIRECC Assistant Director for Education at (713) 440-4480 or Geri.Adler@va.gov.

Enter additional text and references below.

1. Davidson, A.C., & Mellor, D.J. (2001). The adjustment of children of Australian Vietnam veterans: Is there evidence for the transgenerational transmission of the effects of war-related trauma? Austrialian and New Zealand Journal of Psychiatry, 35(3), 345-51.
2. Galovski, T., & Lyons, J. (2004). Psychological sequelae of combat violence: A review of the impact of PTSD on the veteran's family and possible interventions. Aggression and Violent Behavior, 9, 477-501.
3. Gewirtz, A.H., Polusny, M., DeGarmo, D., Khaylis, A., & Erbes, C. (2010). Posttraumatic stress symptoms among National Guard soldiers deployed to Iraq: Associations with parenting behaviors and couple adjustment. Journal of Consulting and Clinical Psychology, 78(5), 599-610.
4. Institute of Medicine. (2013). Returning home from Iraq and Afghanistan: Readjustment needs of veterans, service members, and their families. National Academy of Sciences.
5. Jordan, B. K., Marmar, C. R., Fairbank, J. A., Schlenger, W. E., Kulka, R. A., Hough, R. L., et al. (1992). Problems in families of male Vietnam Veterans with posttraumatic stress disorder. Journal of Consulting and Clinical Psychology, 60, 916-926.
6. Khaylis, A., Polusny, M.A., Erbes, C.R., Gewirtz, A.H., & Rath, M. (2011). Posttraumatic stress, family adjustment, and treatment preferences among National Guard soldiers deployed to OIF/OEF. Military Medicine, 176, 126-130.
7. Lauterbach, D., Bak, C., Reiland, S., Mason, S., Lute, M.R., & Earls, L. (2007). Quality of parental relationships among persons with a lifetime history of posttraumatic stress disorder. Journal of Traumatic Stress, 20(2), 161-172.
8. Leen-Feldner, E. W., Feldner, M. T., Bunaciu, L., & Blumenthal, H. (2011). Associations between parental posttraumatic stress disorder and both offspring internalizing problems and parental aggression within the National Comorbidity Survey-Replication. Journal of Anxiety Disorders, 25, 169-175.
9. Mattocks, K.M., Haskell, S.G., Krebs, E.E., Justice, A.C., Yano, E.M., & Brandt, C. (2012). Women at war: Understanding how women veterans cope with combat and military sexual trauma. Social Science and Medicine, 74(4), 537-545.
10. Sayers, S.L., Farrow, V., Ross, J., & Oslin, D. W. (2009). Family problems among recently returned military veterans referred for a mental health evaluation. Journal of Clinical Psychiatry, 70(2), 163-70.

Enter additional budget information below.

Sample books include:

1. Andrews, B. (2002). Why Are You So Sad: A Child's Book about Parental Depression
2. Andrews, B. (2011). Why Are You So Scared?: A Child's Book About Parents With PTSD
3. Beardslee, W (2003). When a Parent is Depressed: How to Protect Your Children from the Effects of Depression in the Family
4. Campbell, B (2005). Sometimes My Mommy Gets Angry

Chan, P.D. (2007). Why is Mommy Sad? A Child's Guide to Parental Depression
Clarke, L. (2006). Wishing Wellness: A Workbook for Children of Parents with Mental Illness
Nicholson, J., Henry, A.D., Clayfield, J. & Phillips, S. (2001) Parenting well when you're depressed: A complete resource for maintaining a healthy family.
Thompson, T. (2007). The Ghost in the House: Real Mothers Talk About Maternal Depression, Raising Children, and How They Cope