

Brief Evidence-Based ACT-Enhanced Parenting Intervention to Promote School Engagement

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Problem The transition to middle school (typically 7th grade in the US) is a time of high risk for school disengagement for teens from low-income families

Theory of Intervention



Bridges Parent Program

- Parents and family are critical social context that impacts teen development
- Changing this social context to be more nurturing and effective in promoting school achievement increases school engagement
- Parenting skills need to be adapted to fit teens' developmental stage
- Parent self-regulation is needed
- 4 skill sets adapted for developing teens

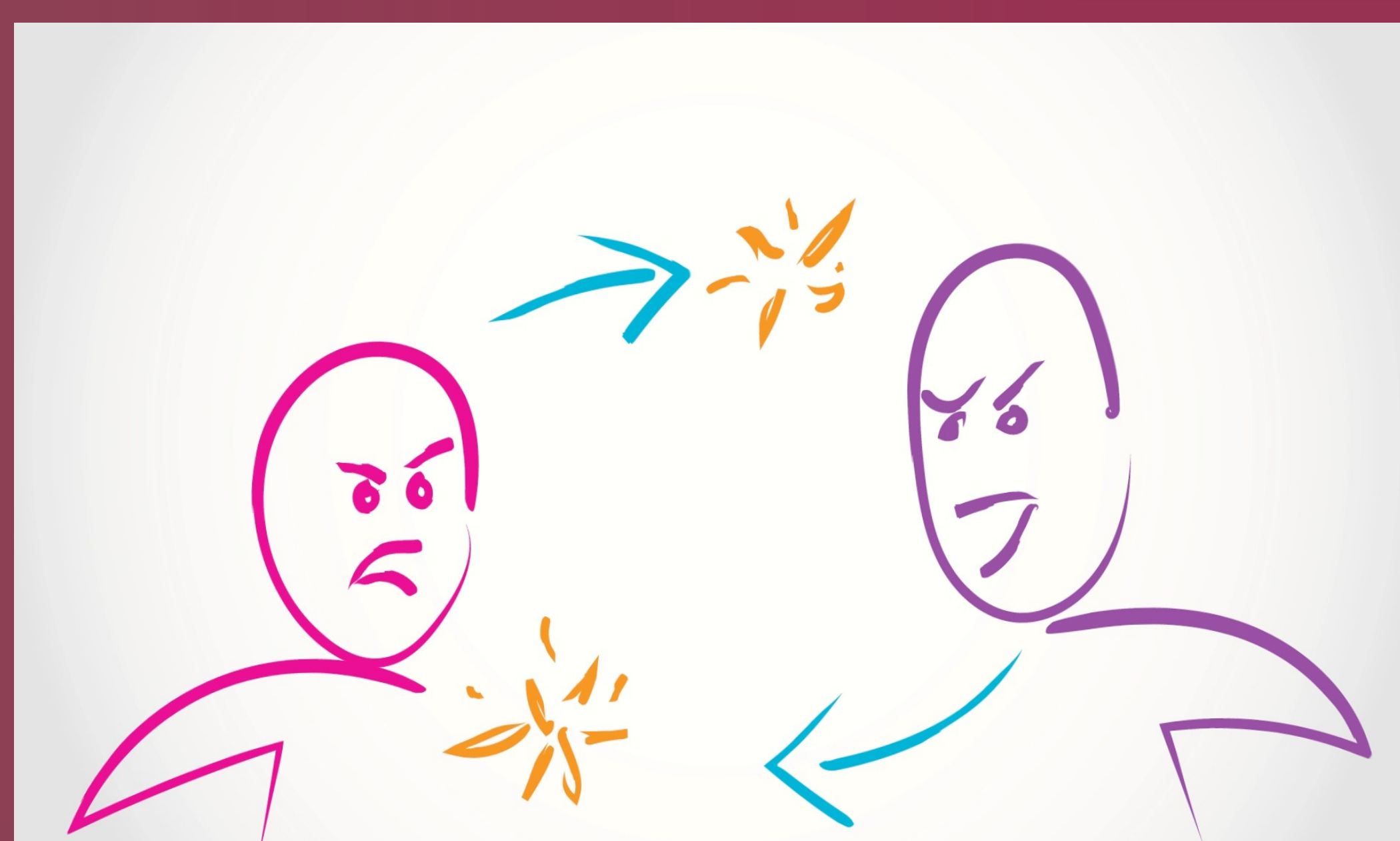


Program Processes

- Program is manualized for group leaders
- Component skills have animated didactic videos and dramatic video demonstrations of negative and positive examples
- Features active learning activities to engage parents in practicing component skills
- Mindfulness practice (Breathe to FOCUS skill) is led by audio recording and also by group leader in each session
- Home practice of skills are assigned each session. Parents self rate and group leader checks on home practice experiences in subsequent sessions
- Previous 9 session program showed efficacy. See Gonzales et al. (2014). *Prevention Science*, 15, 929–939. Current 4 session adaptation is being tested in RCT with 600 families.

Program Implementation

- 4 sessions early evening (2 hrs in length)
- Families come together but there are
- Separate teen, parent, family components
- Sessions 1 & 4: Separate parent, teen
 - (75 min) + family meeting (35 min)
- Sessions 2 & 3: Separate parent, teen only
- Parent & teen components can stand on own



CONNECT
CONNECT skills help you keep a strong and positive relationship with your teen so they trust that you care about them

WATCH
Use WATCH skills to keep an eye out on your teen so you know what is going on

LIMIT
Use LIMIT skills to have rules and consequences so your teen can learn to be focused, responsible, and organized

FOCUS
FOCUS skills help you stay calm and keep your attention on doing what is best for your teen

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