UCLA Family Commons
To Scale Prevention Science

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RCT is our Documentation Strategy.

- **Study Participants**
  - Control condition
  - Intervention condition
  - Intervention
  - Outcomes over time
Current strategies will not achieve our goals.

Replication with fidelity to what?

Training models different?

Failure to saturate settings with redundant practice.

Need to design to funding streams.
RWJF funded two sites: UCLA Family Commons, Santa Monica
UCLA Family Commons, Robert F. Kennedy Schools
Across sites -
Highly desirable settings
UCLA: visible & credible brand.
Consumer surveys informed content & delivery formats.
Funding streams drive programming.
Saturate with programs with similar goals.
Santa Monica

IT use
Social media
IEP planning
Parenting
Divorce
Bullying
Sexual initiation
Overscheduled
Homework

Sibling fights
$ literacy
Monitoring
Setting limits
Marital bliss
Saturate the Family Commons with opportunities to learn.

Expert talks (prepared slides).
Content on the web & blogs.
Integrated topic into activities.
Evidence-based offerings.
Integrated into activities.
Family coaching.
Coaching

Martial Arts

Mindful Awareness

Yoga
Training model for delivering EBI varied substantially - selection key.
If manuals are not replicated with fidelity, is there another way to harvest the evidence in EBI?
80% of EBI Share Skills; We first trained these skills.

- Self-monitoring
- Problem solving
- Cognitive styles
- Goal setting
- Praise – rewards
- Assertiveness
- Attention
- Modeling
- Monitoring
- Relaxation
- Response cost
- Mirroring

Chorpita & Daleiden, 2009
Trained Family Mentors as Behavior Change Facilitators

Local Adaptation

Cultural Tailoring
Ethnicity, Language, Income, Education

Content Tailoring

Shared processes
- Frame issue
- Apply knowledge
- Build skills
- Remove barriers
- Build social support

Domains
- Anxiety
- Obesity

Situations
- Entering a new school

Developmental challenges
- Parenting 0-5, 6-9, 10-12

Foundational Skills

Practice Elements utilized to implement Common Principles
Consistently monitored activities.

Outcomes
Practice skills
Perceived impact
Stress
Family bonding
EBI must be improved over time.

1. Participant Info: Study arm, Mentor Mother, status, participant identification
2. Graph of Participants weight
3. Participants contact info
4. Participant Lifecycle- pre and post natal visits
Summer camps are EBI for Social skills for Children with ADHD

If our camps were half as good as EBI, but twice as impactful as none, is that Good Enough?
Santa Monica Camps

Financially viable.
42% problematic children.
Parents uninterested in evaluation.
EBI social skills groups emerged.
Engagement in martial arts, mindfulness, girls groups.
Summer Camp at RFK.

Easy to get teacher & parent evaluations.

Fewer children with problems.

Many follow-on activities.

Funding stream needed.
Social skills saturation at RFK.

Classroom EBI
Lunch bunch
Summer camps
Girls club
Teacher training
Family Coaching
Training the after-school staff
RFK Saturation on Obesity

CATCH EBI
Walking groups
Salad bars
Health fairs
Garden
School snacks
Zumba
Martial arts
Home visiting
What are we learning?
Saturation of settings with prevention creates multiple vehicles to reach the same goal. Evaluation is piecemeal.
Technology expands our potential to saturate lives. It often derails children; it could be harnessed.
Family
Wellness
User entry platforms

- book
- mobile application
- website (blog, static content, interactivity)
- online training
- social media
- podcasts
- downloadable tools
- videos
We need armies of Prevention Promoters.
Design to Funding Streams
Figure out funding before investing in the EBI RCT.
Can we retain accountability, but move faster, at lower cost, for more people?
We need to rethink our current strategies to expand our reach, penetration, & impact.
Thank you.