



Parent-Focused Prevention in Integrated Care Systems

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Research

Disclosures

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Agenda

- Integrated health care systems
- Guiding Good Choices for Health
- Barriers and facilitators of implementation

Henry Ford Health

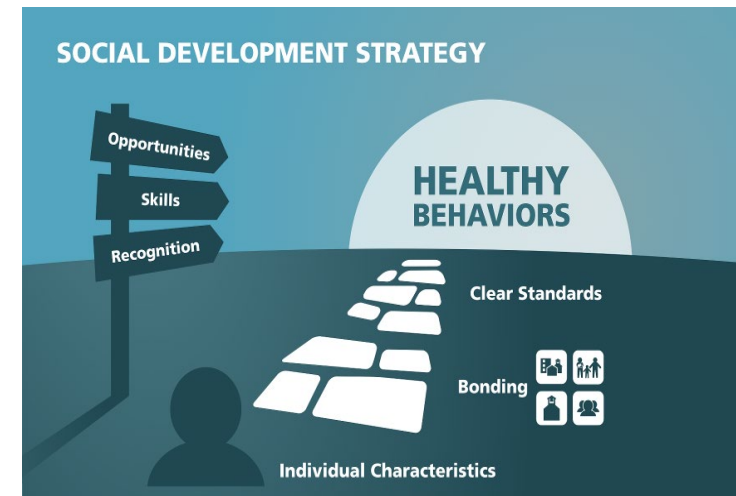
- Leading non-profit, integrated health care system serving Southeastern Michigan
- Over 2 million patients/year
- Diverse membership: 33% African American, 54% White, 3% Asian, 1% Hispanic
- Patients insured through multiple plans, including HFH-owned Health Alliance Plan
- Largest provider of uninsured care in Michigan (~\$500M in uncompensated care)
- Over \$125M in grant funding among embedded researchers



Guiding Good Choices for Health



Anticipatory guidance
curriculum, consistent
with AAP guidelines



Guiding Good Choices for Health















- 6 virtual sessions
 - Specific parenting skills
 - Strategies to promote bonding
- 2 RCTs -> GGC reduced...
 - Alcohol, cannabis, cigarette use
 - Depression symptoms
 - Antisocial behaviors
 - Sustained effects (4-6 years)
- GGC also strengthened families
 - Better communication
 - Closer relationships
 - Less family conflict



GGC4H Cluster-Randomized Trial

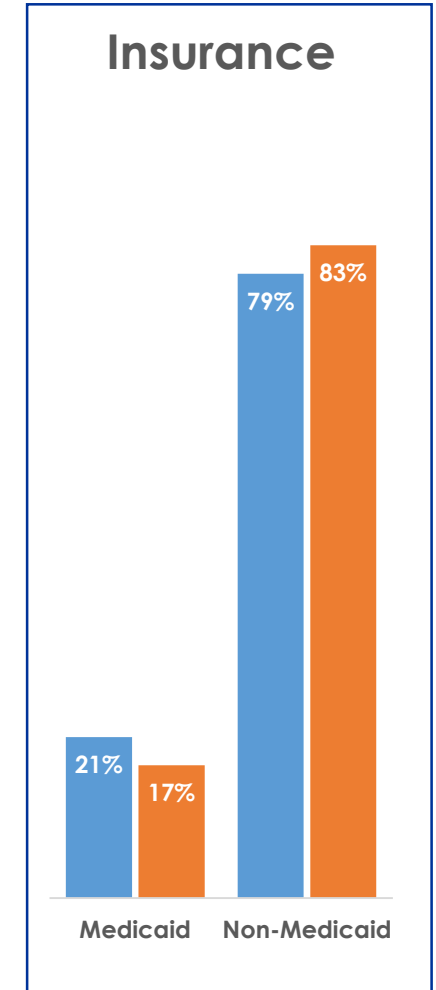
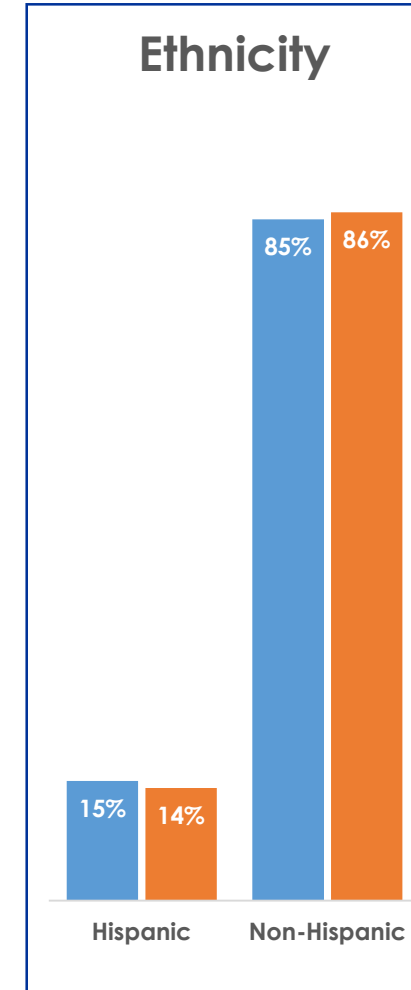
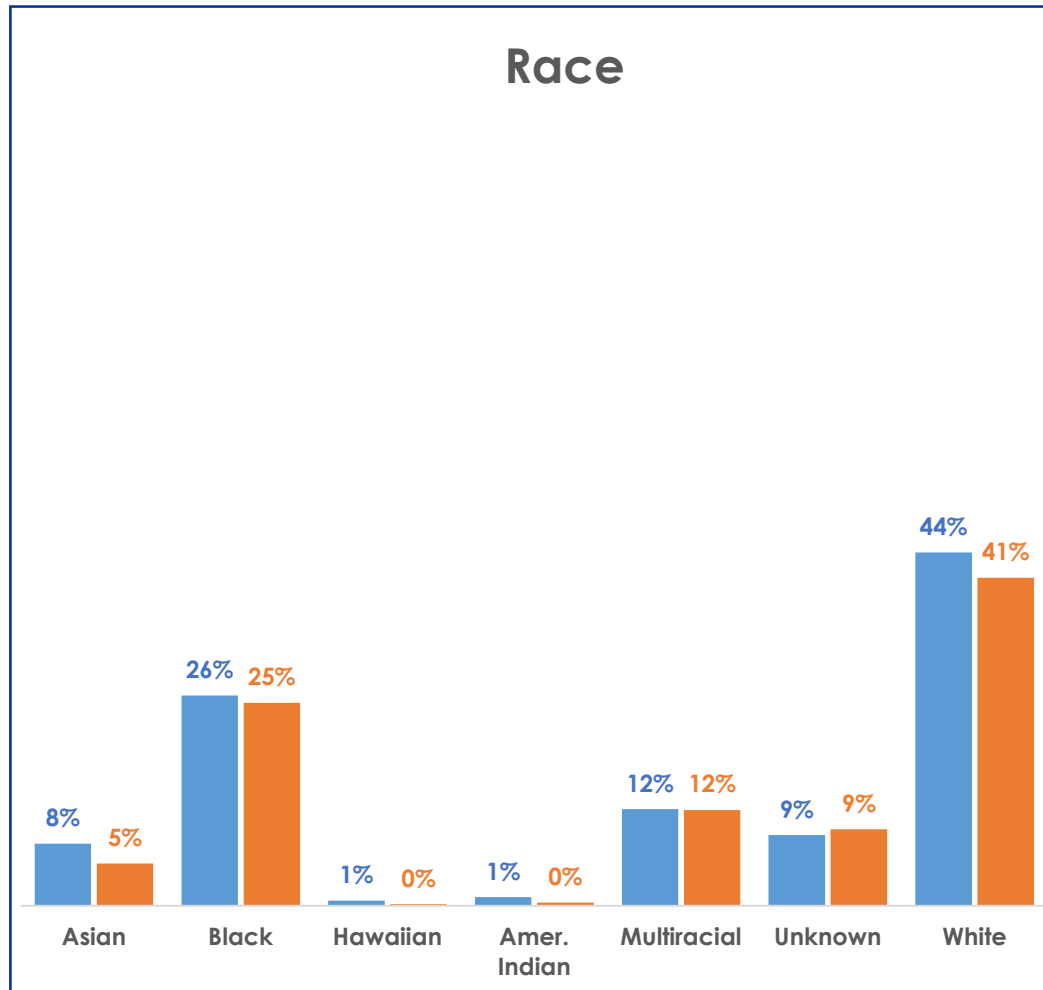
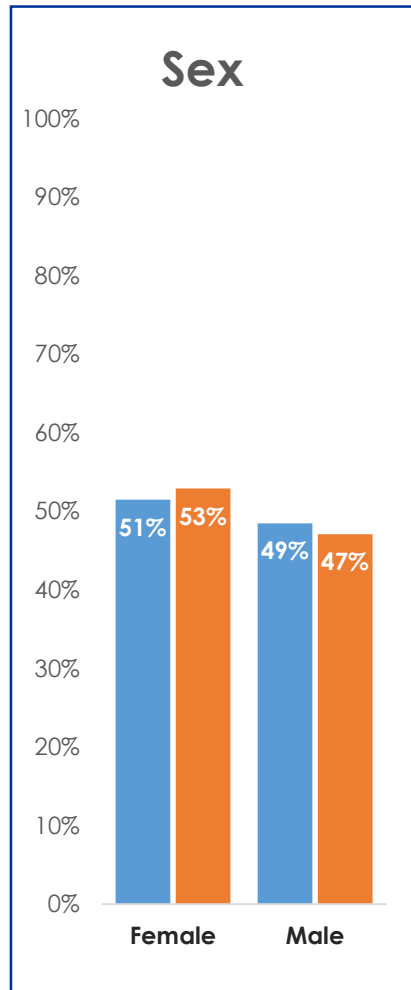
- Randomize 75 pediatricians within 3 HCS and 10 clinics
- Recruit ~3,600 adolescents to study – 2 Cohorts
- Offer GGC to all parents in intervention arm
- RE-AIM* measurement framework
 - Implementation: Reach, adoption, implementation fidelity, participant engagement and skills
 - Effectiveness: Evaluate GGC's impact on adolescent health

Parent-focused prevention of adolescent health risk behavior: Study protocol for a multisite cluster-randomized trial implemented in pediatric primary care

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Implementation observations

■ GGC (n = 468) ■ Control (n = 497)



Implementation observations

- Provider and leadership support



Implementation observations

- How satisfied were you with each of the following aspects of the (virtual) session?
(parent post-session surveys completed voluntarily, n = 120)



Implementation observations

“I feel empowered to **better deal with family conflicts** and my own contribution to them. Thank you!”

“The topic of this session [Session 2 - **guidelines, monitoring, consequences**] could be the topic of the entire program. Much of our **children’s emotional health is in reaction to the choices made regarding substance abuse** and/or other excessive behaviors.”

“The **small group discussions were awesome**. They gave us a chance to **connect with and learn from other parents**.”

“I appreciated these sessions and that they **started conversations that can be difficult for parents to have with their children**. This course would be **extremely beneficial to most families**.”



Key stakeholder interviews



Guiding Good Choices: prescription for success

We know good parents like you often have a lot of questions about the teen years. You're looking for ways to help your kids avoid some of the risky behaviors that come with that age. You also want to know how to talk with your kids about challenging issues and keep your relationship strong.

We are offering a free class for parents called **Guiding Good Choices** that does just that. This proven-effective program provides you with tools to help your child steer clear of risky behaviors, communicate effectively, and maintain strong family bonds. It has helped many families like yours navigate adolescence. And it's now available to you.

Guiding Good Choices – A prescription for good health and wellbeing for young adolescents.

Instructions:

- ✓ Contact us: 510-910-1328
- ✓ Hear from us: We'll call you in 1-2 weeks.
- ✓ Attend our groups with food!

Prescriber:



Facilitators

- Virtual groups
- Prescription pads
- EHR-based communication

Opportunities for growth

- Broadened focus
- Clinic-level marketing
- School-based primary care

Conclusions

- The promise of integrated health care systems
- Enthusiastic parents, providers, and leadership
- Opportunities for growth and further reach

