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Methodological Proposal of a 2Gen Approach to Treating Trauma for Mothers with Substance-Use and Their Children

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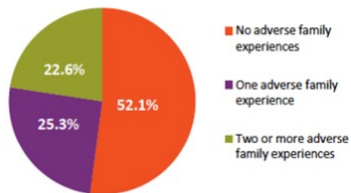


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OBJECTIVE

Adverse environments, like exposure to parental substance abuse, are detrimental to the health and wellbeing of **parents and children**₄. In 2016, 18 million children experienced one or more family stressor₄.



Source: 2011/12 NSCH

Experiencing trauma through adversity can lead children and adults to develop **PTSD**₂ and negative lifelong symptoms that persist across generations₂. It is vital for treatments to address the concerns for **both** children and adults. But there is **no** current therapeutic framework where parents and children have equal importance in therapy₁

This study describes a methodological plan to further develop and pilot an innovative **2Generational (2Gen) treatment modality**. A 2Gen approach treats parents and children simultaneously in a concurrent group format to better outcomes for **all** family members₃.

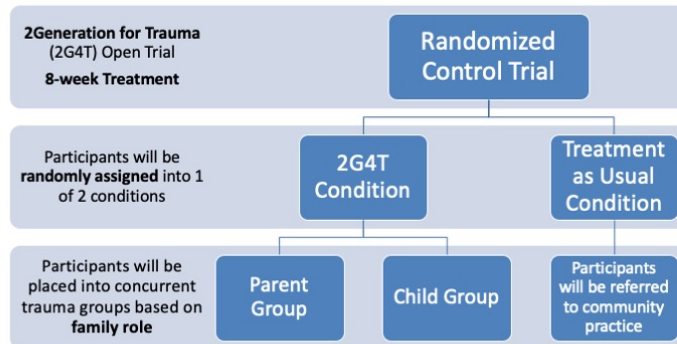


PROPOSED METHOD

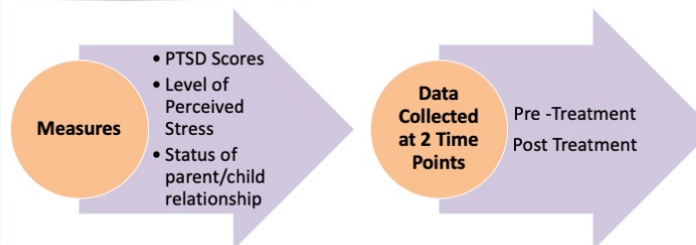
PARTICIPANTS & RECRUITMENT

- Participants = **12 adult women with their children**
- Recruitment from **Gaudenzia Kindred House**: a residential treatment facility for women with substance abuse issues and their children in West Chester, PA.
- Flyers with treatment start date and basic information will be provided to the Kindred House.
- Interested participants will contact the research team by phone.

STUDY DESIGN



DATA COLLECTION



OUTCOMES

HYPOTHESES



Positive Mood
Mother's Confidence in Parenting Skill
Quality of Parent-Child Relationship



PTSD Symptoms
Perceived Stress

IMPLICATIONS

- ✓ Increase trauma-focused treatment options available to both women and children
- ✓ Increase access to trauma mental health services for underprivileged families
- ✓ Motivate local agencies to adopt 2Gen programs to treat outcomes associated with trauma
- ✓ Future projects can analyze the specific variables influencing outcomes

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