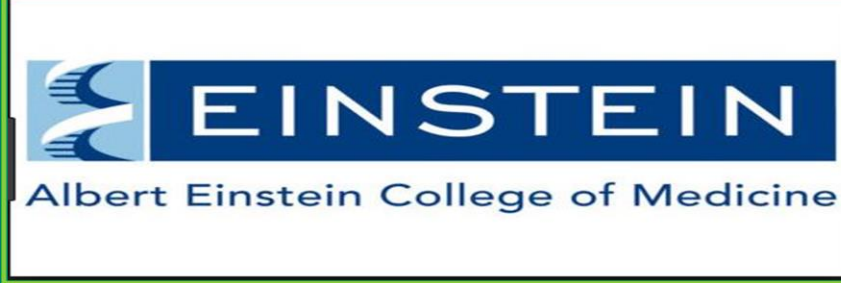


Parent Workshop: An Opportunity for Empowerment, Feedback, and Community Inclusion



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Background

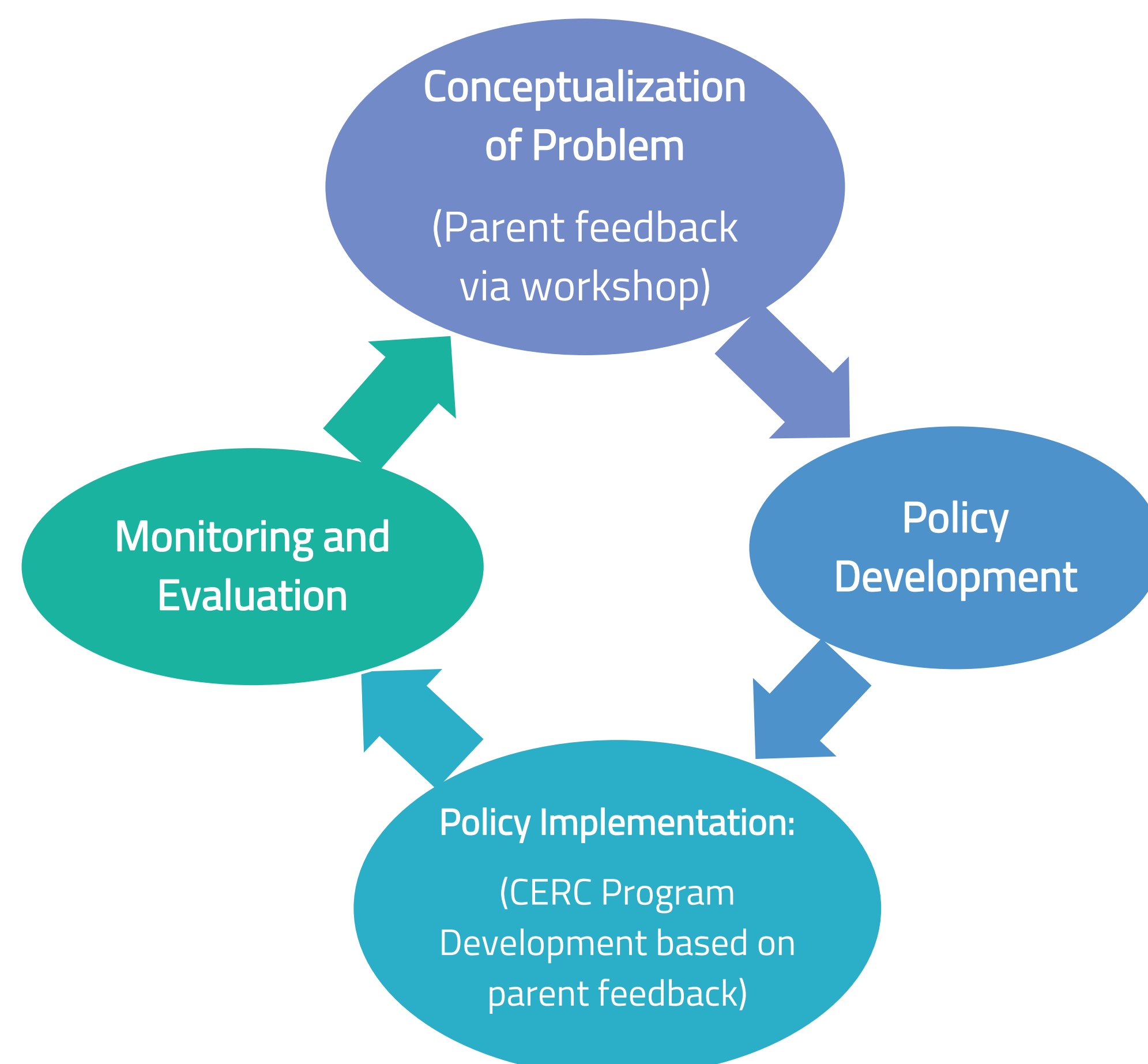
- Since 2013, the clinical staff at the Rose F. Kennedy Children's Evaluation and Rehabilitation Center (CERC) at Albert Einstein College of Medicine has hosted an annual, full-day Parent Workshop.
- This workshop offers parents a platform to:
 - Provide feedback
 - Voice concerns
 - Act as key stakeholders in program development at CERC
- The workshop is an all day event consisting of:
 - A keynote speaker
 - Lectures
 - Parent focus groups
- **Past workshop themes have included:** parent coping skills and strategies, education on diagnoses, social and skill development in children, and enhancing the family dynamic.

Objectives

- 1) To obtain parent feedback on both the workshop and programs offered at CERC.
- 2) Use the Theory of Change model to incorporate parent suggestions into program development at CERC.

Conceptual Framework

Theory of Change: The Policy Cycle



Methodology

2018 Parent Workshop:

- The theme of this year's workshop was "You are a Superhero".
- Session topics included:
 - *Stress management*
 - *Family communication*
 - *Transitioning from adolescence into adulthood*
 - *Managing disability through adulthood*
 - *Adolescent social media presence*
 - *Academic success*

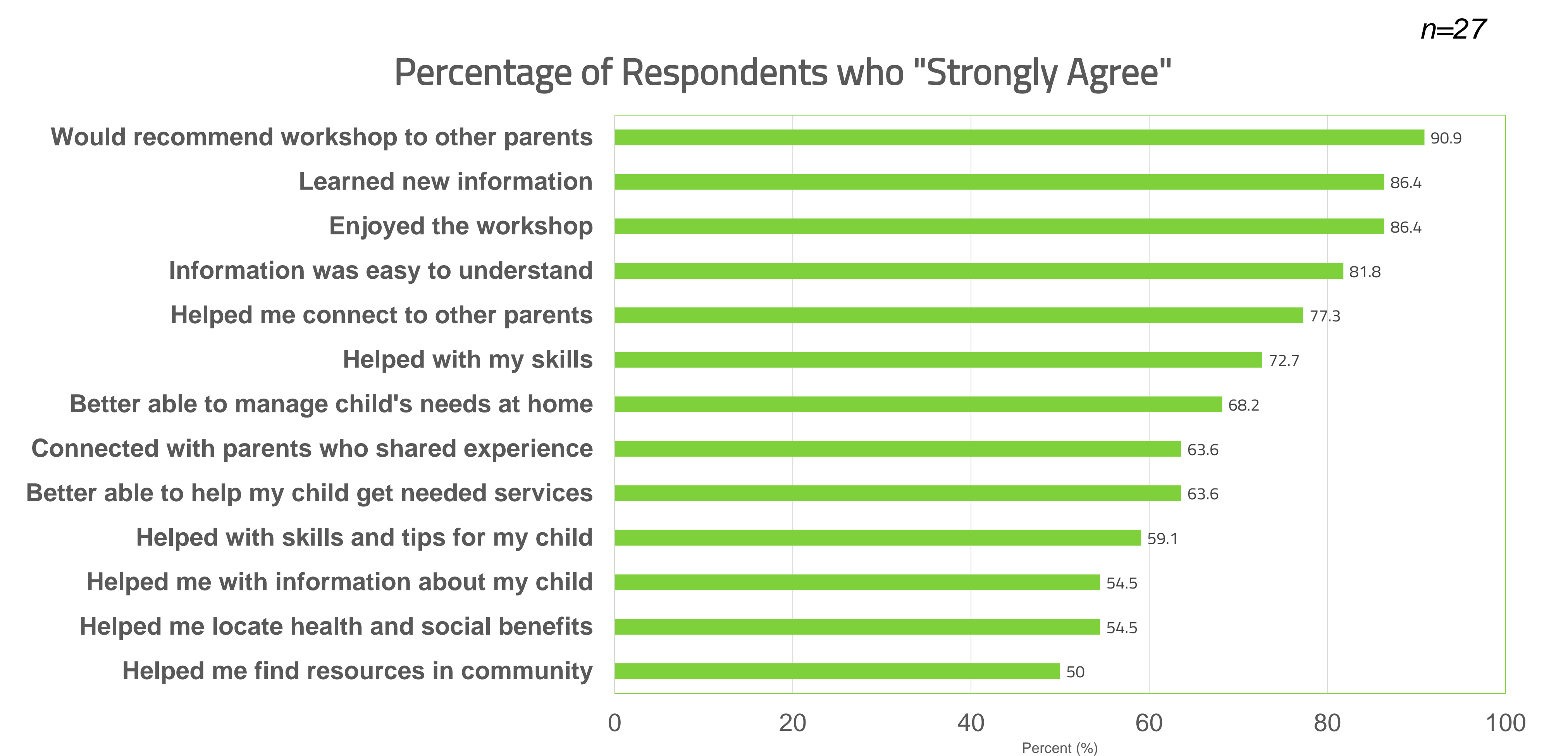
Workshop Goals:

- Empower parents to become advocates for their children.
- Foster collaboration between clinicians and parents.
- Reduce parental social isolation.
- Provide a forum for parents to voice their feedback and concerns.

Survey:

- Parents were asked to complete a 15 item survey at the end of the workshop.
- Questions utilized a Likert-scale and open-ended format.
- Surveys were administered in both Spanish and English.

Results



Suggestions from Parents:

- 1) Include additional topics at next year's workshop (e.g., reward systems for children, social skill development, transportation).
- 2) Create more events for parents at CERC.
- 3) Hold Spanish and English conjointly to enhance cohesion and sense of community among parents.

Conclusion

- Overall, the 2018 Parent Workshop was well received by parents who completed the post workshop survey.
 - Over 90% strongly agreed that they would recommend the workshop to other parents.
 - Over 80% strongly agreed that they learned new information, enjoyed the workshop, and felt the information was easy to understand.
- Parents offered specific suggestions for programmatic improvement such as including more parent events at CERC, adding topics for next year's workshop, and holding the Spanish and English sessions together.
- CERC clinical staff has met to discuss parent feedback. They will implement suggested changes and involve parents in curriculum planning for 2019.