

Implementing and Evaluating the RUBI Parent Management Program at UR Medicine: Pediatric Behavioral Health and Wellness

Samantha Stanford, PhD, Jessica Keith, PhD, and Linda Alpert-Gillis, PhD



Introduction

- The RUBI Parent Management Program is an evidenced-based program designed to decrease challenging behaviors and increase prosocial/adaptive skills in children with neurodevelopmental disorders via behavioral parent training (BPT).
- Parent behavioral training (BPT) delivered via telehealth has been found to be effective in treating challenging behaviors (Ros-DeMarize et al., 2021).
- At PBH&W, we are generalizing this program to a broader population of children with challenging behaviors.

RUBI Session Topics

Primary Sessions	Learning Goals
Basic Behavioral Principles	<ul style="list-style-type: none">Learn about the 4 functions of behaviorThe ABC's of behavior (antecedent, behavior, consequence)
Prevention Strategies	<ul style="list-style-type: none">Review 8 prevention strategies designed to prevent behaviors from happening at home
Daily Schedules	<ul style="list-style-type: none">Problem solve making changes to your daily schedule and adding visual supports, like a picture schedule or first-then board
Reinforcement	<ul style="list-style-type: none">Discuss how to reward the behaviors that you want to see more of
Functional Communication	<ul style="list-style-type: none">Discuss strategies for improving verbal, signed, and picture communication systems at home
Compliance Training	<ul style="list-style-type: none">Learning how to get your child to follow directions after the first request
Planned Ignoring	<ul style="list-style-type: none">Reviewing how best to ignore key behaviors
Time Out	<ul style="list-style-type: none">Discuss strategies for implementing a successful time out
Teaching Skills	<ul style="list-style-type: none">Learning strategies to teach your child new skills to support ongoing development

Method

Training Staff Clinicians and Trainees

- Training orientation video which provided an overview of the program and in-depth description of each session topic.
- In-person orientation with RUBI supervisors to discuss logistics of implementation, troubleshooting working with parents.
- Ongoing bi-weekly group RUBI supervision.

Clinician Survey

- Anonymous survey sent to clinicians asking clinician opinions on the RUBI program.

Parent Surveys

- The following measures were given to parents after the RUBI intake session and at the end of the RUBI program:
 - Home Situations Questionnaire (HSQ): Measure of child non-compliance across settings.
 - Me As a Parent (MAP): Measure of parental self-regulation (subscales include: self-efficacy, personal agency, self-management, and self-sufficiency).
 - Parent Stress Scale (PSS): Measure of parenting-related stress
 - Child's Challenging Behavior Scale (CCBS): Measure of child disruption, aggression, tantrums, and difficulty with transitions.

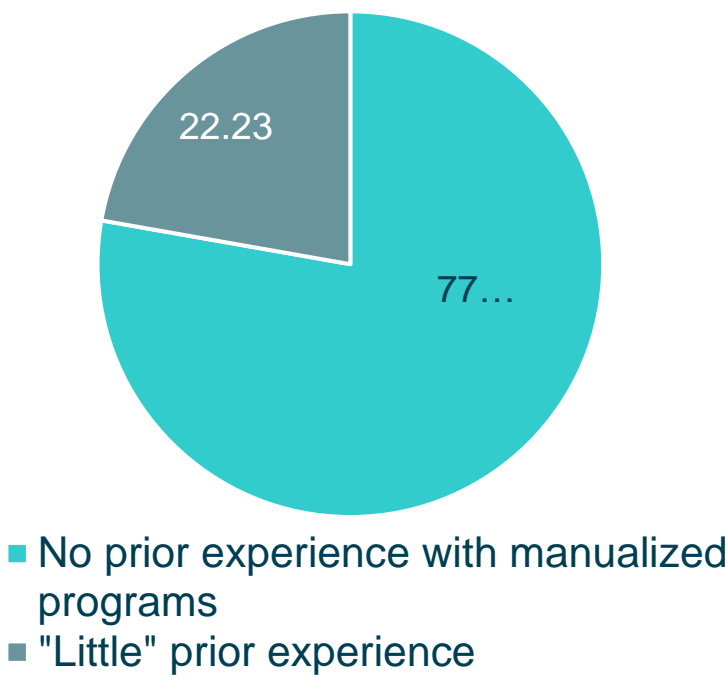
Since the RUBI Program began in August of 2023 at PBH&W, we have served:

- 39 active clients
- 15 person waitlist as of 5/1/2024

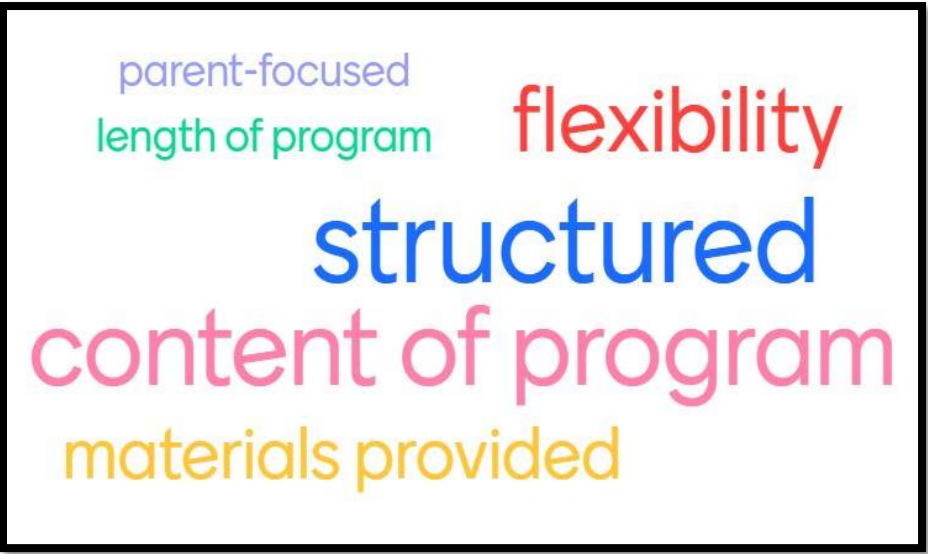
Results

Clinician Survey

- Demographics
 - Staff (n = 4; average years experience in mental health care = 2.88)
 - Trainees (n = 5; average years experience = 0.5)



- Aspects of RUBI clinicians like:



- Aspects of RUBI clinicians would like to change:
 - Adaptations for low-resourced families
 - More initial trainings.
 - Integrate child-only sessions with BPT.

- 95% of clinicians can view themselves applying the RUBI program principles to the broader population of families.

- Advice for others new to the program:
 - Familiarize self with materials.
 - Set expectations with parents early on.

Preliminary Pre-Post Data

- Demographics**
 - n = 8 pre data only; n = 5 pre and post data
 - Child Age: M = 8.06 years; SD = 3.33
 - Race/Ethnicity: 92% White; 8% More Than One Race. 92% non-Hispanic/Latino
 - Education Attained: 23% completed high school; 23% some college; 15% Bachelor's Degree; 38% Master's Degree
 - Caregiver Status: 77% mothers; 23% fathers

- Pre-Post Results**
 - Small effects in decreasing parent stress, child non-compliance, disruption, aggression, tantrums, and difficulty with transitions (PSS, HSQ, CCBS; Cohen's D from 0.26 to 0.34) and moderate improvements in parental self-regulation (MAP; Cohen's D = 0.73).
 - Moderate effect in increasing parental confidence in parenting skills (Cohen's D = 0.73) and decreasing feelings on helplessness related to parenting (Cohen's D = 0.71).

Future Directions

- Ongoing training of new clinicians.
- Continue on-going data collection; compare to TAU.
- Beginning group format of RUBI.



Acknowledgements We would like to thank the clinicians who have spent the time to learn this program and are now implementing it with the families in our community. We would also like to thank the clinicians and families who have provided us with this data to help improve this program.