

Strategies for Utilizing Service Driven Research to Help You Better Serve, Improve Outcomes and Fund Your Services



Roundtable Discussion Topic:

How Service Driven Research Can Help You Better Serve, Improve Outcomes and Fund Your Services: Establishing collaborations with universities; development of your service driven research; training and fidelity; maintaining your data basis; your own institutional review and policies.

TABLE QUESTIONS:

1. In what ways do you utilize research to inform practices at your shelter?
2. What questions do you have about your families, shelter processes, and services that research could help answer?
3. What steps can you take to partner with a university and set up your own research project in order to inform your practice, clinical supports, and identify needs in order to best serve your population and attract potential donors?
4. What are some obstacles you have or think you will encounter when trying to embed research within your shelter?

Lead Organizers: Dr. Shana Cox, Deputy Director of Children's Services-Lotus House Women's Shelter; Dr. Paulo Graziano, Professor of Psychology and Director of S.E.L.F. Regulation Lab-Florida International University

Ensure that your service driven research is in line with your mission and values.

Initiate the project - community based, community led:

Ask yourself what you want to know that could be helpful to the families you serve and the people who serve them.

Lead the research effort:

Make sure the effort always has the families at the forefront, never putting the project before the well-being of the people you serve. Review literature, assessments, and interventions carefully. Assess their cultural competency and sensitivity with a racial, equity, diversity and inclusivity (REDI) lens.

Strategies for Utilizing Service Driven Research to Help You Better Serve, Improve Outcomes and Fund Your Services



Secure funding:

Make sure your budget for the project includes all relevant professionals, including training and certification, consultants for research evaluation and project supervision, evidence based assessment tools and booklets, software, and incentives for participation, in addition to your in-house team. Multiple fundings sources may be needed. Prepare to submit a compelling grant proposal to each with measurable outcomes, both quantitative and qualitative.

Manage funds and service delivery:

Managing the funds and service delivery will allow you to have control over how the services are rendered.

Keeps and control your data and dissemination:

Data is helpful but it always has context; retain ownership through clear agreements. No one can understand this as well as shelter staff, who work with the families day in and day out and have more awareness of environmental factors that could be influencing the work (eg. not being able to complete services with families because a large number of housing units became available).

Form successful partnerships:

Seek partnerships with funding sources that are in line with your mission and values and can be as responsive as possible to your families' needs. Seek out experienced researchers who can help you with the technical aspects of the project. Find an experienced evaluator that can help you find the strengths and areas of improvement. Locate and form working relationships with trainers in the interventions you choose. This will help you immensely when inevitable turnover occurs and you need to train new team members.

Be open to learning to new things:

You will become familiar with clinical assessments, interventions, training, IRB certification, valid interpretations of results, and data entry and management. Motivational interviewing techniques and incentives can be helpful for engagement. Adaptations to team processes, therapies, etc. will help you to be responsive to your families' needs

Facilitating factors:

This is mission driven work. A shared belief in mission is vitally important, not only among staff members, but also among funders and research partners. Partners must trust and respect each other's expertise. This journey requires a tremendous amount of communication if it is to work well. Also, in order for the ship to go somewhere, it needs a captain. It is difficult to complete a project successfully without compassionate and committed leaders who can be responsive to families and are also organized and detail-oriented enough to navigate the demands of a research project. Compassionate, dedicated staff are also required to receive numerous trainings, provide interventions, and administer assessments in a clinically responsive way while still maintaining fidelity to the evidence-based practices and team processes. Creating a positive team environment is essential. When team members see the benefit of service and growing professionally by gaining certifications and licensure, it is easier to avoid turnover.

Strategies for Utilizing Service Driven Research to Help You Better Serve, Improve Outcomes and Fund Your Services



Seeing positive outcomes for the families and the program itself helps to motivate the team to continue their important work. Finally, being curious and open to the feedback that is received helps everyone to adjust as needed.

Resources for providing evidence-based clinical support to children:

Sample Assessments:

For Children:

Development

Battelle Developmental Inventory, 3rd Edition, Screener

Behavior

Brief Infant-Toddler Social and Emotional Assessment (BITSEA)

Eyberg Child Behavior Inventory

Child Behavior Checklist

Trauma

Child & Adolescent Trauma Screen-Caregiver Report & Youth Report (CATS)

Parenting Stress Index, Short Form (PSI-IV, SF)

Parent Child Interaction/Relationship

Dyadic Parent-Child Coding System (DPICS)

Parent Relationship Questionnaire, 3rd Edition (PRQ)

Keys to Interactive Parenting Scale (KIPS)

For Parents:

Symptoms Checklist (SCL-27)

PTSD Checklist for Civilians, DSM 5 (PCL-5)

Adult Adolescent Parenting Inventory (AAPI)

Sample Interventions:

Child Parent Psychotherapy (CPP)

<https://childparentpsychotherapy.com/>

Family Check UP/Everyday Parenting (FCU/EP)

<https://fcu.uoregon.edu/training>

Parent Child Interaction Therapy (PCIT)

<https://www.pcit.org/>

Perinatal Child Parent Psychotherapy (PCPP)-link to manual

<https://www.amazon.com/Make-Room-Baby-Child-Parent-Psychotherapy/dp/1462551904>

Strategies for Utilizing Service Driven Research to Help You Better Serve, Improve Outcomes and Fund Your Services



Trauma Focused Cognitive Behavior Therapy (TF-CBT)

<https://tfcbt.org/>

Video Feedback Intervention for Positive Parenting, Sensitive Discipline (VIPP-SD)

<https://www.universiteitleiden.nl/en/vipp>

Links to Lotus House Publications

<https://lotushouse.org/research/>