

FACT SHEET #1: Project Overview

POSITIVE PARENTING SKILLS FOR FAMILIES AFFECTED BY A PARENT'S TRAUMATIC BRAIN INJURY 09/20



Want to know more about VCU's Positive Parenting Project? Contact Carolyn Hawley, Ph.D. at TBIParenting@gmail.com for more information on workshops and resources.



Consumer/Family Involvement.

Parents with TBI (consumers) and noninjured parent partners (family members) serve on a project advisory board. Members and workshop participants give feedback on workshops, resource materials. Consumers and family members also contribute to "family to family" informational tip sheets as a peer resource for parents with TBI.

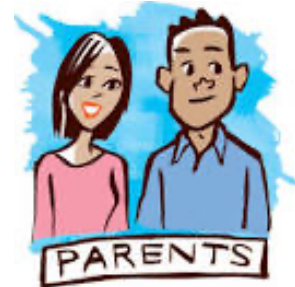


This project is funded by Commonwealth Neurotrauma Initiative Grant #A262-80329, "Enhancing Parenting Skills of Civilians and Veterans with Traumatic Brain Injury and Their Noninjured Partners," awarded to VCU Department of Rehabilitation Counseling.

Greetings! COVID-19 may have slowed us down, but we are busy working on upcoming project activities. As soon as we can assure the safety of all participants, we will post information on scheduled parenting workshops. In the meantime, be on the lookout for our fact sheets and peer-to-peer tips!

Virginia Commonwealth University (VCU) received a 3-year Commonwealth Neurotrauma Initiative (CNI) grant to provide positive parenting skills for families affected by a parent's traumatic brain injury (TBI). VCU researchers found that after an injury, families are concerned about how they will handle the added anxiety and uncertainty and disruption to daily life. Families want to know, "How can we address the injured parent's needs, while also helping our kids understand TBI and adjust to changes in the household?"

Targeted Parent Training/Supports. When a parent has a traumatic brain injury, it is a trauma shared by the whole family. Children are especially sensitive to trauma; however, studies show that child-focused services can greatly improve their well-being after a trauma. Even when supports are provided *only* to parents, children still benefit from a more harmonious household. Specialized strategies and education can result in better parenting skills, greater family satisfaction, and a decrease in unwanted behaviors among children.



Project Objectives/Goals. VCU's Positive Parenting Project is evaluating a training program *designed specifically for parents with TBI and their noninjured partners* could help families. The program includes education on TBI and Positive Parenting, as well as numerous resources (i.e., workshops, materials, networking). Project goals include:

- **Enhance positive parenting skills for families affected by a parent's TBI.** Virtual Positive Parenting workshops are held across Virginia, with information on relationships, communication, and Positive Parenting. Participants receive textbooks, a notebook of materials and resources, and a gift card for participating.
- **Increase the capacity of community TBI professionals to provide positive parenting information and support.** Develop a train-the-trainer workshop for community providers that work with families affected by TBI.
- **Increase awareness of, and strategies for, addressing common issues parents face after a parent's TBI.** Develop and share newsletter articles, fact sheets, and tip sheets. Connect families using social media. Project materials will be posted on-line.

