



Children's National.

Division of Psychiatry and Behavioral Sciences
Division of Psychology and Behavioral Health

FY24 Behavioral Health Grand Rounds

Empowering Parents with RUBI and ACT: Supporting Caregivers Through Behavior Management and Treatment Engagement

Annette F. Maldonado, MEd, BCBA, LBA

Psychology Predoctoral Intern
Children's National Hospital

Virtual (Zoom)

<https://childrensnational.zoom.us/j/96102569437>

Passcode: 3932

May 29, 2024
11 a.m. - 12 p.m.

To claim credit,
text **FOMMEW**
to 703.260.9391

Annette (Annie) Maldonado is a native of Puerto Rico and a PhD candidate in the School Psychology program at the University of Utah. She is currently completing her psychology internship at Children's National Hospital. Prior to her doctoral training, Annie obtained her master's and bachelor's degrees in Special Education and Psychology from Florida International University. She has previously served as a special education teacher for neurodiverse students and as a board certified behavior analyst supporting feeding within an interdisciplinary team. Annie's research and clinical interests include equity of accessibility for historically marginalized communities, cultural and linguistic adaptations to evidence-based practices, caregiver mental health, caregiver-mediated behavioral interventions; and values-based interventions. Annie will remain at Children's National Hospital next year as a Perinatal and Infant Mental Health postdoctoral fellow where her training will have an emphasis in addressing Latina mental health.

Abstract: Chronic health conditions (CHCs) are prevalent and increasingly common among children (Perrin et al., 2014). These conditions include any physical, mental, behavioral, or other health issues that persist for more than three months, impact a child's daily activities, and necessitate healthcare services (Mokkink et al., 2008). Parents of children with CHCs encounter numerous challenges following their child's diagnosis, such as medical risks, demanding treatment routines, and daily health-related monitoring or tasks (Cousino & Hazen, 2013). While some parents may manage these challenges better or show resilience with sufficient support (Cousineau et al., 2019), ongoing concerns about their child's health and future, the added caregiving burden, and loss of personal freedom can lead to significant psychological distress, including high levels of depression, anxiety, and stress for some parents (Cousino & Hazen, 2013; Pinguart, 2019). This emotional distress can last up to five years post-diagnosis, greatly affecting parental well-being (Vrijmoet-Wiersma et al., 2008). Such negative psychological states are linked to maladaptive parenting behaviors (Pinguart, 2013) and are associated with adverse outcomes for the child, such as increased medical symptoms, negative emotions, and behavioral problems (Law et al., 2019). Therefore, enhancing the psychological well-being and parenting practices of parents with children who have CHCs is critically important. The current presentation considers behavioral principles and a values-based approach to address these concerns within a medical setting. Additionally, the presentation will further discuss results and implications from a study implementing both approaches with Spanish-speaking parents of children with a diagnosis of autism.

Target audience: Psychiatrists, Psychologists, Social Workers, Psychiatry fellows, Psychology Doctoral Interns

Learning objectives:

By the end of this presentation, participants should be able to:

1. Describe how acceptance commitment therapy can help enhance the psychological well-being and parenting practices of parents with children who have chronic health conditions.
2. Identify practical acceptance commitment therapy and behavioral management strategies to implement with caregivers.
3. Discuss the implementation of acceptance commitment therapy and behavioral management strategies within the context of a study implementing both approaches with Spanish-speaking parents of children with a diagnosis of autism.

Accreditation: The Medical Society of Virginia is a member of the Southern States CME Collaborative, an ACCME Recognized Accreditor. This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Southern States CME Collaborative (SSCC) through the joint providership of Inova Health System Office of Continuing Medical Education and Children's National Hospital. Inova Health System Office of Continuing Medical Education is accredited by the SSCC to provide continuing medical education for physicians.

Credit designation: The Inova Office of Continuing Medical Education designates this live educational activity for a maximum of 1.0 AMA PRA Category 1 Credit(s)[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity. Physicians may claim up to 1.0 credit in Type 1 CME on the Virginia Board of Medicine Continued Competency and Assessment Form required for renewal of an active medical license in Virginia.

