

Using Continuous Quality Improvement (CQI) in Program Development, Implementation, Evaluation, and Adaptation

Heather J. Risser, Ph.D.

Mental Health Services and Policy Program
Department of Psychiatry and Behavioral Sciences
Department of Preventive Medicine



Family CARE
Parenting Lab

Northwestern



**The Family CARE (Coaching, Advocacy, Resources,
and Evaluation) Parenting Lab**

Agenda

- CQI in Program Development
- CQI in Program Implementation
- CQI in Program Evaluation
- CQI in Program Adaptation

Learning Objectives

1. Apply the Define, Measure, Analyze, Improve, and Control (DMAIC) framework to develop programming to address unmet needs
2. Use CQI methods to engage people with lived experience in program development, implementation, evaluation, and adaptation
3. Use CQI methods to conduct program evaluations
4. Use CQI methods to adapt existing programs for different populations or to address other unmet needs

Where do we start?

Identify unmet needs within an
existing program

Large Group Activity

Identify some unmet needs within one of your programs

Unmet Needs

Asthma Virtual Home Visiting Program

Unmet Needs Example

- 19% of youth in care have Asthma
- 94% of healthcare visits with a primary cause of Asthma were for follow up care, urgent care, emergency department, and hospitalizations.
- Unmet need: Additional services for youth with poorly controlled Asthma.

Family Navigator Plus (FN+) Program

Unmet Needs Example

- Focus groups and needs assessment surveys with foster parents indicated that one of the biggest unmet needs was accessing mental and behavioral health services for youth in care.
- Unmet need: Foster parents wanted more support, training, and resources re: youth mental and behavioral health needs.

Define, Measure, Analyze, Improve, and Control (DMAIC) framework

Six Sigma DMAIC



D



Define

Define the problem.

M



Measure

Measure the size of the problem.

A



Analyse

Identify the cause of the problem.

I



Improve

Implement and verify solution.

C



Control

Maintain the solution.

Addressing Unmet Needs

Unmet Needs/Define The Problem

Data Source/Measure the Size of the Problem

Addressing Unmet Needs

Defining the Problem

- Increase Foster Parent Capacity to Manage Youth Asthma

Measuring

- 1. Medicaid Data
- 2. Foster Parent Needs Assessment
- 3. Youth Asthma Control Test

Addressing Unmet Needs

Unmet Needs

- Increase Foster Parent Capacity to:
 - Understand Youth Mental & Beh. Health Needs
 - Find & Engage in Tx
 - Support Tx Goals at Home
 - Manage the Youth's Sx & Beh.
 - Use Digital Mental Health Tools to support treatment

Data Source

- 1. Foster Parent Report
- 2. Caseworker Report

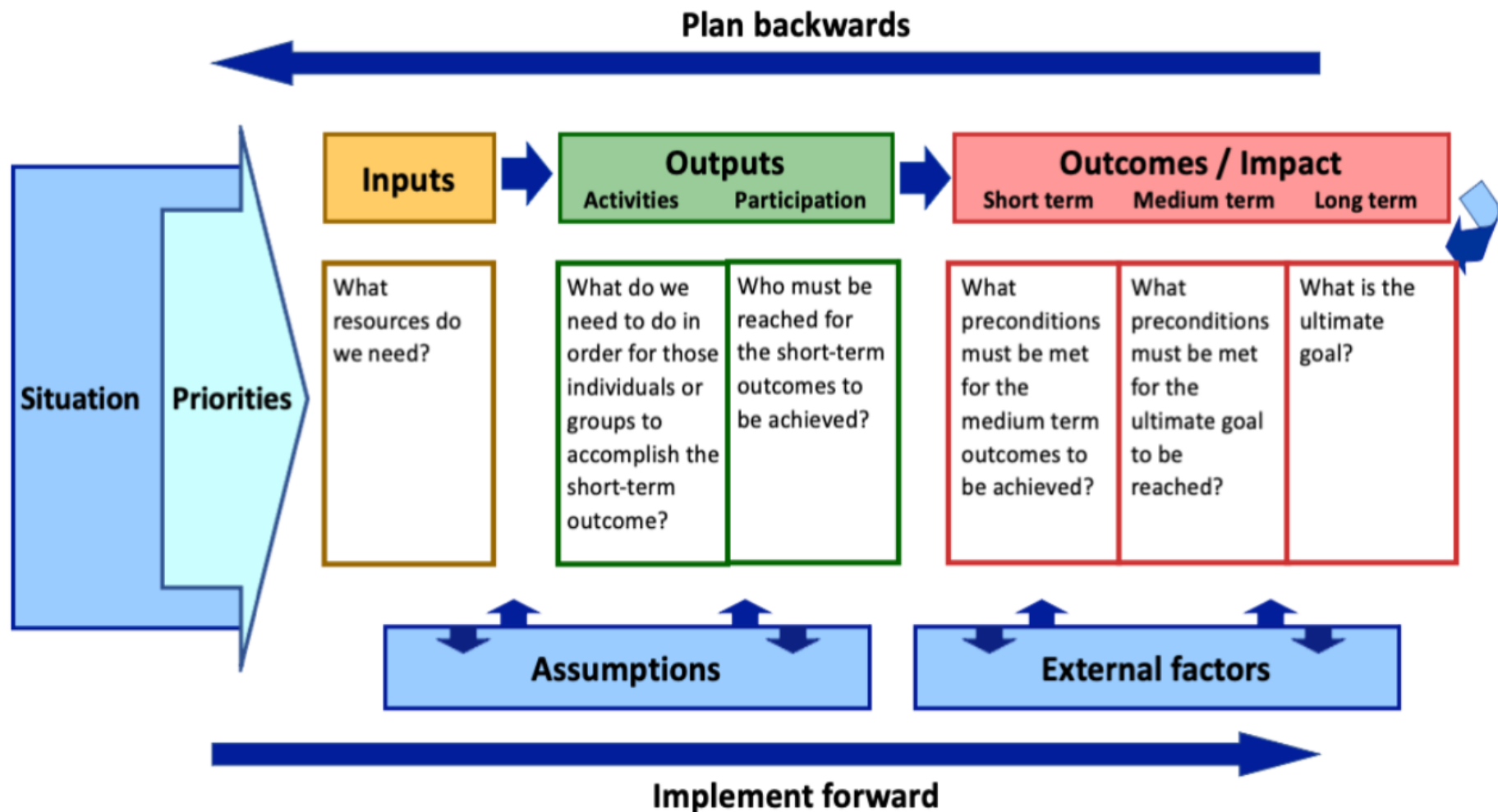
Small Group Activity

Choose an unmet need from one the group listed or a new one and methods for identifying the cause of the problem:
Analyze

Small Group Activity

Report Out: What were some unmet needs and identified cause of the problem?

Implement



Implement Asthma & FN+ Solutions

Program Protocol | *Example*

Asthma Printout

Please share the following information with the youth and caregiver.

How to manage pollen and

Common sources of pollens are flowering trees and grasses.

1. Be aware of daily pollen counts in your area.
2. Limit time outside during high pollen days.
3. Keep windows closed and run the air conditioner.
4. Have the youth shower and wash hair after being outside.
5. Take allergy medications.
6. Use an air cleaner that does not emit ozone.

How to manage weather-related

Exposure to cold air, high humidity, or poor air quality.

1. Monitor local weather forecast and humidity levels.
2. Keep windows closed and use air conditioning.
3. Cover face with a scarf or wear a mask.

How to manage infections:

Colds, upper respiratory tract infections, influenza.

1. Diagnosing and treating upper respiratory infections (sinusitis) is an integral part of managing asthma.
2. Wash hands often.
3. Use paper towels.
4. Don't share cups, toothbrushes, towels.
5. Keep hands away from face.
6. Get an influenza shot yearly.

Strong Emotions and Respiratory Symptoms:

Helping children and youth stay calm when experiencing asthma and respiratory symptoms is key to preventing worse exacerbation of symptoms!

How to manage strong emotions that can

When you feel strong emotions, your breathing symptoms worsen.

Here are some tools that can help children manage strong emotions. They cannot use new coping strategies when we are

Deep Breathing and mindfulness activities

1. Have the child pretend they are blowing bubbles. They should take a deep breath in through their nose and blow it out through their mouth. Each time they blow, they should say "bubbles."

Here is another example of a mindful breathing exercise:

2. Practice "melting" away the stress/tension in your body. <https://www.youtube.com/watch?v=FTzXFPPh>

Grounding:

1. Identify a color. Ask the child to find every object in the room that is that color until the child has calmed down.

2. Identify different items in the room that you can touch (e.g., a ball, a book, a toy). An example is "I can touch the ball."

Self-Talk:

Help the child practice positive self-talk during strong emotions. Encourage the child to repeat the self-talk often.

Identify Calming Strategies Ahead of Time

Talk with your child about what helps them calm down the next time they are upset. When the child becomes upset, use these strategies. For example, listening to music. Taking a walk.

What to Do After A Child Calms Down:

Simply say something like, "Good job calming down. Upset and calmed down may cause the child to have more symptoms if needed."

Pediatric Respiratory Distress

Responding to respiratory distress quickly is important to prevent more severe outcomes. When your child is in respiratory distress, make sure you are following the plan outlined in their asthma action plan and utilizing the child's rescue inhalers.

If the child is not responding to their rescue inhaler, **provider immediately**, especially if symptoms are severe, such as pale, cold, moist skin.

Symptoms to look out for that might require additional

- difficulty or inability to speak, talk, or walk
- if the child is lethargic, listless, in a state of distress
- skin turning blue or grey
- feelings of agitation, confusion, or inability to breathe
- breathing hard and fast (particularly if followed by retractions (chest, stomach, or neck skin pulling in))
- retractions (chest, stomach, or neck skin pulling in)
- needing to stand or strain stomach and neck
- constant wheezing, chest pain, or coughing
- high or low-pitched noises when breathing in

For babies and infant, look out for these additional

- head bobbing when breathing
- nasal flaring
- grunting

If your child is in respiratory distress:

- first and foremost: **keep kids calm** - crying or screaming can worsen symptoms
- use rescue inhalers and follow the asthma action plan
- when in doubt, go to the doctor - the quicker the better

Remember, the key to treating asthma attacks

- always having up-to-date rescue medications
- consistently using long-term control medications
- knowing signs and symptoms associated with asthma
- managing/avoiding allergens and environmental triggers
- severe and potentially fatal asthma attacks
- monitoring frequency of asthma symptoms and triggers
- maintaining an active asthma action plan

Additional resources:

<https://www.emergencyphysicians.org/article/know-when-to-go-to-the-emergency-room>
<https://www.hopkinsallchildrens.org/Patients-Families/Conditions/Respiratory-Distress>
<https://kidshealth.org/en/parents/er-asthma.html>

Session Wrap-Up (don't share screen)

Do the youth and caregiver plan to make any changes to medication use and technique?

Youth will work on holding their breath for longer (10 seconds) when using inhaler.

Do the caregiver and youth plan on making any changes to the home environment to reduce risk for exacerbated respiratory symptoms?

Caregiver plans to start using an air purifier in the home during pollen season and having youth wear a mask during cold days. Caregiver will work with caseworker to discuss reducing youth's exposure to cigarette smoke and pet dander during visits with bio parents.

List any helpful resources or information discussed during the visit.

ALA - Common Asthma Triggers and Management Strategies; Managing Strong Emotions

Does the caregiver have follow-up appointments with medical providers scheduled?

☒ Yes
☐ No

Please list when the follow-up appointments are scheduled.

Pulmonologist follow-up 2/1/2025

Please select if any of the following conditions are true:

- ☒ There was an error in medication delivery or dosage
- ☒ The RA recommended specific interventions in the home to control asthma triggers
- ☐ The RA felt that the caregiver could use support in understanding the youth's asthma triggers and control
- ☒ The youth had an Asthma Control Test score below 19
- ☐ The youth has had to make frequent visits to their asthma specialist to get their asthma under control
- ☒ The youth is frequently missing school due to asthma (2+ days in a semester; 4+ days in the past year)

If needed, please schedule a follow-up appointment with the caregiver and youth in three months to discuss their progress in making asthma-related changes.

03-04-2025
(MM/DD/YYYY)

When is the next meeting scheduled? (NOTE: SEND A CALENDAR INVITE TO THE PARENT IMMEDIATELY AFTER CALL)

What time will the next meeting be at?
(note: please follow up with a calendar invite for the foster parent)

3pm

Family Navigator Overview

5 Weekly Sessions (30-45 mins)

Purpose

Build foster parent capacity to:

- 1) Understand their child's specific MH needs
- 2) Work with the child's caseworker to engage the child in MH services;
- 3) Manage the child's difficult behaviors;
- 4) Support treatment goals at home.
- 5) Remove remaining barriers to treatment access and use digital MH tools during long waits for treatment;

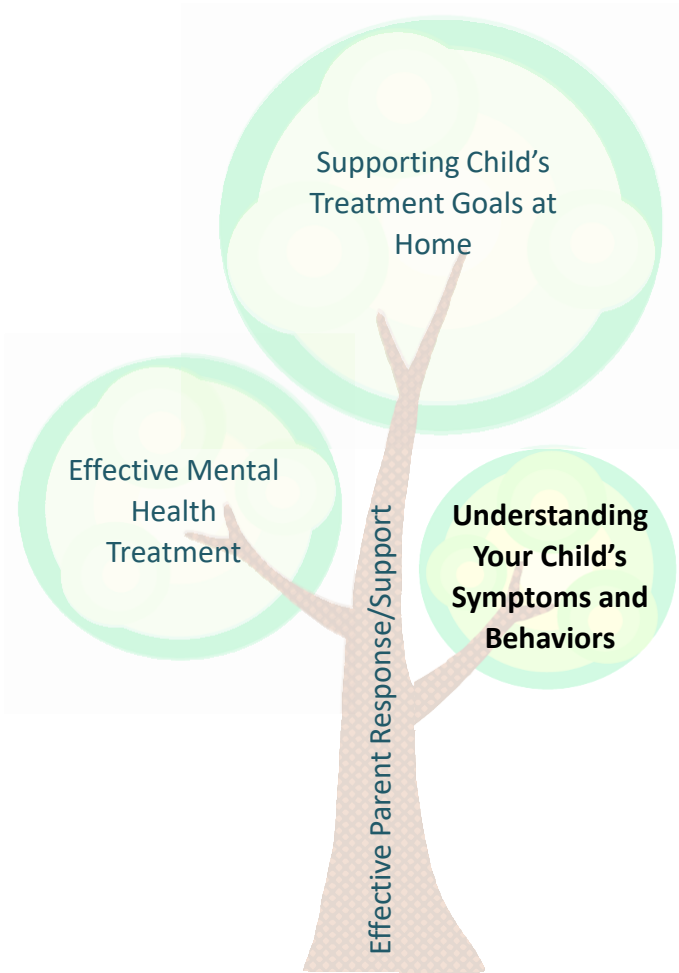
Session 1: Introduction and Understanding Child Behaviors

Session 2: Finding and Accessing Mental Health Treatment for Your Child

Session 3: Engaging in Your Child's Mental Health Treatment

Session 4: Understanding the "Why" Behind your Child's Behavior

Session 5: Using Digital Mental Health Tools



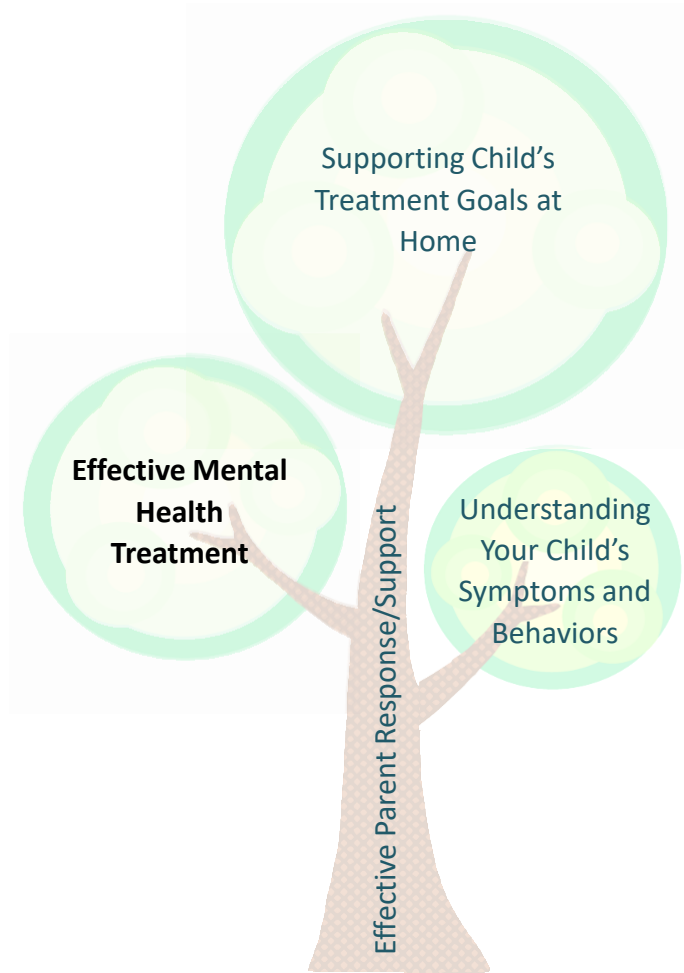
Branch 1: Understanding Your Child's Symptoms and Behaviors

Session 1

**Introduction to Family Navigator and
Understanding Your Child's Symptoms Profile**

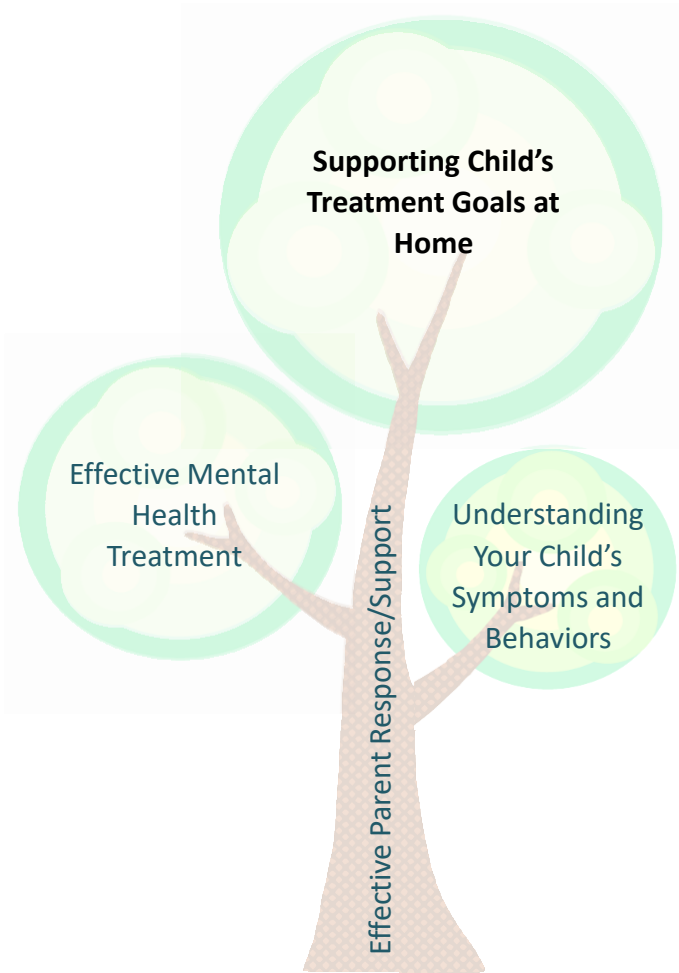
Session 4

**Understanding the “Why” Behind Your
Child's Behaviors**



Branch 2: Effective Mental Health Treatment

Session 2 Finding and Accessing Mental Health Treatment for Your Child

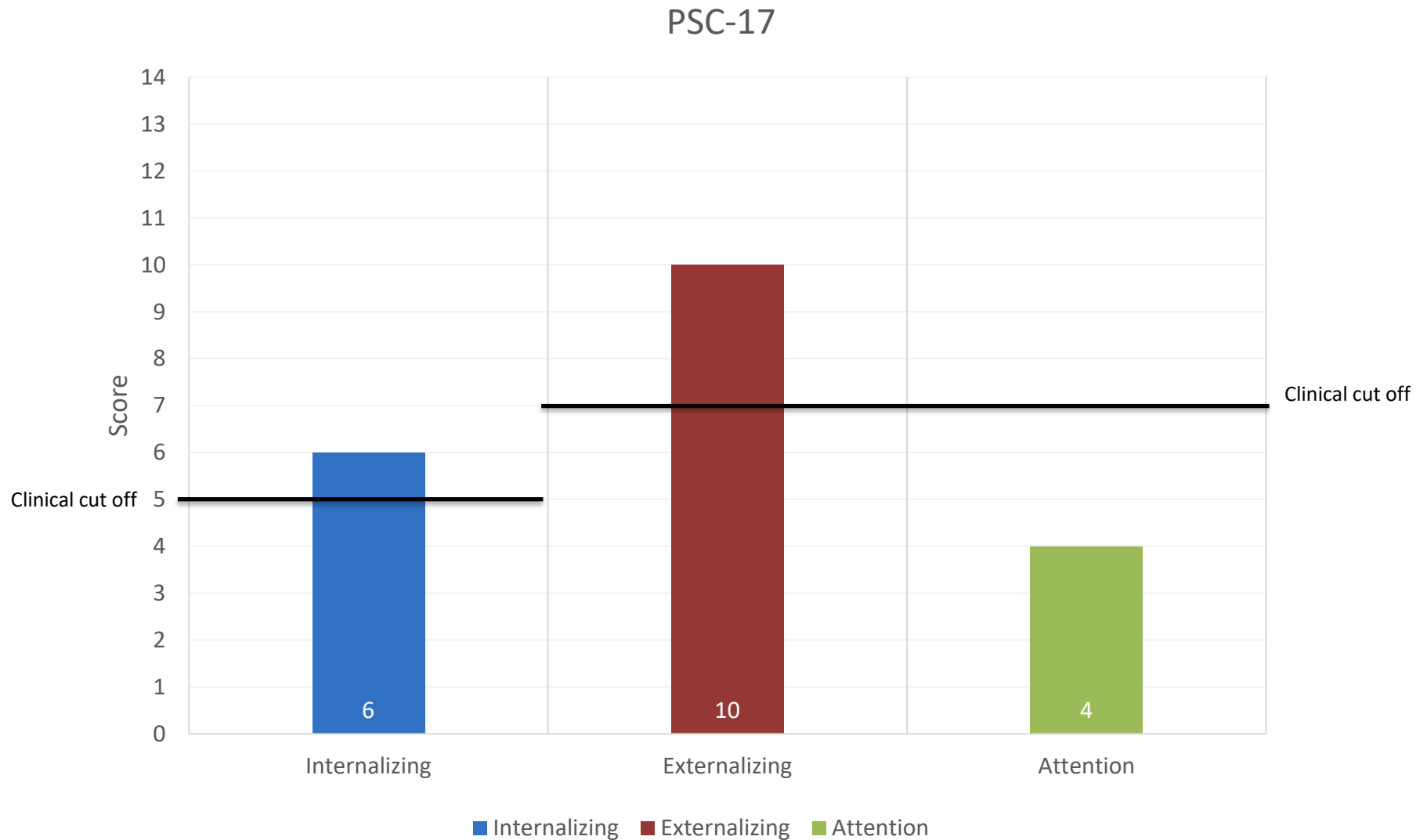


Branch 3: **Supporting Your Child's Treatment Goals at Home**

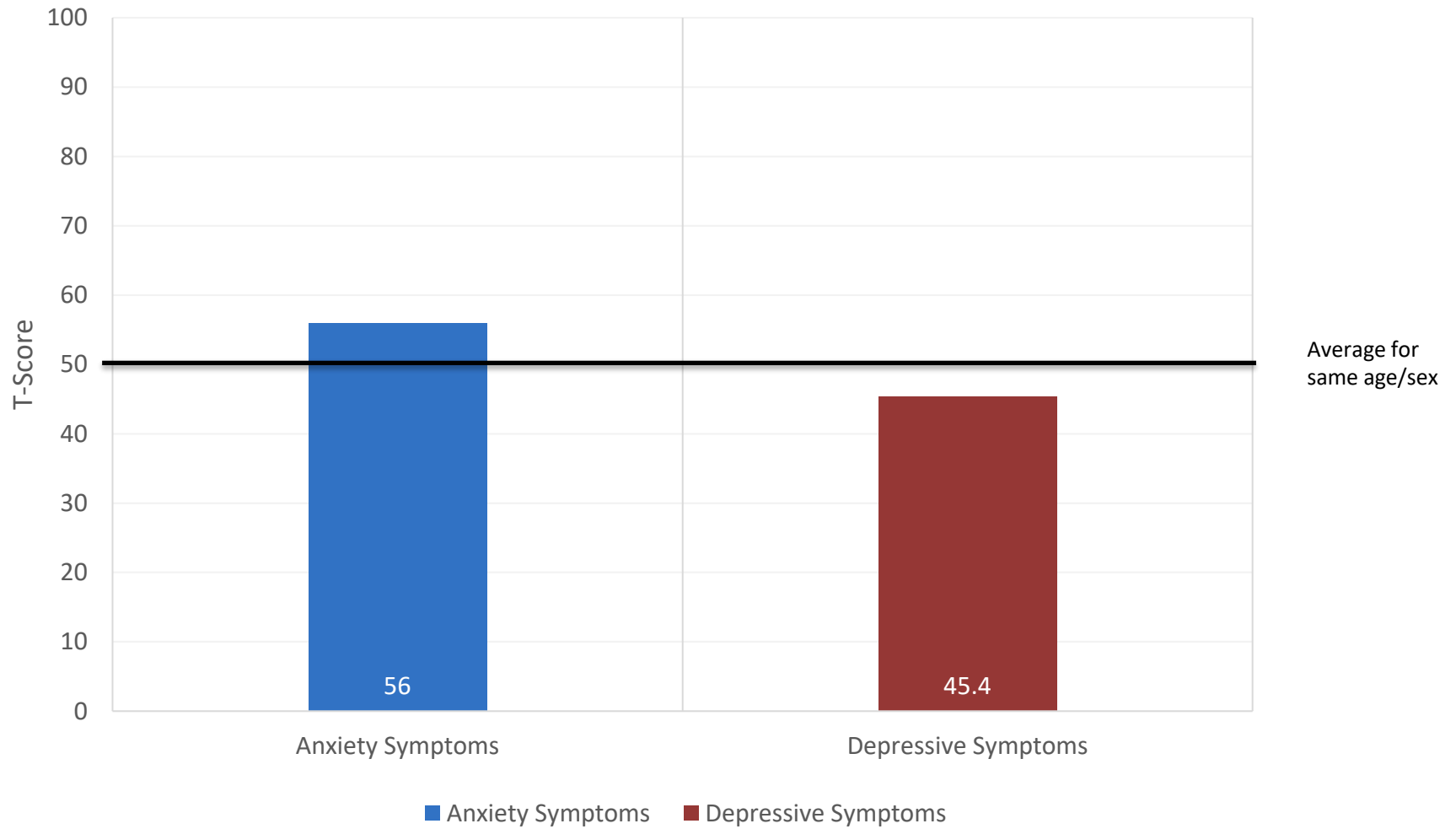
Session 3
**Engaging in Your Child's Mental Health
Treatment**

Session 5
**Finding, Evaluating, and Using Digital Mental
Health Tools**

Session 1: Introduction and Understanding Child Behaviors



PROMIS



Session 2: Finding and Accessing Mental Health Treatment for Your Child

Finding Services for Your Youth in Care



Mental Health and Social Services

Service Provider Identification & Exploration Resource (SPIDER)

Website: <https://spider.dcf.illinois.gov/Search/SearchAgency>

A database of resources in Illinois that can help you find a wide variety of services for your child.

Find Help by Aunt Bertha

Website: <https://www.findhelp.org/>

A nationwide resource directory that helps people find and connect to social services in their area.

Mental Health America

Website: <https://mhanational.org/finding-help>

Provides information on what type of mental health treatments are

Resource

YouthCare HealthChoice Illinois

Number: 844-289-2264 (TTY: 711)

Website: <https://www.ilyouthcare.com>

Medical benefits for youth in care.

Teladoc Health

Website: <https://www.teladoc.com/YouthCare>

Medical care telehealth with care options including:

- General Medical (24/7 Care) for \$0 visit
- Mental Health for \$0 visit with a therapist, \$0 visit for first and a
- Dermatology for \$0 online review

Need immediate

National Suicide Prevention Lifeline

Provides confidential support for people in distress
24/7 Support, Call 800-273-8255

CA

Hand

Finding Services for Your Youth in Care

Resources

Center for Parent Information and Resources

Website: <https://www.parentcenterhub.org/resourcelibrary/>

Offers easy-to-read informational and research-based materials for parents and families of children with disabilities.

BraveHealth

Website: <https://bebravehealth.com/>

Telehealth-enabled mental health services including individual and group therapy, psychiatry and medication management, marriage and family counseling, and specialized therapeutic programs.

Understood

Website: <https://www.understood.org/hub>

Offers resources and tools for children with disabilities and other special health care needs.

Child Mind Institute

Website: <https://childmind.org/>

Provides gold-standard evidence-based care and delivers educational resources to families.

Need immediate support?

National Suicide Prevention Lifeline
Provides confidential support for people in distress
24/7 Support, Call 800-273-8255

CARES (Crisis and Referral Entry Services)
Handles mental health crisis calls for youth in Illinois
24/7 Support, Call 1-800-345-9049

Illinois Department of Child and Family Services

SPIDER User Tips

Search Options Overview

Location

- Useful to find programs within a specific location i.e. neighborhood, address, etc.

Illinois Wide Program Search

- Useful in learning about the types of programs and services available throughout Illinois.

Agency

- Useful when you want to learn more about an agency and the programs/services they offer.

Keyword

- Useful when searching for a very specific service or you can't find what you're looking for with other search methods.

Location

Search from an Area of Interest

- Type an address, zip code, neighborhood, city, or county into the "Search from location or zip code" box and click the green "Locate Address" button.

Search from Current Location

- Leave "Search from location or zip code" box blank and click the green "Get my Location" button.

Determine Search Distance

- Use the "Maximum Distance" drop down box.

Once SPIDER has found your desired location, an icon of a person will appear on the map identifying your Area of Interest or Current Location.

You can then fill in the specific Search Criteria that meets your needs under the "General" tab.

Search from location or zip code

Locate address Get my location

Maximum Distance: 5

* Distances can only be calculated if you share your physical location or enter an address in the search from location. For performance reasons, only the first 500 records are displayed.

General Agency Keyword

Program Type: All

Service Type: All

Payment Type: All

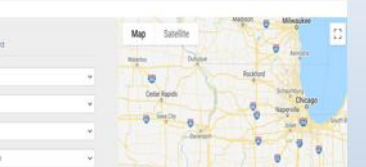
Language: English

Target Population: All

Age Range (e.g. 12 or 13-18)

Services Offered in Home?

Accepts DCFS Youth in Care?



Illinois Department of Child and Family Services

SPIDER User Tips

Search Results

Search by Location

- Your search results will be populated on the map and directly below the search engine.
- Reading from left to right, the distance closest to your location is shown first, then the Agency, the address, the Agency's main phone number, and it's Program(s) that meet your search criteria.

Search without Location

- The programs that meet your search criteria will populate on the map and directly below the search engine listed alphabetically by city name.
- You can click on the hyperlinked Agency name to access the Agency Details Report.
 - Provides listing of other locations and programs offered.
- You can click on the hyperlinked Program name to access the Detailed Program Report.
 - Provides detailed information on that specific type of program (e.g. hours, eligibility requirements, staff information, payment information, services offered).

Distance	Agency Name	Address	Phone	Program(s)
0.2 mi	Advocate Illinois Masonic Medical Center (Advocate Medical Group)	938 W. Nelson St. Chicago, IL 60657	773-295-3220	Deaf & Hard of Hearing Program Child & Adult Psychiatry Adult Outpatient Child & Adolescent Counseling Adolescent Bright Futures (CBP)
0.2 mi	Advocate Illinois Masonic Medical Center (Advocate Medical Group)	3040 N. Wilton Ave., 2nd floor Chicago, IL 60657	773-295-3220	Pediatric Developmental Center (PDC)
0.4 mi	Live Oak	1300 W. Belmont, Suite 300 Chicago, IL 60657	773-880-1310	Counseling Services
0.6 mi	Center on Halsted (Formerly Horizons Community Services)	3636 N. Halsted St. Chicago, IL 60613	773-472-6469	Anti Violence Program Behavioral Health Services Letters of Support For Gender Affirming Services
0.8 mi	Howard Brown Health Center	3837 N. Broadway Chicago, IL	773-385-1600	Broadway Youth Center - Counseling and

Session 3: Engaging in Your Child's Mental Health Treatment

Tips on How to Work Well with Your Child's Therapist

Maintaining a Good Relationship

A good relationship with the mental health professional treating your child is key to a successful outcome.

Getting Started

- Come prepared to talk to your child's therapist about your child's behaviors to provide background information. The more context you can provide the better!
- Information from your child's school may be valuable. Your therapist can suggest ways to request this information without providing a reason for disclosing why it is needed.
- Work out the logistics up front. You may want to ask the therapist what you will and won't be billed for, how quickly they will return your calls, and what incidents merit a heads-up call before an appointment.

Setting Treatment Expectations

It's normal to wonder how long your child's treatment will take and when you will start to see progress. Consider asking the therapist the following questions:

- 1) What is the estimated time frame for the treatment?
- 2) What are the specific goals for treatment?
- 3) How will you measure success?

Source: Child Mind Institute

Being Supportive and Involve in Your Child's Treatment is Pivotal

For your child to get the most out of treatment, you'll need to monitor your child closely, know which skills are being worked on and how to reinforce them outside the office in everyday life.

When a five-minute meeting or phone call with the therapist isn't enough, ask about background reading material, online resources and parent support groups.

You can also ask to meet for a full session without the child present. These sessions may be covered by insurance, allowing you to discuss issues and care in greater depth.

Strategies for Effective Communication

- Although parents and therapists have a common goal of helping your child get better, you each see them from a different perspective.
- Effective communication depends on many factors, including your own stress level, how receptive the therapist is to input, how well you articulate your concerns and the personal factors that play into any kind of relationship.
- Any relationship has its rough spots, and occasionally people say things that are inconsiderate or hurtful. When this happens with a therapist, parents may feel blamed, unheard or angry. It's okay to say, "I felt dismissed when you said ____" or "I didn't appreciate the way you responded when ____." Addressing the problem directly is the fastest way to move forward.
- If after trying to resolve the issue you decide you are unhappy with the provider or with your child's progress, it's okay to seek a second opinion on treatment. It's generally a lot easier on the current relationship if you let your child's therapist know that you're exploring other options.

Strategies for Speaking with Your Child's Therapist

Respect Your Own Knowledge

Your child's therapist is the expert on therapeutic interventions, yet you are the expert on your child. That knowledge matters, as does your gut feeling for what's going on. Don't be afraid to speak up! The therapist needs to know what you see, sense, and think is happening.



Plan What You Will Say Ahead of Time

Focusing on observing changes in your child's behavior, mood, and social interaction and see if you can identify what it is that's causing you to be concerned. It may help to keep notes about the frequency, intensity, and duration of behaviors. If confusing new behaviors emerge, it's okay to tell the therapist "I'm not sure what this means, but here's what I've been seeing."

Tell a Story

Sometimes a child presents differently in therapist's office than at home or school. This can create a disconnect between your impression of what's going on and the therapist's. Anecdotes help. Instead of summarizing the week with, "Mornings have been rough," try including detail so it's clear exactly what you mean. For example, "She had a 40-minute scream-fest that included flinging books and shoes, and left a dent in the wall."

Use Curiosity to Express a Different Opinion



People can and do disagree, and occasionally your child's therapist may reach a conclusion you think is off base. Instead of launching into a debate, probe for more information. This honors the therapist's expertise without putting them on the defensive. You might try something like, "Can you tell me more about why you think that's what's happening? I have a very different take on it" or "Hmmm. Are there other possible explanations?"

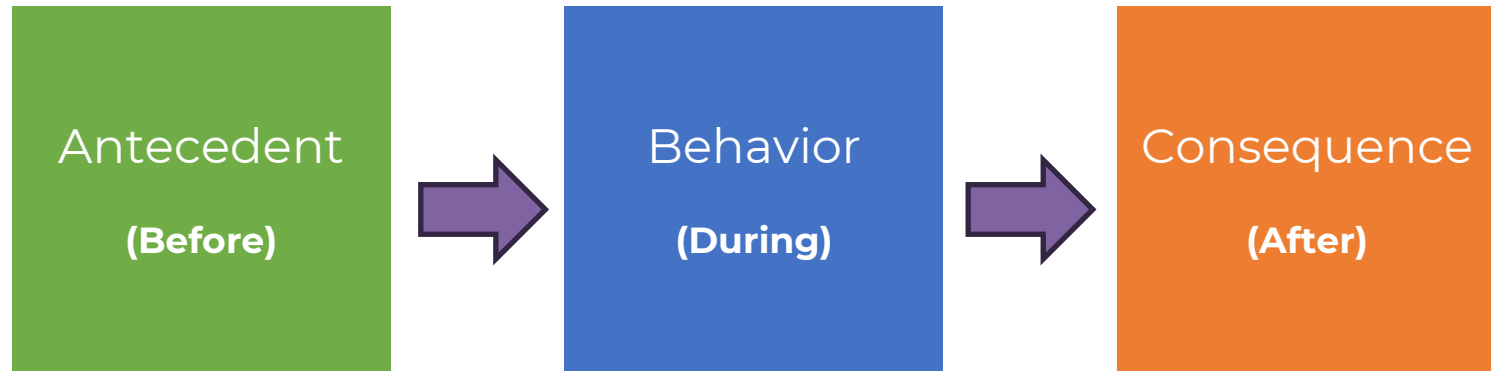
Don't Be Embarrassed to Ask For Help

Raising children can put you in situations that make you feel vulnerable to the judgment of others. Instead of avoiding, try asking the therapist for advice on how to handle them. You can say something like, "I need help with strategies for how to defuse a situation when..." or "Can you suggest ways to deal with...?" The therapist may not have an answer for you right away, but if you open the discussion, you can make progress.

Source: Child Mind Institute

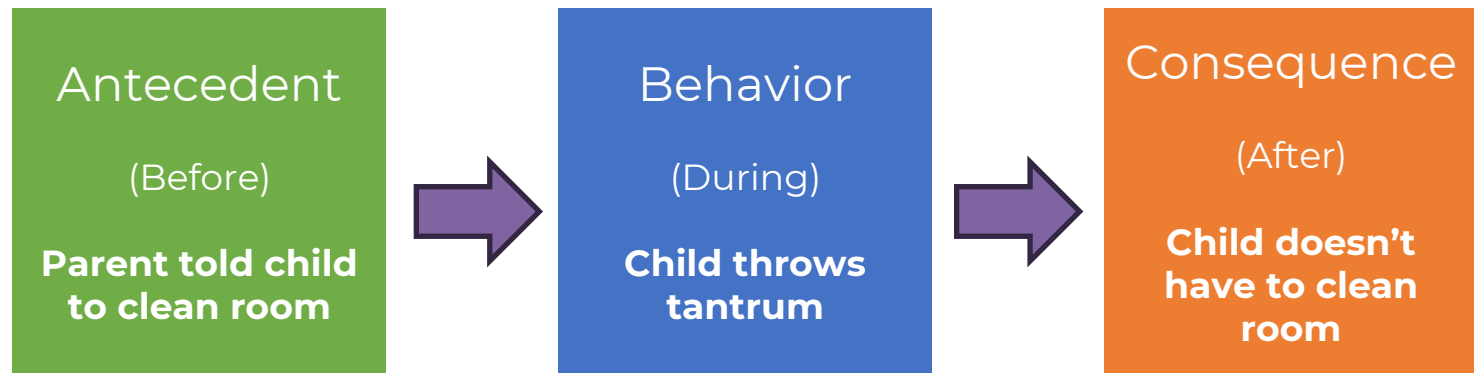
Session 4: Understanding the “Why” Behind your Child’s Behavior

The ABCs of Behavior



I Do - Example

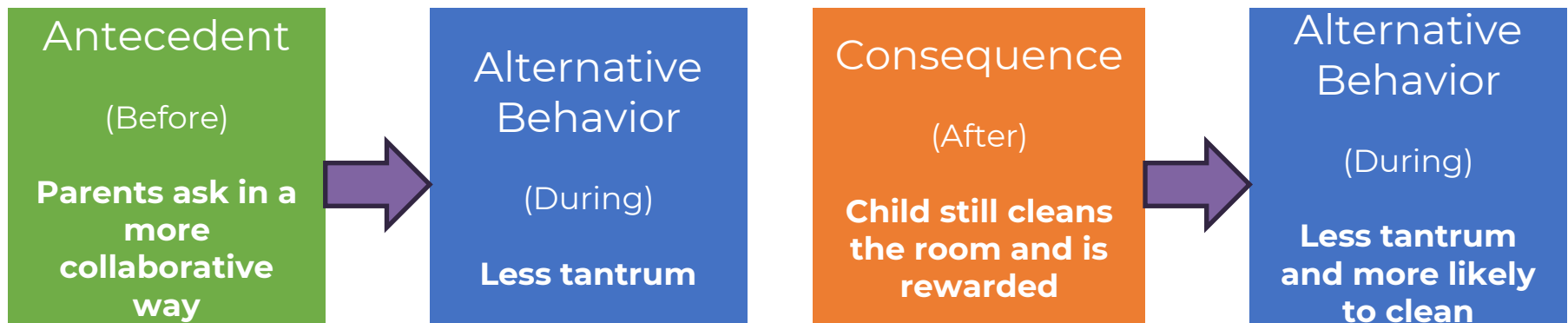
Scenario: Child throws a tantrum when parent tells them to stop playing and clean their room.



Function: Avoidance of undesirable situation

I Do - Example

Scenario: Child throws a tantrum when parent tells them to stop playing and clean their room.



Change the **Antecedent** or **Consequence** for alternative behavior

Making the Connection with Brave Health



Making a Referral

Referral Form Link:

www.beb bravehealth.com/referral

EMR: **Brave Health**

Fax: **727-306-8033**

Secure Email:

referral@bebravehealth.com

Hearing from Us

It's a "305" area code! If the patient misses our call, please urge them to call or text us **at 305-902-6347 to get scheduled.**

Visit Brave website and/or email Partner Support to get answers for any questions at partnersupport@bebravehealth.com



**Talk to a doctor today
by phone or video**

Register now
Regístrate hoy mismo

1-800-TELADOC
(800-835-2362)

Samuel Sampleton
1 Sampling St
Sampleville, AZ 29 401

Made available by:

YouthCare
Healthcare Group

Samuel,

Staying healthy is important — especially during cold, flu and allergy season. We want you to feel your best all year long so you can show up for yourself and those most important to you. With Teladoc Health, you can talk to a doctor or specialist on your lunch break, after work or even on the weekend.

Teladoc Health and YouthCare HealthChoice Illinois bring healthy to you. Skip the hassle of searching for a doctor in your area and waiting for an available appointment. Talk to a board-certified doctor by phone or video 24/7. Our team of doctors and specialists can help you feel like your best self. And it's all available in one convenient place when you need it most.

Register today at no cost to you to get care when you need it.

Stay well.

Your Teladoc Health Care Team



**Teladoc Health is
available to you through
your Medicaid plan
at no cost to you.**

Scan the QR code
to download the app
and register.

Live your healthiest life. Register now online.

Visit teladoc.com/YouthCare to sign up.
Or call **1-800-TELADOC (800-835-2362)**

Your care options include:

General Medical (24/7 Care)
\$0/visit

Dermatology
\$0/online review

Mental Health
\$0/visit (therapist)
\$0/first visit (psychiatrist)
\$0/ongoing visits (psychiatrist)

What To Do While Waiting to Get Treatment

Focusing on getting informed, building skills, and bolstering self-esteem can make the wait less stressful and more productive.

Learning Differences

- [Supporting the Emotional Needs of Kids with Disabilities](#)
- [Help for Kids Struggling with Learning](#)
- [7 Things to Tell the Teacher About Your Child](#)

Sensory Processing

- [School Success Kits for Kids with Sensory Processing Issues](#)
- [How Can We Help Kids with Transitions](#)
- [Tips for Going Places with Sensory-Challenged Kids](#)

Depression

- [What To Do if You Think Your Teenager is Depressed](#)
- [Treatment for Depression](#)
- [What To Do if You're Worried About Suicide](#)

Anxiety & Avoidance

- [What Are the Signs of Anxiety?](#)
- [What are the Different Kinds of Anxiety?](#)
- [Tips for Calming Anxious Kids](#)

Attention Problems

- [Is It ADHD or Immaturity?](#)
- [Strategies to Help Homework Go More Smoothly](#)
- [School Success Kit for Kids with ADHD](#)

Behavior Problems

- [Common Cause of Behavior Problems in Kids](#)
- [How Can We Help Kids With Self-Regulation](#)
- [Managing Problem Behaviors at Home](#)

Speech & Language

- [Helping Toddlers Expand Their Language Skills](#)
- [Inside an Evaluation for Learning Disorders](#)
- [Learning Disability Diagnosis and English Language Learners](#)

Source:

Child Mind Institute



General Mental Health Resources

Resource	Purpose	Website
APA DSM-5-TR Online Assessment	Provides free online mental health assessments for caregivers to complete; provides resources and recommendations based on assessment	https://www.psychiatry.org/psychiatrists/practice/dsm/educational-resources/assessment-measures
BEACON Illinois	Resource for Illinois youth and families to find behavioral health services	https://beacon.illinois.gov/
Mental Health America – Parent Test: Your Child’s Mental Health	Provides free online mental health assessments for caregivers to complete	https://screening.mhanational.org/screening-tools/parent/
Mindfulness Activities for Kids	Provides mindfulness activities for caregivers to teach their kids	https://www.mindful.org/mindfulness-for-kids/
The California Healthy Minds, Thriving Kids Project	Provides evidence-based videos and print resources that parents can use to teach their kids critical mental health and coping skills	https://childmind.org/healthy-minds/parents/
One Mind PsyberGuide	Collection of mental health apps	https://onemindpsyberguide.org/

Target Mental Health Resources

Emotion/ Behavior	Tool	Details	Website
Aggression	Child Mind Institute – Complete Guide for Managing Behavior Problems	Provides psychoeducation about how to respond to behavioral problems	https://childmind.org/guide/parents-guide-to-problem-behavior/
Bipolar Disorder	DBSA Bipolar Disorder	Provides psychoeducation to parents about bipolar disorder and treatment options	https://www.dbsalliance.org/education/bipolar-disorder/
Hoarding	Child Mind Institute – Quick Guide to Hoarding Disorder	Provides psychoeducation to parents about hoarding and treatment options	https://childmind.org/guide/hoarding-disorder-in-children-quick-guide/
OCD	IOCDF for Kids	Provides psychoeducation to parents about OCD symptoms and treatment	https://kids.iocdf.org/
School Refusal	Child Mind Institute – When Kids Refuse to Go to School	Provides education to parents about what school refusal is and what to do	https://childmind.org/article/when-kids-refuse-to-go-to-school/
Substance Use	SAMHSA – “What Parents are Saying” Podcast	Provides a platform for parents to get informed, be prepared, and take action by having conversations with their kids about substance use	https://www.samhsa.gov/talk-they-hear-you/podcast
Trauma	The National Child Traumatic Stress Network	Provides psychoeducation to parents about trauma and treatment	https://www.nctsn.org/

Control

Maintaining, Sustaining, and
Scaling

Adaptation

What Are Some Adaptations?

The background is a solid purple color. There are three white geometric shapes: a large triangle in the top right corner, a smaller triangle in the bottom left corner, and a parallelogram-like shape in the top right corner, partially overlapping the triangle.

Thank you!
Questions?

Contact Information



Website: <https://sites.northwestern.edu/familycareparentinglab/>

Email: familycareparentinglab@northwestern.edu

Twitter: <https://twitter.com/familycarelab>

Instagram: [@familycarelab](https://www.instagram.com/familycarelab)



Email: heather.risser@northwestern.edu

Find me on [LinkedIn](#)