

Virtual Implementation of Guiding Good Choices: Lessons Learned from Intervention Adaptation in Response to COVID-19

Hannah Scheuer,¹ Margaret R. Kuklinski,¹ Stacy A. Sterling,^{2,3} Arne Beck,⁴ Jordan M. Braciszewski,⁵ Dalene Beaulieu,¹ Jennifer Boggs,⁴ John S. Briney,¹ Sarah Danzo,⁶ Nicole Eisenberg,¹ Kevin P. Haggerty,¹ Andrew Jessen,⁴ Andrea Kline-Simon,² Amy Loree,⁵ Vivian H. Lyons,^{1,7} Miguel Mariscal,¹ Kristi Morrison,¹ Erica Morse,⁴ and Xu Wang,⁵

¹Social Development Research Group, School of Social Work, University of Washington

²Division of Research, Kaiser Permanente Northern California

³University of California, San Francisco, CA

⁴Institute for Health Research, Kaiser Permanente Colorado

⁵Center for Health Policy and Health Services Research, Henry Ford Health

⁶Department of Psychiatry and Behavioral Sciences, University of Washington

⁷Allies in Healthier Systems for Health & Abundance in Youth, University of Washington



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Virtual Adaptation of GGC

- **Due to the COVID-19 pandemic necessitating a shift in care delivery models, GGC was adapted for virtual delivery**
- **Experts set the following goals for virtual content and delivery:**
 - retain core intervention components
 - maintain fidelity and efficacy of the intervention
 - engage parents in a virtual modality so that exposure to intervention components would remain strong
 - provide a virtual environment that allowed parents to bond with each other and with GGC interventionists

Specific Adaptation Modifications



Added Introductory Session

Swapped Sessions 3 & 4

Adjusted Activities and Exercises

Added “Tech Checks”

Evaluating Feasibility and Acceptability of Virtual Adaptation

▪ **Primary Questions**

- Were parents satisfied?
 - Overall, by session, by component (videos, activities, family guide, process)
- Did satisfaction differ by site?
- Was it feasible from interventionists perspectives?

▪ **Data sources – Mixed Methods**

- Post session satisfaction surveys – Parent participants
 - 45 GGC groups, 310 attendees (fall 2020 – spring 2022)
 - Completed voluntarily after each session: $n = 254$ (82%)
 - 4-point Likert scale ratings
- Focus group – GGC interventionists

▪ **Analysis**

- ANOVA, post-hoc Tukey tests
- Thematic analysis of focus group content

Post-Session Survey Questions: Parent Satisfaction



GGC Post-Survey Satisfaction
Questions

How satisfied were you with each of the following aspects of the session?

Overall Session

Video Segments

Activities/ Exercises

Family Guide

Workshop process (i.e., combination of large group discussion, small group breakouts, presentations by the leaders, role plays/practice)

radio (Matrix)

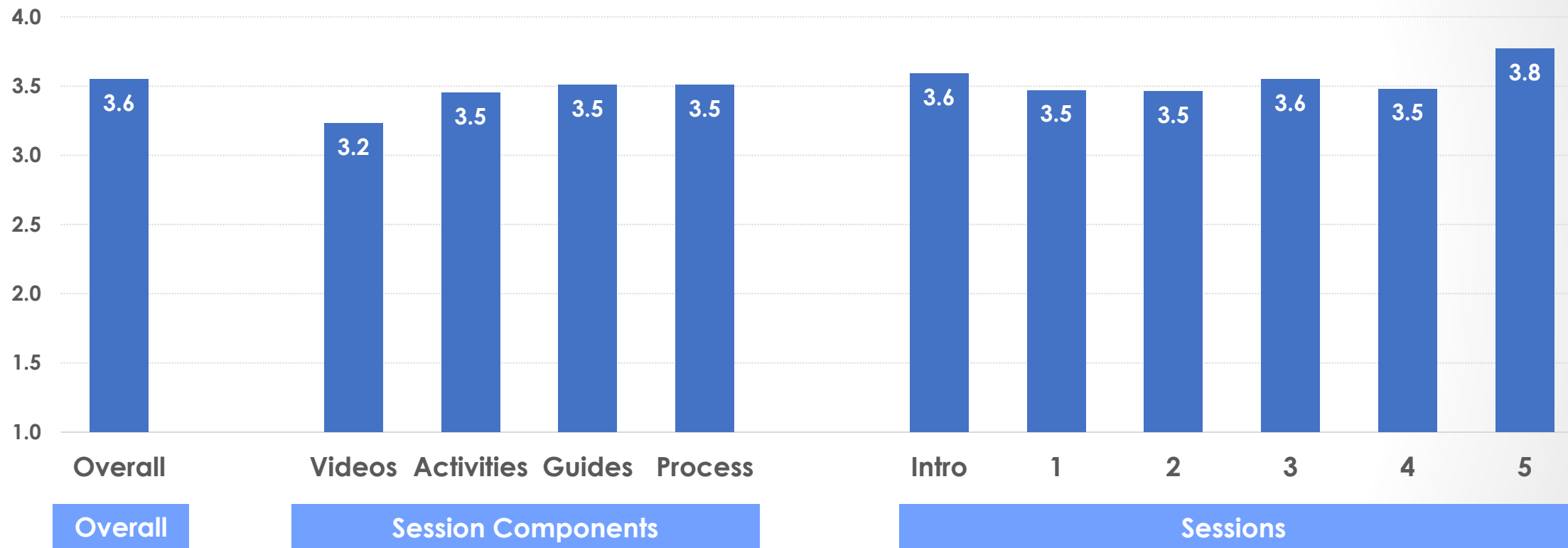
1	Not Satisfied
2	Somewhat Satisfied
3	Satisfied
4	Very Satisfied

Satisfaction Results: Parents are satisfied with virtual GGC

Parent Satisfaction: Overall, by Component, and by Session

45 groups, $n = 254$ parents *

Median sessions
attended = 4



- Minor but not meaningful differences across sites, e.g., overall satisfaction range 3.4-3.6

* 82% of enrollees. Overall and session component means were averaged across sessions. For session specific means, n ranges from 74 to 151.

Parents valued flexibility, connection, community



"Being able to participate from my home made it less difficult to find the time"

"It is comforting to see other parents who share the same hopes for our kids"

"In these times, just meeting other parents was a pleasure."

"The small group discussions were awesome. They gave us a chance to connect with and learn from other parents."

"Internet slowages made some conversations difficult."

Focus Group Results: Parents value engagement, small group discussions

Benefits	Challenges	Suggestions
<ul style="list-style-type: none">• Less prep time• Barrier elimination• Convenience & comfort	<ul style="list-style-type: none">• Passive engagement• Difficulty gauging reactions• Less connection between parents	<ul style="list-style-type: none">• More interaction, less lecture• Focus on parent connection• Shorten to reduce Zoom fatigue

...We have heard that **virtual is much more convenient** for them... it's a pretty **big time saver and attendance helper**.

In person, even **during breaks parents will just be talking** to each other...We **don't have that** with virtual **unless you put them in breakout rooms**.

The **breakout rooms are a real strength** of the whole program...That's **what the parents love**, ... the groups that have connected in **the breakout rooms...it's been so meaningful** for them



Conclusions



- **Parents were highly satisfied with virtual GGC!**
 - Virtual sessions foster community during COVID-19, & make attendance overall more accessible and convenient
- **Interventionist data suggest that virtual delivery is feasible and reduces attendance barriers**
- **But enhancements could create an even stronger experience and support impact & sustained intervention delivery**
 - Shorten sessions
 - Strengthen engagement
 - Attend to connectivity issues

Thank You!