Transitional Age Youth (TAY) Coping Skills Group Intervention

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Project Goals

The goal of the project was to implement a coping skills group geared specifically to the TAY population at Progress Foundation

Outcomes
- Implementation of five psychotherapeutic group sessions
- Increased coping skills and increased perception of emotional support and companionship
- Decreased perceptions of loneliness and social distress

Background & Significance of Problem

- Anxiety- and stress- related disorders and mental illness are highly prevalent among the foster care population (Kornor H, Winje D, Ekeberg, et al., 2008; Lebow, 2015; Shin, 2005; U.S. DHHS, 2007).

- High rates of abuse, neglect, and trauma (Farruggia, Greenberger, Chen, & Heckhausen, 2006; Stevens, Brice, Ale, & Morris, 2011).

- Increased risk of poverty and homelessness, substance use, poor educational outcomes, and unemployment (TAY, 2012)

Background & Significance of Problem

- Adaptive coping skill interventions may increase resilience and reduce risk (TAY,2012)

- CBT as an evidence-based intervention (Kornør H, Winje D, Ekeberg Ø, et al., 2008).

Current Practice at Agency

Currently, there are no existing group therapy sessions exclusively for the TAY population. Groups are a heterogenous mix of ages and backgrounds. This heterogeneity may hinder group cohesion and prevent clients from getting the full benefit of group therapy.

Test of Change Intervention & Implementation

- Timeline: Five 90 minute-long sessions

- Areas to address: Logistics, communication, attendance

- CBT

- Breathing and meditation techniques

- Brief Cope Scale & Social Relationship Scale
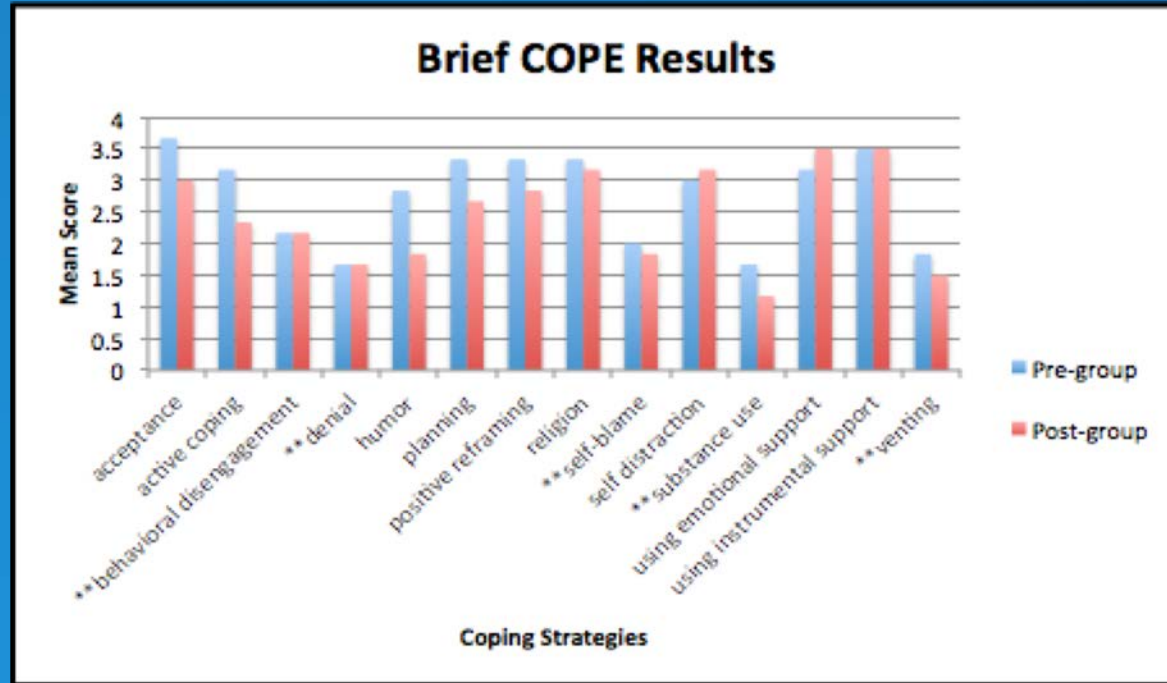
Data Analysis & Results

Brief Cope Scale Results (mean scores, n=3)

| Coping Strategy	Pre-group	Post-group
Acceptance	3.666666667	3
Active coping	3.166666667	2.333333333
Behavioral disengagement	2.166666667	2.166666667
Denial	1.666666667	1.666666667
Humor	2.833333333	1.833333333
Planning	3.333333333	2.666666667
Positive reframing	3.333333333	2.833333333
Religion	3.333333333	3.166666667
Self-blame	2	1.833333333
Self-distraction	3	3.166666667
Substance use	1.666666667	1.166666667
Using emotional support	3.166666667	3.5
Using instrumental support	3.5	3.5
Venting	1.833333333	1.5

Scoring

1 = I haven't been doing this at all
2 = I've been doing this a little bit
3 = I've been doing this a medium amount
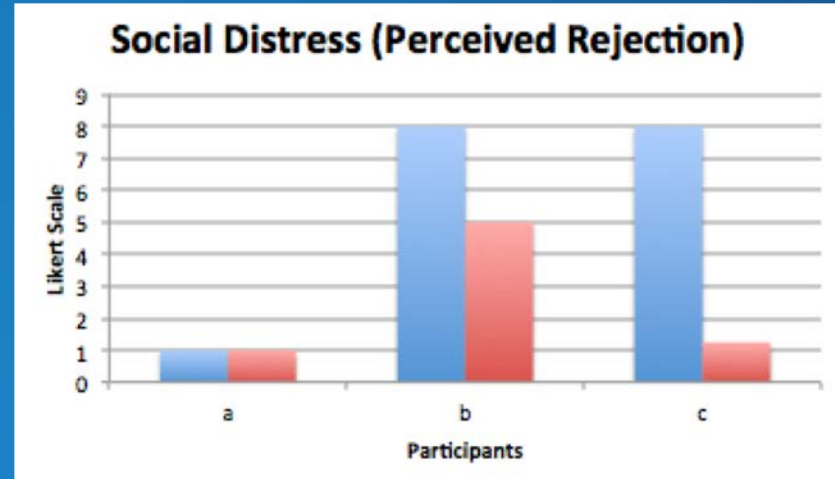4 = I've been doing this a lot
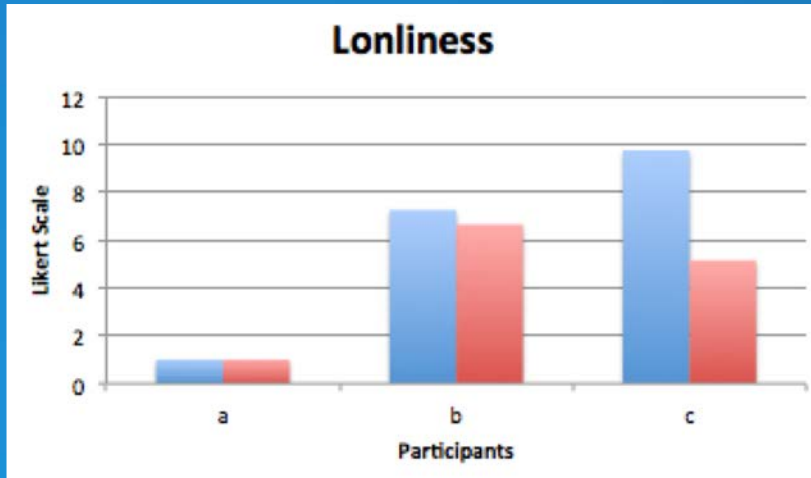
Data Analysis & Results

** Maladaptive Coping

Data Analysis & Results
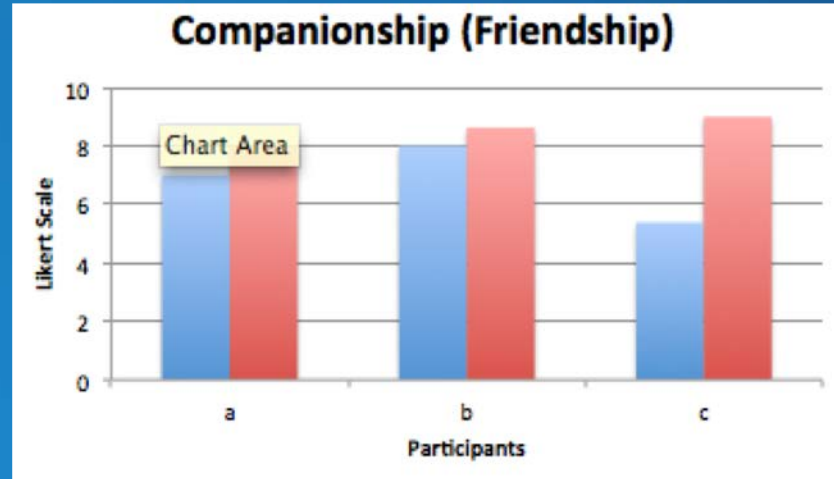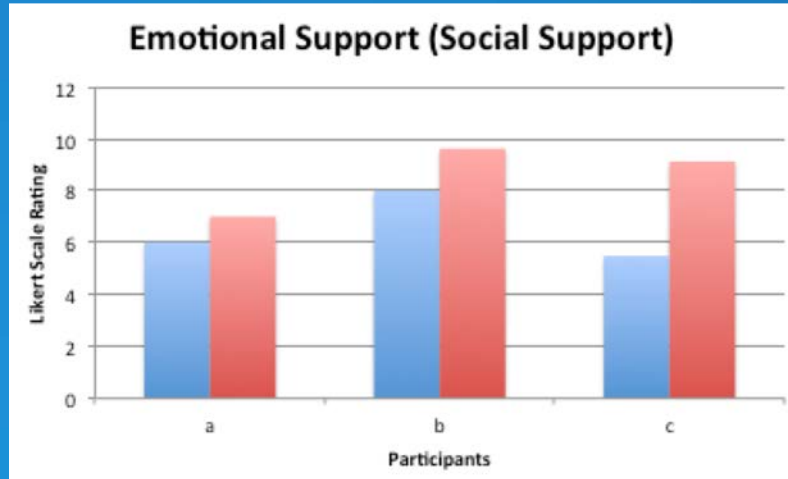
Blue Bar = At the start of group
Pink Bar = At the end of group

Data Analysis & Results

Blue Bar = At the start of group
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Discussion & Conclusions

- Cognitive-behavioral based groups for TAY:
    - increased coping skills,
    - increased perceptions of social and emotional support,
    - decreased perceptions of loneliness
    - decreased perceptions of social rejection

- Positive feedback for breathing and meditation exercises

Implications for EBT and Practice

- Impact
- Effectiveness
     CBT vs. breathing
- Leadership roles
- Plan

Acknowledgements & References

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