

Principal Investigator: Elana E. Evan, PhD



PROJECT C.A.R.E.

(Comfort And Reflective Expression)

A Clinical Research Pilot Program

The goal of the clinical research project is to pilot a mental health psycho-educational program in order to determine whether we are able to help improve the quality of life of children with life threatening medical conditions and their families by providing access to these services in the home. Participation in the project does not replace regularly referred clinical interventions that are provided to families seen both in the hospital and at clinics.

Specifically, this project would provide the following to UCLA pediatric families:

- Directed interventions and skill teaching for managing distressing psychosocial symptoms (e.g. anxiety, sadness, difficulties with parent-child communication).
- Sessions will occur both in the home and/or via telehealth consultation and occur over a 6-month period of time for each family participating. Families will receive gift cards after completing each of the 4 sets of survey questionnaires (\$10 for parents, \$10 for the child after each of the 4 survey sessions; thus, a possible total of \$80 of gift cards for each family's participation).
- Families will receive an individualized psychosocial treatment plan at the start of their participation, which can be modified over time, as the patient and family needs change.
- Inclusion: families with a critically ill child, mental ages 7-23 years with verbal communication ability. Since the program will be designed using a family-based treatment approach, at least one (parent/primary caregiver) must participate in the study.
- Eligibility Criteria: experiencing difficulty with mobility/mostly homebound, confronting serious illness, facing financial hardship, and having difficulty accessing mental health or other counseling services.

***For further information & questions please call Dr. Evan 310-206-1771**