After Deployment: Adaptive Parenting Tools (ADAPT)

TARGET AUDIENCE
This program is delivered to military parents, with children who are 5 to 12 years old, who have experienced combat-related deployment and is intended to impact parents and children.

SUMMARY
After Deployment: Adaptive Parenting Tools (ADAPT), an extension of the Parent Management Training-Oregon Model (PMTO) program, is a community-based program that is designed to address specific needs of military families who are experiencing reintegration after deployment.

EVIDENCE
In an internal randomized, controlled trial among predominantly white National Guard and Reserve families, participants in the intervention group demonstrated significant improvements in parenting, compared to the control group, at 12-months post-baseline (i.e., approximately 6 months after program completion). Mothers experienced improved parenting locus of control and emotion regulation and decreased Post-Traumatic Stress Disorder symptoms. Fathers demonstrated improved parenting locus of control only. Improved parenting practices were associated with significant improvements in child- and adult-reported child adjustment.

COMPONENTS
ADAPT is a parent-support program that seeks to enhance family functioning; increase positive parenting practices; strengthen parental adjustment; and prevent negative parent and child outcomes, such as anxiety, depression, mental health disturbances, and substance use, throughout the deployment cycle. ADAPT extends the parenting- and couple-focused topics in the PMTO program by focusing on the complex dynamics of parenting in the context of deployment and enhancing emotional regulation capabilities. Session topics include the following:

- Teaching through encouragement;
- Discipline;
- Problem-solving;
- Monitoring;
- Positive involvement with children; and
- Emotion socialization.

ADAPT is delivered via in-person sessions to groups of six to 15 parents per group. An adapted version, ADAPT4U, is being created and will provide a self-directed online version and a telehealth, facilitator-enhanced version to families. ADAPT was originally developed to serve primarily National Guard and Reserve families; however, ADAPT for Active Duty is a modified version that serves Special Operations families and regular Army families.

PREVIOUS USE
ADAPT has been implemented with families in the Minnesota National Guard and Army Reserves. ADAPT4U is currently being tested with families from Michigan and Minnesota. ADAPT for Active Duty is available on Fort Bragg and Fort Campbell.

www.militaryfamilies.psu.edu
Clearinghouse@psu.edu
1-877-382-9185

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TRAINING
Facilitators can be military (e.g., National Guard, Veteran) and non-military human service providers (e.g., school guidance counselor, social worker). Training is required and includes workshop training and biweekly coaching from individuals who are certified in the PMTO model. Please contact ADAPT using details in the Contact section for more information on training and costs.

CONSIDERATIONS
Considerations for implementing this program include recruiting enough staff who have suitable backgrounds to run the program, ensuring facilitators complete training, gaining participant buy-in, confirming participants have time to attend program sessions, and providing child care and homework help for school-aged children.

The Clearinghouse can help address these considerations. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

IMPLEMENTATION
If you are interested in implementing ADAPT, the Clearinghouse is interested in helping you!
Please call 1-877-382-9185 or email Clearinghouse@psu.edu

The ADAPT program is delivered in 14 2-hour, weekly sessions.

EVALUATION PLAN
To move the ADAPT program to the Effective category on the Clearinghouse Continuum of Evidence, at least two evaluations should be performed demonstrating sustained, positive outcomes, and one of these evaluations should be performed by a group that is external to program developers.

The Clearinghouse can help you develop an evaluation plan to ensure the program components are meeting your goals. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

CONTACT
Contact the Clearinghouse with any questions regarding this program.
Phone: 1-877-382-9185 Email: Clearinghouse@psu.edu
You may also contact ADAPT by mail 1100 Washington Ave S, Suite 102, Minneapolis, MN 55415, phone 1-612-624-4830, or visit www.cehd.umn.edu/fsos/research/adapt/contact.asp

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