JOYFUL TOGETHER:
Building Child Resiliency and Reducing Parent Stress Through Joy and Play

Building Resiliency: Pediatric MH Summit | September 26, 2019

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Joyful Together is OhioGuidestone’s novel way to tackle toxic stress, build childhood resiliency and support families.

Learning how to cope with adversity is an important part of healthy childhood development. Joyful Together is a new therapeutic approach that effectively builds resiliency and reduces toxic stress in children by helping parents and caregivers create every day moments of joy with children.

Joy experienced through play can lead to increased resiliency and insulation against long-term effects of adverse childhood experiences (ACEs) and toxic stress. Equipping parents and caregivers with tools to improve the quantity and quality of joyful play can reduce parent stress, and improve parent/child relationships that will help to bolster protective factors.
About Joyful Together

• Research-based Promising Practice that  
  Improves Caregiver-Child Relationships and Builds Resiliency

• Translates Neurobiology and Interpersonal Psychology  
  evidence into practice

• Easy-to-Use Activities don’t require materials or special skills:  
  just Parent/Caregiver + Child!
  • Designed to be infused into Everyday Moments
  • Developed for a variety of age groups and settings:
    • Perinatal (Pregnancy to Infancy)
    • Early Childhood (Infant to 5 years old): Home & Pre-School Settings
    • Middle Childhood (6-12 years old): Home & Elementary School Settings
    • Youth Residential Treatment Settings

* demonstrated by 2 Randomized Control Trials
What’s So Different?

• Many parent-child focused interventions or models are heavy on:
  • Parent Education
  • Psychoeducation
  Important, but: *ALL EXPLICIT PROCESSES*

• Joyful Together takes advantage of IMPLICIT PROCESSES that are key to:
  • Interpersonal Relationships
  • Attachment
  • Learning & Brain Development
Joyful Together Outcomes: **Lowers Parent Stress, Increases Protective Factors, Improves Relationships**

* demonstrated by 2 Randomized Control Trials

**Parents in the Treatment Group reported:**
- decreased overall stress
- improved relationships with their children
- a more positive perception of their child’s behavior and cooperation

**Parents in the Control Group reported:**
- no decrease in stress
- worsened relationships with their children
- more negative perceptions of their child’s behavior and cooperation

**A Case Study of 4 families:**
- Each reported lower overall parent stress
- 3 of 4 showed lower parent cortisol levels

*Salivary Cortisol Levels Measured*
For More Information about Joyful Together

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BUILDING RESILIENCY
A PEDIATRIC MENTAL HEALTH SUMMIT

#BuildingResiliency19

Mike DeWine
Governor of Ohio
Adopting Collective Impact As An Approach to Develop Resiliency In All Children, Youth, and Young Adults: Can We Do It? Will It Work? Is It Worth It?

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About the presenter...

- Glen Este High School (Clermont County, OH)
- Athletic Training & Health Education (Ohio University)
- Educational Policy and Administration (University of Minnesota)
- High School Health (9th Grade, Logan High School, Hocking County, OH)
- Educational Research and Evaluation (Ohio University)
- Professor of Leadership and Public Affairs and Program Director – Partnership for Community Health, Prevention, and Promotion; Voinovich School, Ohio University
- Hockey Mama, Marathon Mama, CrossFit Mama
Start with the end in mind...

https://letsgethealthy.ca.gov/sdoh/
We have many opportunities to intervene!
**Case Study: Opioid Crisis**

**1. Supply Reduction**
- **Demand Reduction Prevention**
- **Harm Reduction**

**Goal:** Reduce OUD Deaths / Increase Access to OUD Treatment

- Necessary to combat the opioid epidemic but not **sufficient**.

**2. Treatment**

**3. Recovery Supports**

**Why?**
- Community Connectedness
- Community Trauma
- Housing
- Economic Opportunity
- Transportation
- Literacy

**Goal:** Reduce OUD Deaths / Increase Access to OUD Treatment
Collective Impact is an effective (but not easy!) data-driven approach to developing resiliency.

How can we use collective impact to build resiliency?

- **Involve multiple stakeholders** – including consumers
- **Shared understanding of “resiliency”**
- **Use data to:**
  1. Understand the issue
  2. Develop shared goals & outcomes
- **Drive alignment of efforts and strategies**
- **Increase efficiency of resources**
- **Build individual and community resiliency using a culturally relevant, sustainable, and intentional approach**
How do we know if this initiative, framework, program, idea, etc. is “right” for our community?

Ask three questions:

• Can we do it?
• Will it work?
• Is it worth it?
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