

BUILDING RESILIENCY

A PEDIATRIC
MENTAL HEALTH SUMMIT 

#BuildingResiliency19



MIKE DEWINE
GOVERNOR OF OHIO



JOYFUL TOGETHER:

Building Child Resiliency and Reducing Parent
Stress Through Joy and Play

Building Resiliency: Pediatric MH Summit | September 26, 2019

Benjamin Kearney, Ph.D.

Executive Vice President & Chief Clinical Officer
Senior Fellow, The Institute of Family & Community Impact

OhioGuidestone

434 Eastland Road Berea, Ohio 44117



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
 - PsychoeducationImportant, 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

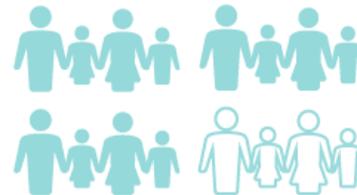


more negative perceptions of their child's behavior and cooperation

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

OhioGuidestone

434 Eastland Road, Cleveland, OH 44017 440.234.2006

Benjamin Kearney, Ph.D.

Chief Clinical Officer & Executive Vice President

benjamin.kearney@ohioguidestone.org

Visit: <https://familyandcommunityimpact.org>

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?

Holly Raffle, PhD, MCHES

Ohio University's Voinovich School of Leadership & Public Affairs



raffle@ohio.edu



HollyRaffle



<https://collectiveimpact.mha.ohio.gov/>



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

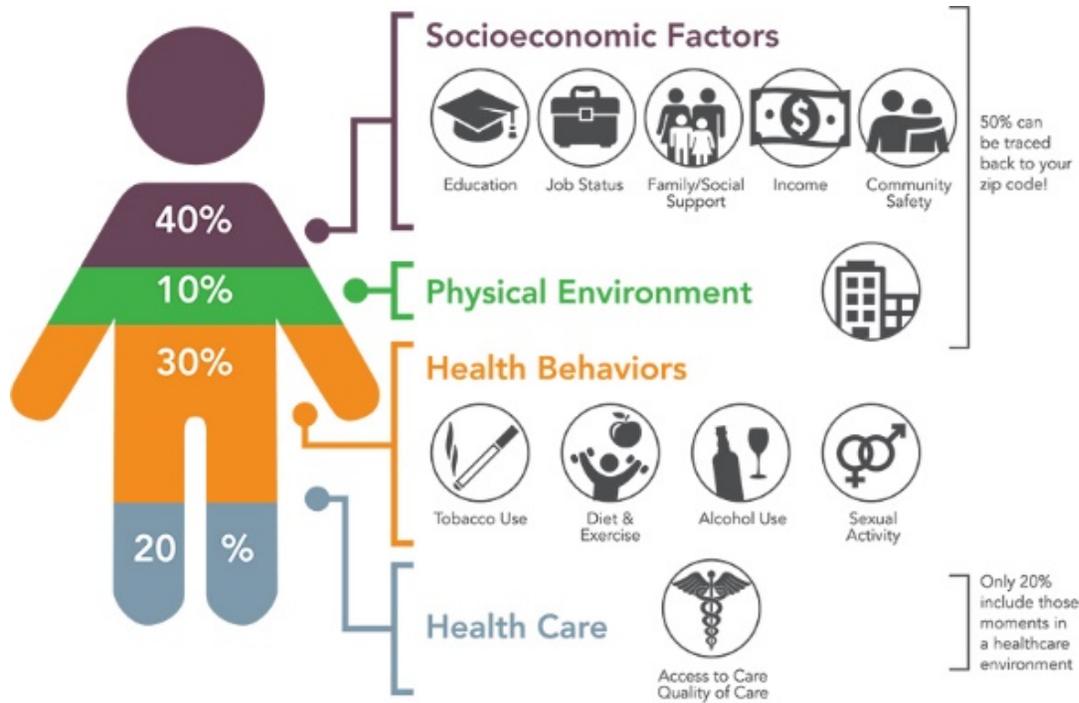
Start with
the end in
mind...

ACHIEVING HEALTH & MENTAL HEALTH
EQUITY AT EVERY LEVEL

Transforming the conditions in which people are
BORN, GROW, LIVE, WORK and AGE
for optimal health, mental health & well-being.



<https://letsgethealthy.ca.gov/sdoh/>



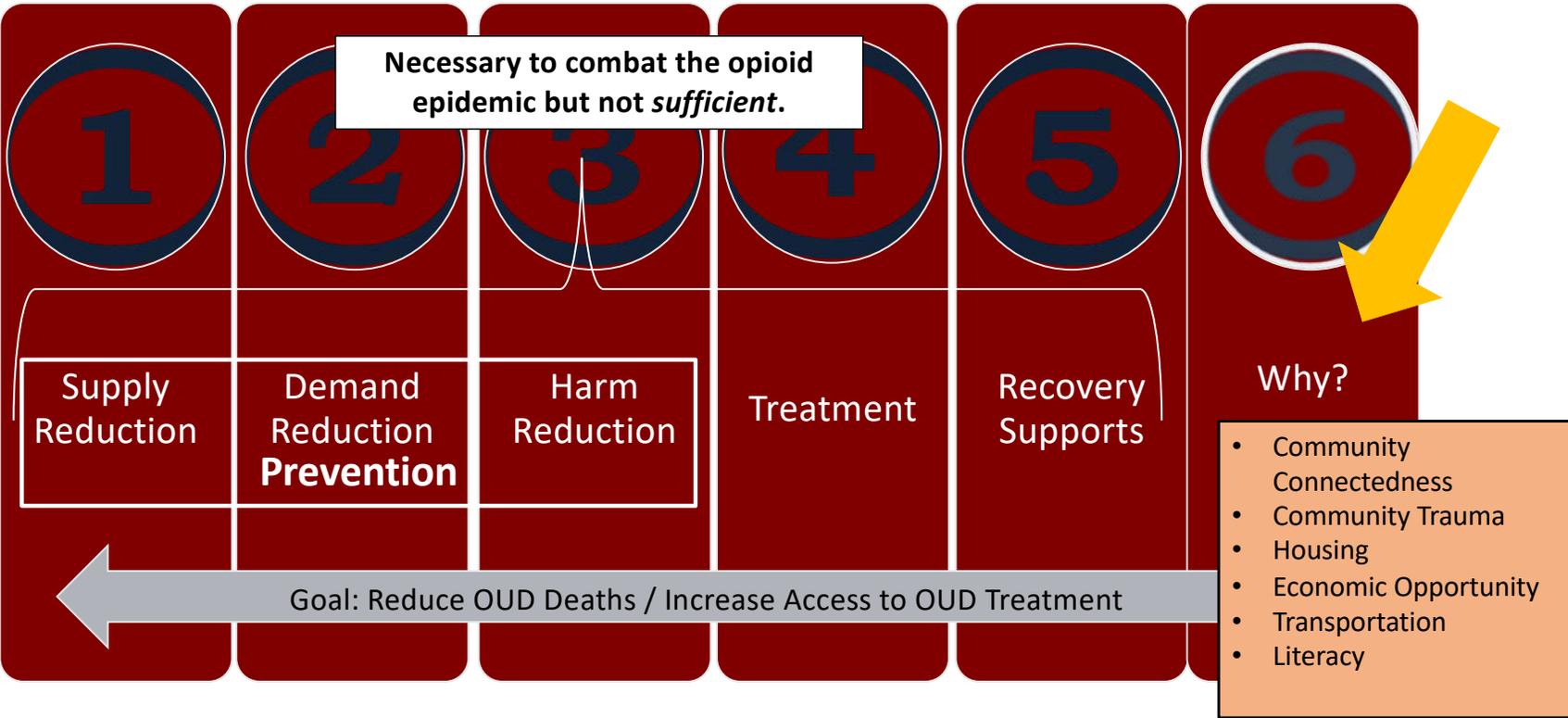
We have many opportunities to intervene!

Source: Institute for Clinical Systems Improvement, Going Beyond Clinical Walls: Solving Complex Problems (October 2014)

Graphic: <https://www.promedica.org/socialdeterminants/pages/default.aspx>

Paper: <http://www.nrhi.org/uploads/going-beyond-clinical-walls-solving-complex-problems.pdf>

Case Study: Opioid Crisis





Kania, John, and Mark Kramer. "Collective Impact." *Stanford Social Innovation Review* 9, no. 1 (Winter 2011): 36–41.



INVOLVE MULTIPLE
STAKEHOLDERS – INCLUDING
CONSUMERS



SHARED UNDERSTANDING OF
“RESILIENCY”



USE DATA TO:
1. UNDERSTAND THE ISSUE
2. DEVELOP SHARED GOALS &
OUTCOMES



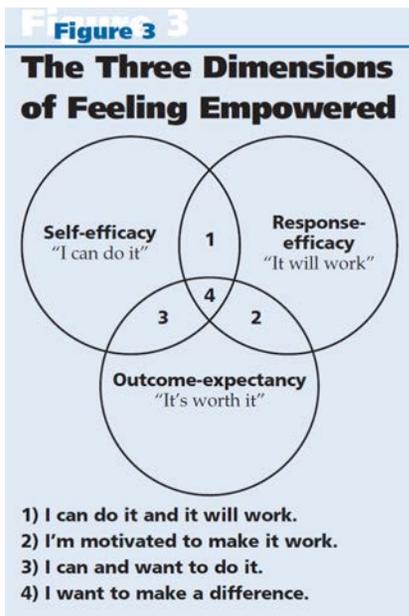
DRIVE ALIGNMENT OF EFFORTS
AND STRATEGIES



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?



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?

Holly Raffle, PhD, MCHES

Ohio University's Voinovich School of Leadership & Public Affairs



raffle@ohio.edu



HollyRaffle



<https://collectiveimpact.mha.ohio.gov/>

BUILDING RESILIENCY

A PEDIATRIC
MENTAL HEALTH SUMMIT 

#BuildingResiliency19



MIKE DEWINE
GOVERNOR OF OHIO