A Multi-Tiered, Systemic Approach to Helping Families Thrive in the NICU and Beyond

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BACKGROUND

NICU families and medical teams have a wide range of psychosocial needs

Families:

- Acute stress management
- Communication issues
- Prior trauma
- Complex mental health needs

Trauma-

Informed

Care

- Low social support
- Grief and loss

Tier 3:

Staff and Leadership Education

Provide Formal Training Workshops

Medical Teams:

- Vicarious trauma
- Burnout
- Barriers to family-centered care
- Stress management skills

OUR MODEL

A multi-systemic approach to psychosocial NICU care that aims to improve the entire NICU ecosystem through three tiers of service

PROGRAM OBJECTIVES

- Support providers so that they can support families
- Disseminate information on developmentally-sensitive and traumainformed practices
- · Titrate care to families to meet the unique level of need
- · Bridge services to support families beyond discharge

Most current models of psychological care in the NICU cannot:

- Include medical staff
- · Tailor treatment to individual family
- · Continue to provide services after

PROGRAM OUTCOMES

PSYCHOTHERAPY

- ✓ Over 100 families served per year
- ✓ Over 330 therapy sessions and 200 bedside consults per year
- ✓ Decreases in anxiety (-2.4 units, GAD-7), PTSD (-3.8 units, PCL-C), and perceived stress (-3.5 units, PSS) and increases in coping (+9.7 units, CSE)

STAFF EDUCATION

- √ 100% staff satisfaction in training curriculum
- √ 100% staff confidence in using traumainformed skills following training

Embed in NICU Rounds

Staff Consultations

Monthly: Trauma informed

- · Review trauma-
- and support to staff
- behavior through

As needed: Support

challenging cases

Family

Engagement

and Skills

Family and Staff Consultation

Tier 2:

Tier 1: Individual, Dyadic and Couples Therapy

Infant

Disseminate Educational Materials

Family Consultations Bedside or by phone 10-60 minutes

Families receive 1-3 consults, focusing on:

- Developmental

Reflective

Processes

Staff Cohesion

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CONTACT INFORMATION

ADDITIONAL RESOURCES

Scan to access our

free Resilient NICU

Course and

additional

handouts

For additional information please visit

Family Development Program

website: https://nfrc.ucla.edu/FDP

Provider Wellbeing

