



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

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BACKGROUND

Families:

- Acute stress management
- Communication issues
- Prior trauma
- Complex mental health needs
- Low social support
- Grief and loss

Medical Teams:

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

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

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 trauma-informed 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 needs*
- *Continue to provide services after discharge*

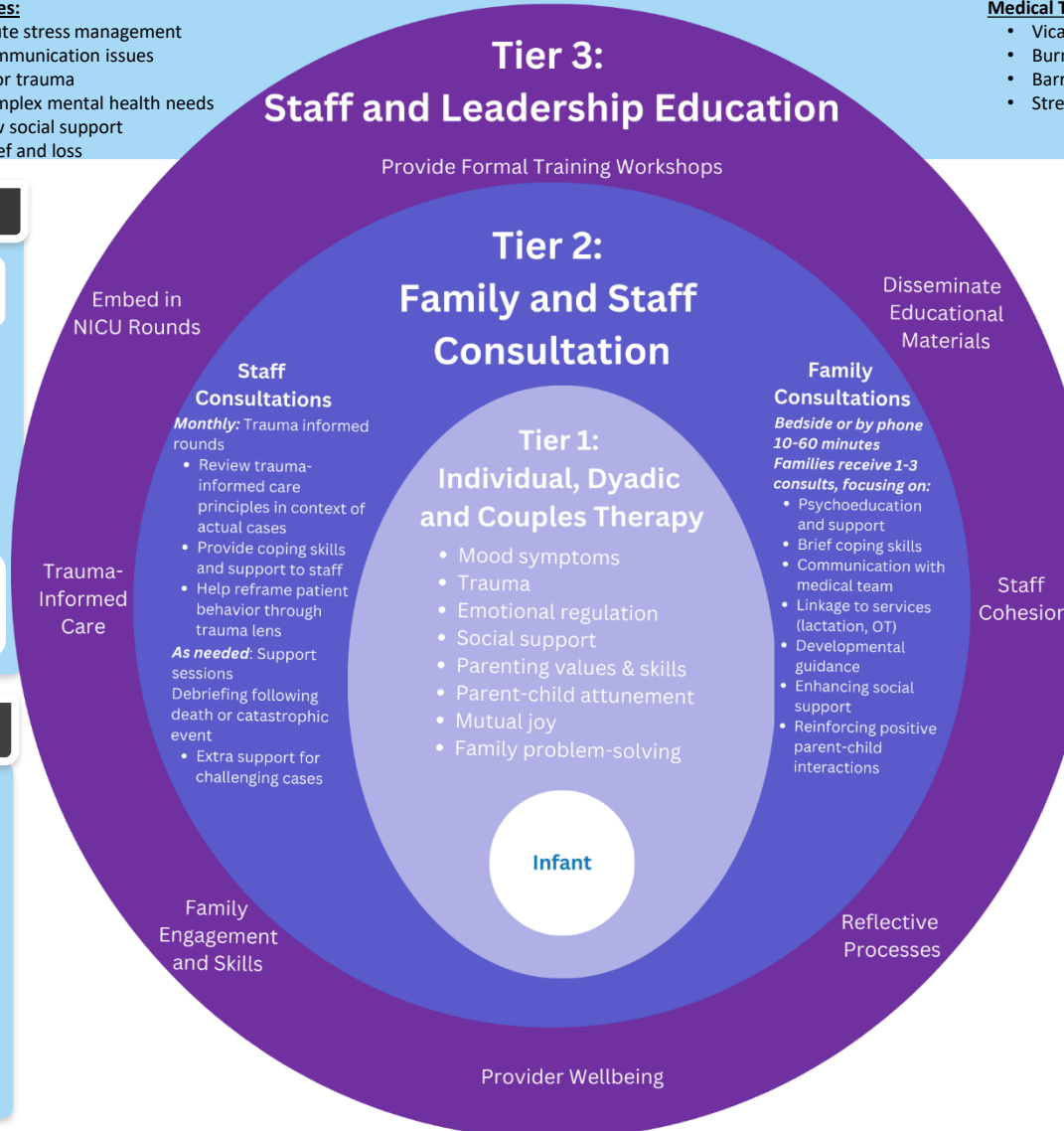
PROGRAM OUTCOMES

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 trauma-informed skills following training



ADDITIONAL RESOURCES



SCAN ME

Scan to access our free Resilient NICU Course and additional handouts

Tikun Olam Foundation of the
JEWISH COMMUNITY FOUNDATION OF LOS ANGELES

CONTACT INFORMATION

For additional information please visit

Family Development Program
Helping families take flight



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