

**Symposium on Parent Support:
Emerging Empirical Evidence**

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VARIATION IN FAMILY SUPPORT SERVICES

Characteristic	Description
Target child population diagnosis	Serious emotional disturbance or a single
Intervention Components	Information about child illness and services Skills to address child illness and caregiver needs Emotional support for caregiver Instrumental support Advocacy skills
Outcomes	Parent well-being Child symptoms and behavior Empowerment Mental health services knowledge Increased access to services Retention in treatment Satisfaction

VARIATION IN FAMILY SUPPORT SERVICES

Characteristic	Description
Providers	Parents, clinician, or combination
Format	Individual, family, or group
Structure	Individualized (flexible) or established curriculum
Location	Home, clinic, hospital, or community setting
Duration	Specified number of sessions or unlimited
Relationship to treatment	A separate intervention or embedded in a clinical one

VARIATION IN FAMILY SUPPORT SERVICES

Characteristic	Description
Affiliation	National or state parent organization, community agency, or clinic
Funding	Donations, federal or state grant, or insurance
Training	Several days to one year (including consultation)
Certification	Underway in several states

RESEARCH DESIGN OPPORTUNITIES

Observational (pre-post) if initial research or a large sample:
PRELIMINARY EVIDENCE OF BENEFIT

Randomized trial or matched design for question:
DOES IT WORK?

To understand the intervention, ask:
WHAT MAKES IT WORK?
(analysis of mediators and moderators)

To enhance or strengthen the intervention:
CONDUCT CONTROLLED STUDIES

To convince the field after many studies:
CONDUCT A META-ANALYSIS