NATIONAL REGISTER
OF HEALTH SERVICE PSYCHOLOGISTS
Family Issues

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Preventive, Acute and Chronic

• **Preventive:** Care standard at family transitions (pregnancy, birth, death of loved one)

• **Acute:** Parent-child relationship problem, loved one with SA problem, marital conflict, interpersonal violence

• **Chronic:** Families with medically ill member; families with toxic stress
Family Health Assessment-Adults

- **Health-related QOL** (e.g., Duke Health Profile)
- **As indicated screeners** (e.g., depression, alcohol, trauma)
- **Problem-severity rating** (e.g., How big of a problem is your marriage for you night now, 1 not a problem and 10 a big problem?)
Family Health Assessment-Children, Youth

- Pediatric Symptom Checklist – 17
- Focus on parent-child relationship
- Focus on parenting strategies
Early Identification Opportunities

• ACEs during pregnancy or early well-child visits
• Offer innoculation visits to children of depressed parents
• Marital Check-up
Family Health Interventions

• **Build skills**—one same-day visit at a time or in a series

• **Couples**—communication, Caring Days, problem-solving

• **Families**—family meetings, family outings, mindful meals

• **Parents**—Positive parenting skills, 1:1, workshops

• **Parents of children with special needs**—ACT, adapted parenting interventions
Family Health Promotion

- Make family health a target by offering on-going classes that promote family health
- Co-teach workshops with other members of the PCMH team
- Clinic health fair focus on families
- Routine BH involvement with most vulnerable
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