



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 right 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 inoculation 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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