

BRAVE Intervention Development Study

Community and Academic Project Directors

Brenda Alton & Robin Perry-Smith from Holistic Hands CDC

Kristin Buss, Chalandra Bryant, Lauren Teti, Dawn Witherspoon, Susan Woodhouse, and Alfiee Breland-Noble



WHAT IS BRAVE?

An ongoing community-engaged project focused on identifying factors associated with fearful and anxious behavior in African American preschool and early school-aged children (ages 3-8).

GOALS OF THE STUDY

- To create a culturally sensitive intervention to reduce anxiety symptoms in young children.
- Develop a better understanding of the factors will help us design an effective intervention aimed at lower the risk of anxiety among young children in the community.

WHAT DID WE DO?

- Held focus groups to find out what factors are associated with fearful, anxious behaviors in children.
- Explored topics like:
 - **strengths**, such as things that protected children from anxiety
 - **risks**, such as things that increased anxiety in children

WHO PARTICIPATED?

- Focus groups represented multiple community members:
 - mothers, grandmothers, single-mothers, married mothers, fathers, homemaker,
 - social workers, daycare providers, home-makers, youth program directors

CREATING A NEW INTERVENTION

- Using the information from the focus groups, we are creating a new intervention to reduce fearful behavior and anxiety in young children.
- The intervention will include groups of parents and groups of children.
- We will teach parents and children what fear does to the body and thoughts, and we will help them learn to identify good fears and bad fears.
- Each session will teach parents and children skills that will help reduce anxiety. They will learn how to:
 - relax
 - fight fears by facing fears
 - parent fearful children
- This is all of part of being BRAVE.

Most Common Topics Discussed in Focus Groups
Most Common Topics Discussed in Focus Groups

Parenting Knowledge Worry Relationships Parent-child Family Structure Socialization Spirituality/Faith Social Support Violence Abuse/Trauma Stress Discrimination School Parent Mental Health	Parenting Knowledge Worry Relationships Parent-child Family Structure Socialization Spirituality/Faith Social Support Violence Abuse/Trauma Stress Discrimination School Parent Mental Health
---	---



WHAT IS BRAVE?

An ongoing community-engaged project focused on identifying factors associated with fearful and anxious behavior in African American preschool and early school-aged children (ages 3-8).

GOALS OF THE STUDY

- To create a culturally sensitive intervention to reduce anxiety symptoms in young children.
- Develop a better understanding of the factors will help us design an effective intervention aimed at lower the risk of anxiety among young children in the community.

WHAT DID WE DO?

- Held focus groups to find out what factors are associated with fearful, anxious behaviors in children.
- Explored topics like:
 - **strengths**, such as things that protected children from anxiety
 - **risks**, such as things that increased anxiety in children

WHO PARTICIPATED?

- Focus groups represented multiple community members:
 - mothers, grandmothers, single-mothers, married mothers, fathers, homemaker,
 - social workers, daycare providers, home-makers, youth program directors

CREATING A NEW INTERVENTION

- Using the information from the focus groups, we are creating a new intervention to reduce fearful behavior and anxiety in young children.
- The intervention will include groups of parents and groups of children.
- We will teach parents and children what fear does to the body and thoughts, and we will help them learn to identify good fears and bad fears.
- Each session will teach parents and children skills that will help reduce anxiety. They will learn how to:
 - relax
 - fight fears by facing fears
 - parent fearful children
- This is all of part of being BRAVE.

We extend a special thank you to participants and the community organizations that have helped us with this project.
(Spanish Translation here)

Kingdom Embassy, YWCA, Lourdeshouse Maternity Home, It Takes a Village, Christian Churches United [HELP Office]

