

C WE R KEWA | CARE PACKETS

Purpose

We observed COVID stressors that CareLink families were experiencing due to the limited family interactions within the community.

Our Goal

One on one individual therapy was not as accessible to community members possibly due to COVID restrictions. Therefore, We R Kewa Care Packets permitted us to provide services to the families per COVID guidelines.

In the Summer of 2020, there were a total 3 packets given out monthly with a final focus group upon return of the final packet. Each packet included a specific focus related to the book "The Invisible String", by Patrice Karst. This book addressed the feelings around being separated from loved ones. Each family was given a book and specific worksheets as well as art/creative projects to work on together. They were also given the needed supplies to complete the project.

Packet 1 — our goal was to distribute 90%,

but we distributed 100% of the 50 packets

Packet 2 —projected goal 40% of packets to receive; 46% achieved

Packet 3 —projected goal 40% of packets to receive;

28% of final packets received at focus group



Our Results

The results demonstrated that we met the participation goal at 28% - just below the 40% goal set for the project. We also received positive feedback and ideas from parents on how they enjoyed working on the packets with their family. Finally, the amazing art work that families worked on together provided evidence of the support and healing the families gained from the experience.

Focus Group Questions

On a scale of 1 to 5, 1 being the lowest likelihood, 3 being neutral and 5 being the highest likelihood- how likely are you to participate in this type of activity again? Average Score: 4.7

On a scale of 1 to 5, 1 being the lowest likelihood, 3 being neutral and 5 being the highest likelihood- how likely are you to encourage a friend or family member to participate in this type of activity? Average Score: 4.7

On a scale of 1 to 5, 1 being not helpful to the family, 3 being neither helpful nor unhelpful and 5 being the most helpful- how did you feel the activities impacted your family? Average Score: 4.5

On a scale of 1 to 5, 1 being not helpful to the family, 3 being neither helpful nor unhelpful and 5 being the most helpful- how did you feel the activities improved connections among your family members? Average Score 4.9

Reflection

All these results supported the goal of decreasing families' feelings of stress, anxiety, and loss they were experiencing during COVID; and also increasing their feelings of connections of family and community. The project was successful by demonstrating the need for support with families during the losses and separation they experienced over the last year in relation to COVID. Many families shared how they enjoyed doing things together using the packets which speaks to the success of building and enforcing connections amongst families during a difficult time of separation and loss for many of them. Areas of improvement for future "care packets" would be to include conducting a pre and post survey to provide data supporting the results of the project. In the future, we will also look at ideas of increasing the return rate of the packets, such as home visits to process the activity with the family. This approach of "care packets" has already been implemented successfully since we initiated this idea. It was utilized with our 2021 Family Wellness Summer Group Program conducted by our intern clinician. This program provided "care packets" which included activities related to family sessions; as well as including an educational binder individualized to the clients needs and goals as part of the "care packet."

In what ways did you find yourself establishing connections after participating in this project?

*"Connections to my son and others by learning to communicate with more than words."
-group participant*



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BEHAVIORAL HEALTH

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