Emotion Master: A Social-Emotional Learning Program for Families



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DCE Site: Volunteers of America

- Volunteers of America Los Angeles (VOALA) is the Los Angeles branch of the non-profit organization
 Volunteers of America. One of Los Angeles's oldest and largest human services non-profit organizations
- Children's Services Division established early education and head start program in 1965
- Mission: To provide quality education and comprehensive services to children, families, and communities; through support, guidance, resources, and advocacy

Identified Needs

- Provide parent/caregiver education on addressing children's social-emotional needs at home and promote parent-child interaction
- Provide direct support and education for teachers to respond to children's social-emotional needs in earlyhead-start classrooms
- Advocate for the occupational therapy profession and promote awareness of OT services within the agency

Project Objectives

- Design, implement, and evaluate a family-centered program to help fulfill and increase parents' confidence when responding to children's emotional regulation needs when interfering with expectations at home
- Provide direct support for teachers in early-headstart classrooms to help increase teachers' confidence when addressing children's socialemotional needs
- Improve skills and gain confidence in advocating for OT and collaborating with the interdisciplinary team

Literature Review

- Play-based, caregiver-administered programs demonstrated effectiveness on helping families address children's social-emotional needs (Duch et al., 2019; Hughes-Scholes & Gavidia-Payne, 2019)
- The benefits for occupational therapists to address sensory processing concerns and provide basic sensory integration education to parents on ways to address children's needs (Miller-Kuhaneck & Watling, 2017; Gourley et al., 2013)
- Mindfulness-based intervention promoted parents' confidence in child rearing and responding to children's social-emotional needs, and reduced parental stress (Osborn et al., 2020)

Program Description

Emotion Master Social-Emotional Learning Program

- For parents/caregivers of children who attend VOALA's earlyhead-start and head-start programs
- Virtual platform (Zoom)
- English & Spanish groups
- Once a week; 1.5hr/workshop; total of 3 workshops



Program Content & Layout

- Virtual platform (Zoom); interactive & engaging
- English & Spanish groups
- Once a week; 1.5hr/workshop; total of 3 workshops
- Certificate of Completion for those who attended all 3 workshops

Workshop 1
Parent-child
interaction & Play
Skills

Workshop 2
Sensory Processing
Needs & Strategies

Workshop 3 Caregiver SelfCare & Mindfulness

Program Evaluation & Outcomes

Confidence in getting

child's attention

Confidence in

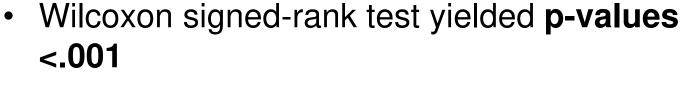
engaging with child

Emotion Master Workshop #1 Outcome

- Workshop 1: 12%-13%% increase of confidence in parent-child interaction
- Workshop 2: 20%-22% increase of confidence in address sensory needs
- of practicing self-care & utilizing mindfulness

 Wilcoxon signed-rank test yielded **p-values**

Workshop 3: 43%-55% increase in likelihood



Emotion Master Workshop #2 Outcome

Confidence in

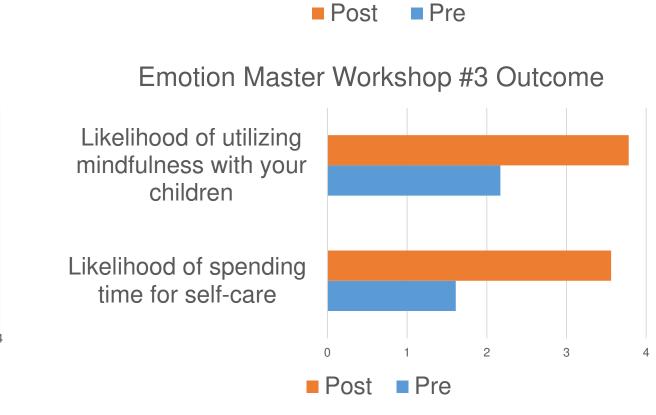
responding to child's

Confidence in

recognizing child's

sensory needs

sensory needs



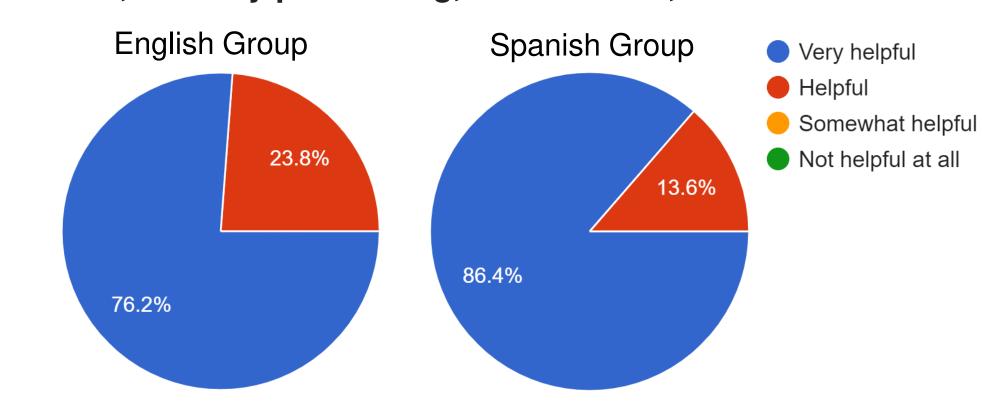
Family Outcome Survey (FOS) Results

combine with sensory calming activities!

■ Post ■ Pre

- 10% increase in understanding child's needs and delays (p <.001)
- 10% increase in ability to help child learn new skills (p<.001)
- 7% increase in ability to understand child's progress (p<.001)
- 6%-10% increase in feeling comfortable to reach out to resources and loved ones (p=.004)

How helpful was the *Emotion Master* in addressing parent/child interaction, sensory processing, mindfulness, and self-care?



Most-Used & Effective Strategies Learned from the Program

- Providing affirmations
- Mindfulness & Mindful parenting
- Playing with children at their level (play skills)

Program Outcome Themes

- Workshops were highly enjoyable
- Program provided safe space to participants to share experiences and concerns
- Requests & needs for continuous training on sensory strategies

Scholarly Deliverables

Reference Guide for Parents Reference Guides for Teachers (Spanish version available) MINDFULNESS **HEAVY WORK/CALMING ACTIVITIES Emotion Master** Reference Guide In the Classroom Getting our bodies in an alert state to be ready to lea • Improves decision making skills Ability to stay strong & resilient After transitioning back from outdoor play During/at the end of Circle Time Sensory Processing When children are feeling uneasy or distressed · Can be combined with heavy work (carryin toys, cleaning up) or calming activities .. Help children identify big emotions (using visuals aids -- Zones of Regulation)

Acknowledgment

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References

