



Creating Communities of Care: Culturally Responsive and Trauma Informed Framework for Promoting Parental Wellness

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Trainers of School Psychologists
Boston 2022

Abstract

One barrier to academic accessibility during this global pandemic is the ongoing anxiety and stress occurring in families due to social distancing and racial tensions. This poster will highlight the goal of BSU BOLD which was to facilitate family psychological wellness, online learning skills, and student engagement through culturally responsive support, interactive parent academic coaching training, and student mediated learning support.

Introduction

The Bowie State University (BSU) School Psychology program developed the BSU Building Online Learning Disciplines (BOLD) Parent Training Initiative, which builds on a culturally responsive, trauma informed parent professional development model.

Methodology

Participants:

- Nine parents participated in the BOLD Parent Trainings. There were eight mothers that participated and one father. All participants were African American and ranged in age from 39 and 59 years old. The annual income ranged between \$75,000 to \$99,000 for two parents and ranged between \$100,000 to \$150,000 for five parents.

Materials:

- The BOLD Parent Survey contained 50 questions centered around coping and their child's mediated learning strategies, school-related anxiety, overall happiness and well-being, self-efficacy, self-esteem and hope.

Procedures:

- Participants took part in 10 sessions which were held for approximately one hour on Saturdays.
- These interactive sessions were led by trainers and provided the parents with information on:
 - Racial socialization
 - Self-care
 - Nurturing the Whole Learner
 - Reflecting on preparation for the upcoming school year

Results

- BOLD parents reported having an action plan for dealing with stressors
- BOLD parents observed increased executive functioning skills in their children
- BOLD parents noted that their children had less anxiety
- BOLD parents reported that they were able to find more time to do the things that they wanted to do
- BOLD parents were feeling optimistic and were looking forward to benefiting from future workshops
- BOLD parents felt more confident and prepared to apply what they learned outside of the workshop

Acknowledgements

Maryland Governor's Office GEER Relief Fund

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