

pap102-12.4 Preventive intervention supporting families after divorce: groups and e-health for Dutch parents

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Parental divorce or separation is one of the most impactful life events to all involved. Following breakup adults experience more stress and depressive feelings and function less optimally as a parent than adults in stable relationships (e.g., Van der Valk et al., 2004). In addition, research consistently shows that children with divorced parents score significantly lower on measures of wellbeing, conduct, psychological adjustment, self-concept, and social relations (Amato & James, 2010).

In the Netherlands, evidence-based preventive interventions are available to support children of divorce. For parents, such evidence-based solutions were lacking (e.g., Cloostermans et al., 2013). In particular, preventive support programs to inform separated parents and empower them as a parent were needed. This paper provides information about two initiatives providing such interventions.

1) 'Divorce ATLAS' aims at informing and empowering parents after break-up and teaching effective coping and communication skills. The intervention offers preventive support in two varieties: (a) a 2-sessions group program derived from the US ACT for the Children intervention (Pedro-Carroll et al.); and (b) an e-health version inspired by the US Children in Between program (Gordon et al.). Both versions include the same content. ATLAS is subject to a quasi-experimental (group version) and RCT (e-health version) study into the process and impact of the intervention (results expected 2019).

2) The Dutch adaptation of the US-based New Beginnings Program (NBP; Wolchik et al.) aims at strengthening children's well-being following divorce by increasing parental competence. The program consists of 10 group sessions, for fathers and mothers separately. In US studies, NBP has been proven to be promising for improving parenting practices, family cohesion and general child functioning and well-being, and reduce children's internalizing and externalizing problems (SAMHSA's NREPP, 2017).

At ECDP2017 sample elements of intervention content will be shown, and evaluative remarks of intervention participants will be presented.