



COPE (Creating Opportunities for Parent Empowerment)

Evidence-Based PICU Parent Program

Positive Outcomes for Parents who Receive the COPE PICU Program as Supported Through Randomized Controlled Trials:

- Less parental stress in the pediatric unit
- Greater parental participation in their children's physical and emotional care on the pediatric unit
- Stronger parental beliefs/confidence in knowing what children's likely responses to hospitalization are and how to enhance their children's adjustment on the pediatric unit
- Less parental negative mood after hospitalization
- Less parental depression after hospitalization
- Fewer parental PTSD symptoms after hospitalization

Positive Outcomes for Hospitalized Children

- Fewer withdrawal symptoms at 6 months after discharge
- Fewer overall negative behavioral symptoms and externalizing behaviors (including decreased hyperactivity) exhibited at 12 months after discharge
- Fewer clinically significant behavioral symptoms exhibited at 12 months after discharge
- Fewer clinically significant externalizing symptoms exhibited at 6 and 12 months after discharge
- Greater adaptability of children at 12 months after discharge

For more information, please contact COPE for HOPE, Inc at

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