Exploring the Feasibility of *Move&Connect*: Experiences of Youth with Prolonged Post-Concussion Symptoms and their Parents with a Virtual Group-based Interdisciplinary Intervention

**BACKGROUND**
- Youth with prolonged post-concussion symptoms (PPCS) experience challenges in physical, social, and emotional domains.¹
- The health of youth and their caregivers are interconnected.² Caregivers of youth with PPCS experience distress and report poor family functioning.³
- No interventions are available that address the needs of youth with PPCS and their families.

**INTERVENTION**
- *Move&Connect* is an interdisciplinary group-based intervention that provides skills training, social support, and psychoeducation to caregivers, and combines these elements with active rehabilitation (AR) for youth with concussion.
- Intervention has two program arms:
  - *Move&Connect-Youth*
  - *Move&Connect-Caregivers*
- Both arms include weekly one-hour sessions for a duration of six weeks.

**OBJECTIVE**
To explore the feasibility and acceptability of the virtual *Move&Connect* program.

**PARTICIPANTS**
- 10 youth (9 girls, 1 boy) with an age range between 12-18 years (M=14.5 years, SD=1.58) and were 5 months to 4 years post-injury (M=19.2 months, SD=13.08).
- 9 parents (all mothers).

**METHODS**
- *Move&Connect* was delivered to : 2 youth groups and 2 parent groups.
- Semi-structured interviews were conducted, and examined through qualitative content analysis.⁴

**RESULTS**
- Youth and caregivers valued sharing and receiving advice from facilitators and other peers.
- Caregivers benefited from the psychoeducation.
- Youth reported that AR exercises promoted fitness integration into their daily routines.
- Feelings of validation and confidence were reported following participation.
- Groups found the virtual format convenient, accessible, and a safe space for sharing personal experiences.
- Suggestions to improve *Move&Connect* include providing handouts, resources, and adding new topics.

**CONCLUSION**
- *Move&Connect* is a feasible and meaningful virtual intervention for youth with PPCS and their caregivers.

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**Youth**
- I felt like at the first session when we were doing the exercises, it was kind of hard to keep up, but at the end, it was a lot easier, and now I’m working out on my own time.
- You don’t know a concussion can last this long, it is nice to know you are not alone and to hear other feedbacks, and how they deal with things.

**Caregivers**
- I think the facilitators kind of hit the nail on the head for the topics that they picked...
- I really liked the group and the opportunity to connect with other people that were going through the same stuff as me. I’m super happy I ended up doing it.

- We would like to acknowledge the contributions of our family leaders with intervention development: Mss. Brenda Knapp & Patricia Knapp. We would like to thank the youth and caregiver participants for their time and research involvement.