



## Colorado Family Support Assessment 2.0

### What is the Colorado Family Support Assessment 2.0 (CFSA2.0)?

CFSA2.0 is a family support assessment tool designed for use with individual adults and caregivers from diverse populations who are receiving Family Development Services, a strength-based case management model, integrated as a core component of other economic self-sufficiency and child maltreatment prevention services. The cross-domain tool is designed to assess baseline and follow-up family strengths and needs, and monitor progress towards economic self-sufficiency and increased conditions that protect against child maltreatment. The tool has three parts:

1. Part A: Objectives assess a family's status in 14 domains. Eight of which comprise the Economic Self-Sufficiency Scale (income, employment, housing, transportation, food security, adult education, cash savings and health coverage domains), two additional domains comprise the Health Scale (health and mental health), with four remaining domains (child care, child education, debt management, substance abuse);
2. Part B: FRIENDS' Protective Factors Survey which assesses multiple factors to prevent child abuse and neglect;
3. Part C: A Readiness-to-Change Scale to assist families self-prioritize areas for change and goal setting.

### How do I administer the CFSA 2.0?

The CFSA 2.0 is an interview-based tool used by family support staff trained in Motivational Interviewing techniques to initiate strength-based relationships that facilitate trust and elicit readiness to set and achieve SMART goals that address family-identified priorities. Baseline goal-setting meetings and assessment are conducted in-person or virtually. Follow-up services are provided as needed and follow-up assessments are conducted at 31 to 90-day intervals in person, virtually, or via telephone.

### How do I track family progress using the CFSA 2.0?

The CFSA 2.0 is designed to measure responsive services that are tailored to meet family needs (for more information, see Colorado Family Pathways Framework on FRCA's website, [www.cofamilycenters.org](http://www.cofamilycenters.org)). The Framework outlines three primary paths through which families receive services, each with increasing intensity of service provision. These services can be documented in FRCA's customized data system designed to track and report family outcomes.

### Is the CFSA 2.0 an evidence-based measurement tool?

A study examining the reliability of the CFSA 2.0 achieved strong psychometric properties for both consistency and accuracy of coding the 14 domain scales. This study has been published in the *Research on Social Work Practice*. A series of follow-up exploratory and confirmatory factor analysis indicated that there are two primary factors measured by the tool: Economic Self-Sufficiency and Health.

### Is the CFSA 2.0 the right tool for you?

As you decide if the CFSA 2.0 is the right tool for your services, please refer to the CFSA 2 checklist (page 2).

### How do I begin using the CFSA2.0?

#### **Training requirements and cost:**

- Quality Standards for Family Strengthening and Support Certification  
8-hour training \$125 /person
- CFSA2.0 Administration, including basic Motivational Interviewing skills  
12+-hour over two-days \$225 /person
- One-time Agency Licensing Fee \$150 /agency

#### **Application Process:**

Please send your letter of inquiry and completed checklist to:

**Family Resource Center Association**  
2543 California Street  
Denver, CO 80205-2650  
303-388-1001 Ext. 103

[pvelasquez@cofamilycenters.org](mailto:pvelasquez@cofamilycenters.org), subject line:  
CFSA2.0 Inquiry

## Checklist for Using the CFSA 2.0

	Yes	No
<p>Will the caregiver receive strength-based case management services from your program after they complete the baseline assessment (i.e. setting and achieving goals in their self-identified priority areas as a part of completing the baseline assessment)?</p> <p><i>If you answered “no” the CFSA 2.0 may not be the best assessment for measuring outcomes of your services. You do not need to complete the remaining items on this checklist.</i></p>	<input type="checkbox"/>	<input type="checkbox"/>
<p><b>Economic Self-Sufficiency:</b> Do you directly provide, or refer to organizations that provide, programs or services that address the following domains: income, employment, housing, transportation, food security, adult education, cash savings and health coverage domains?</p> <p><i>If you answered “no” then the CFSA 2.0 may not be the best assessment for measuring outcomes of your services. You do not need to complete the remaining items on this checklist</i></p>	<input type="checkbox"/>	<input type="checkbox"/>
<p><b>Health Well-Being:</b> Do you directly provide, or refer to organizations that do provide, programs or services that address the following domains: health and mental health?</p> <p><i>If you answered “no” the CFSA 2.0 may not be the best assessment for measuring outcomes of your services. You do not need to complete the remaining items on this checklist</i></p>	<input type="checkbox"/>	<input type="checkbox"/>
<p>Will the caregiver receive follow-up assessments to track progress toward their goals?</p> <p><i>If you answered “no”, consider using the CFSA 2.0 only for a one-time measure (versus pre/post) to gain a real-time snapshot of family economic self-sufficiency, health well-being or family protective factors.</i></p>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Do you provide services or supports that address each of the following Protective Factors?</b>		
<p><b>Family Functioning/Resiliency:</b> Having adaptive skills and strategies to persevere in times of crisis. Family’s ability to openly share positive and negative experiences and mobilize to accept, solve, and manage problems.</p> <p><i>If you checked no, consider not using the Family Functioning/Resiliency subscale, items 1 through 5.</i></p>	<input type="checkbox"/>	<input type="checkbox"/>
<p><b>Social Emotional Support:</b> Perceived informal support (from family, friends and neighbors) that helps provide for emotional needs.</p> <p><i>If you checked no, consider not using the Social Emotional Support subscale, items 6, 7, and 10</i></p>	<input type="checkbox"/>	<input type="checkbox"/>
<p><b>Concrete Support:</b> Perceived access to tangible goods and services to help families cope with stress, particularly in times of crisis or intensified needs.</p> <p><i>If you checked no, consider not using the Concrete Support subscale, items 8, 9, and 11</i></p>	<input type="checkbox"/>	<input type="checkbox"/>
<p><b>Nurturing and Attachment:</b> The emotional tie along with a pattern of positive interaction between the parent and child that develops over time.</p> <p><i>If you checked no, consider not using the Nurturing and Attachment subscale, items 17 through 20</i></p>	<input type="checkbox"/>	<input type="checkbox"/>
<p><b>Child Development/Knowledge of Parenting:</b> Understanding and using effective child management techniques and having age-appropriate expectations for children’s abilities.</p> <p><i>If you checked “No”, consider not using the Child Development/Knowledge of Parenting section, items 12 through 16. Please note: this is not a subscale, but a grouping of items that are related to Child Development and Knowledge of Parenting. You could use one or more of the items if they were related to the services you provide</i></p>	<input type="checkbox"/>	<input type="checkbox"/>