

Welcome to **THE TRAINING WILL BEGIN SHORTLY**
THE FAMILY CHECK-UP: A MODEL FOR PREVENTION AND INTERVENTION WITH FAMILIES
While you're waiting...

CONNECT WITH US!

? Icebreaker Question (answer in the chat)
 What's one thing you've always wanted to learn?

🏆 Survey & Certificate of Completion
 Available following the training.

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Hi, We're CalTrin!

Who we are

- The California Training Institute
- Funded by the State of California, Dept. of Social Services, Office of Child Abuse Prevention (OCAP) to provide training to FRCs and CAPCs
- We support child abuse prevention in California through professional development and extended learning.

What we offer

- Live webinars & small group training
- Virtual, self-paced courses
- Job aids & other resources

This training was made possible with funding from the California Department of Social Services, Office of Child Abuse Prevention. Any opinions, findings, conclusions, and/or recommendations expressed are those of the CEBC/CalTrin and do not necessarily reflect the views of the California Department of Social Services.

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UPCOMING TRAININGS
mark your calendars!

Visit caltrin.org to view and register for upcoming webinars or workshops

04/19 | Expanding Social Supports to Achieve Better Outcomes

04/20 | County Budgeting & Contracting for Community-Based Organizations

04/25 | Protective Factor Workshop: Concrete Support in Times of Need






04/27 | Implementation of Brief Strategic Family Therapy

05/02 | Identifying Drug-Endangered Children: A Collaborative Approach


05/03 | Child, Family, & Community Well-Being Series Learning Forum

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Before We Begin...



DURING	DURING	AFTER
 Access the presentation slides now! The link can be found in the chat.	 Review interactive features for today's session. Locate the controls on the toolbar at the bottom of your screen.	 Complete the survey at the end of this webinar to receive your Certificate of Attendance.
 This presentation is being recorded.	Chat Q&A	 A follow-up email will be sent to all participants within two days.

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The Family Check-up: A Model for Prevention and Intervention with Families

Presenter: Lisa Reiter, PhD

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Speaker SPOTLIGHT




Lisa Reiter, PhD
Clinical Director, Northwest Prevention Science

- More than 25 years of experience in the evidence-based practice field
- Previously worked at Duke University Medical Center and MST Services
- PhD in Clinical Psychology

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The Family Check-Up[®] Model

Lisa Reiter Ph.D.
Clinical Director
Northwest Prevention Science

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Today's Learning Objectives

- Participants will understand the content and process involved in implementing the Family Check-Up model
- Participants will consider what implementing the FCU model might look like with families in their communities
- Participants will be prepared to decide whether to either select or request that Family Check-Up be an EBP that's included in their county plan

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Family Check-Up


- Targets child problem behavior by improving family management and parenting practices
- Brief, family-centered, strengths-based, tailored to family strengths and needs
- Combines empirically-validated assessment with motivational interviewing to engage families and bridge to other services
- Families have high engagement rates
- More than 30 years of research support strong intervention effects
- Most cost-effective "well supported" EBP across widest age group



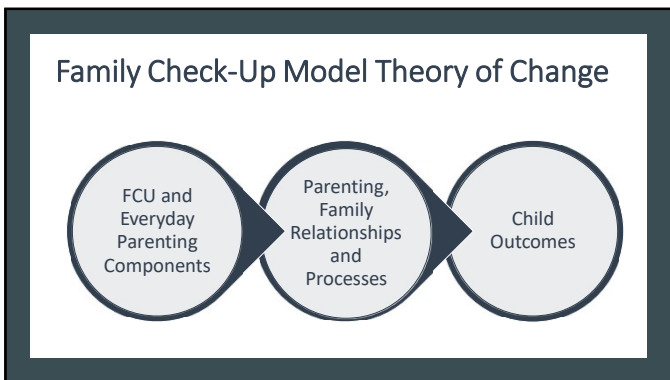
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Target Population

- Families with children ages 2-17
- Child living with caregiver
- Other caregivers welcome to participate
- Can be used in prevention-oriented context, all the way along the continuum to use with families with significant needs
- Can be used in rural and urban settings
- In other words, appropriate for very broad range of families needing services in your community!




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Evaluations




1000's of families in several randomized control trials



Across urban and rural communities nationally and internationally

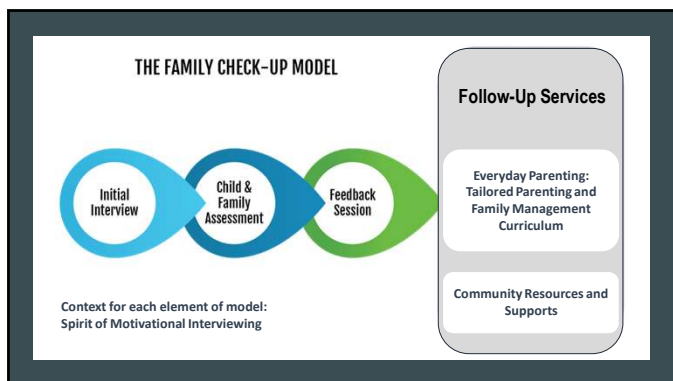


With culturally, socioeconomically diverse families & internationally



Many different service settings

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Number of Sessions & Service Setting

<p>Family Check-Up Component (typically 3 sessions)</p> <ul style="list-style-type: none"> Initial Interview Assessment Feedback <p>Everyday Parenting Follow-up</p> <ul style="list-style-type: none"> Varied number of sessions <p>Direct Service Delivery Time Per Family</p> <ul style="list-style-type: none"> Family Check-Up: 3-4 hours, typically process takes 4-5 weeks Everyday Parenting: Average 3-4 hours <p>Indirect service delivery time per family</p> <ul style="list-style-type: none"> 1-1.5 hours for FCU, prep for Feedback Session 10-20 min prep for each EDP session 	<p>Developed for delivery across diverse community-based settings, including rural settings</p> <ul style="list-style-type: none"> Home School Community agency/clinic Virtual video platform
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Key Principles

- Assessment-driven and tailored.** Adaptive framework, services tailored to family's needs and goals and social, cultural, economic contexts and readiness
- Motivational.** Motivational enhancement strategies promote working alliance and increase engagement
- Strengths-based.** Strengths and areas of resilience are focused on as a foundational framework for positive change
- Caregiver as expert.** Emphasizes a process that empowers caregivers in their role as leaders within the family
- Collaborative set.** Caregiver states arguments for change and leads change process
- Health maintenance model.** FCU well-positioned to support annual assessment of strengths and emerging risk factors

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Culturally Responsive

- Relationship and connection
- Empowerment, autonomy
- Equal power balance in the relationship (Collaboration)
- Contextual and cultural factors key to conceptualization
- Cultural humility- don't assume we know about others' cultural experiences
- Evidence of intervention effects are consistent across White, Black, and Latinx families

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Trauma-Informed

Prevention of Child Trauma through the Family Check-Up

- Strengthens positive parenting as key strategy to prevent child abuse and neglect
- Protects against social-ecological risk (e.g., poverty, parental mental illness, childhood trauma) that can interfere with caregiver capacity to parent effectively
- Disrupts patterns of conflictual caregiver-child interactions that can lead to child neglect and maltreatment

Recognition of Impact of Trauma

- Provider collaborates with caregivers to plan for follow-up services to treat trauma symptoms, if experienced by children and/or caregivers
- Approach to work with family members is transparent, humble, collaborative, empowering, and strength-focused; taps into resilience of family members
- Improves parent-child relationship quality, a key protective factor for children who have trauma histories



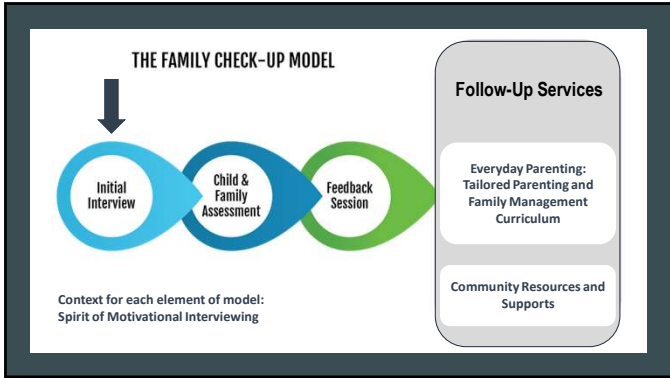
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Incorporating MI into the FCU Model:

Partner with parent in each session with compassion, acceptance, and empathy

Family Check-up Component	Everyday Parenting Component
<ol style="list-style-type: none"> 1. Use a parenting lens 2. Identify and highlight strengths 3. Identify areas in need of improvement 4. Seek to deeply understand parent's perspective 5. Seek to understand parent's readiness to change in areas in need of improvement, using info from questionnaires and interviews 6. Facilitate parent enhancing own understanding of self and family through assessment process and self-reflection 7. Empower parent to change by using OARS+A, asking change-oriented questions, highlighting strengths, and cultivating hope 8. Develop goals to address identified need areas in which parent indicates readiness to change; goals are driven by parent and draw on family's strengths, skills, and resources 	<ol style="list-style-type: none"> 1. Continue to partner with parents with compassion, acceptance, and empathy 2. Selected sessions follow from parent goals 3. Plans made during EDP sessions, including for home practice, are driven by parents 4. Continue to empower parents, including listen for and pursue change talk; encourage parent's self-reflection; support parent role as leader in family 5. Continue leveraging parent and family strengths and resilience

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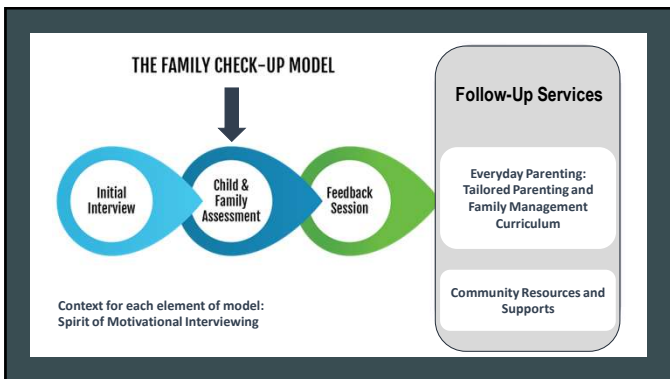


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Initial Interview: Getting To Know You

- Strengths-based and collaborative
- Focus on promoting positive functioning, as well preventing problem behaviors
- Spend equal time focused on caregiver, child, family strengths and resources as on challenges and concerns
- Focus on how family can leverage strengths and resources to address future concerns and challenges
- Build efficacy and motivation for change
 - If the family can see that they already have the skills and resources to do some things well, they will be more likely to believe in the potential for change

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Child and Family Ecological Assessment

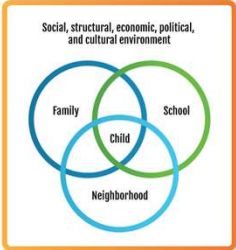
- Integrates information about child behavior, parenting, family dynamics
- Multi-method and spans various contexts of development, including home and school
- Contextual stressors such as parent depression and marital conflict that affect families are assessed
- Empirically validated caregiver and youth questionnaires and videotaped observations of family interactions to understand relational dynamics
- Informs intervention targets and services

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Understanding Child Ecology

Child embedded in series of relational and environmental contexts, ranging from proximal to distal exerting a different kind of influence on child behavior



Social, structural, economic, political, and cultural environment

Behavioral Settings
Home
School
Neighborhood
After school/after care
Community

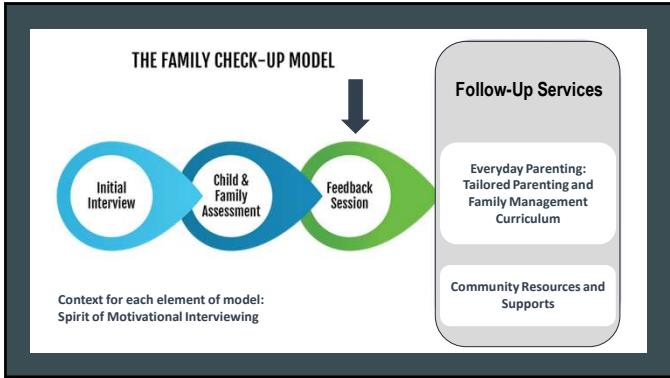
Relationship Dynamics
Parents
Siblings
Teachers
Peers
Spouses/partners
Extended family

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Child and Family Assessment

Component 1: Questionnaires		Component 2: Family Interaction Tasks	
01 Parent questionnaire on self and family	02 Parent questionnaire on child/adolescent	03 Child/adolescent questionnaire on self-11 to 17	04 Family and Child Interaction Tasks

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Feedback Session

- Information from initial interview and assessment is integrated and shared with caregiver
- Family strengths and challenge areas assessed are visually represented using a "Feedback Form"
- Incorporates video-based feedback from family interaction tasks
- Motivational interviewing strategies are key process skills in feedback delivery
- Caregiver and provider collaborate to set goals, with focus on strengthening parenting skills
- Menu of potential follow-up services tailored to goals are collaboratively discussed and selected

Family Check Up Feedback Form

Family Well-being and Support

Family Stress	
Parent Well-being	
Parenting Confidence/ Knowledge	
Coping Skills/ Social Network	
Partner Support	
Parental Self-efficacy	
Other	
Strength	Needs Attention

Youth Adjustment

Behavior	
Emotional Adjustment	
Peer Relationships	
Learning & Self-management	
Other	
Strength	Needs Attention

Family Management and Relationships

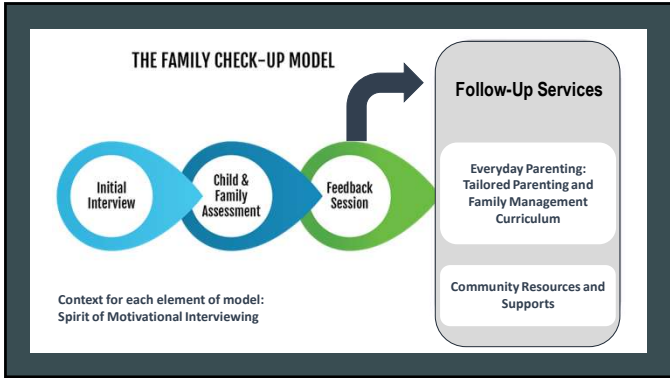
Relationship Quality	
Positive Behaviors/ Expect	
Monitoring & Control/ Setting	
Other	
Strength	Needs Attention

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FEEDBACK SESSION: SHARING ASSESSMENT INFORMATION

(FAMILY D)

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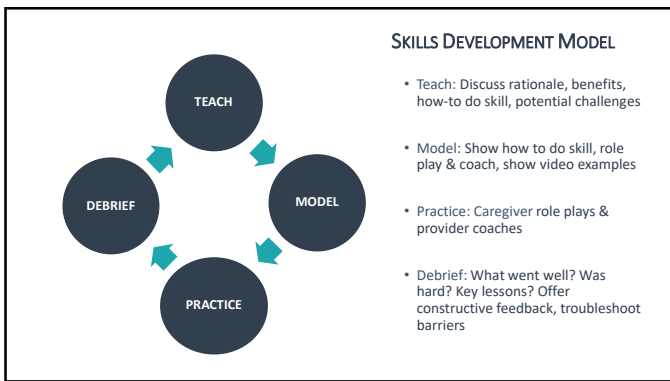
Everyday Parenting

A Professional's Guide to Building Family Management Skills

Thomas J. Dishion
Elizabeth A. Stormshak
Kathryn A. Kavanagh

- Grounded in behavioral parent skills training
- Based on years of research showing that behavioral parent training improves outcomes among children across development
- Session based approach with three modules: positive behavior support, setting healthy limits, and building family relationships
- EDP is modular, and sessions and the schedule for their delivery are tailored to the family
- Support materials include videos and worksheets to support skill development

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Implementation Process

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Staffing Recommendations

Overarching Objectives

- Staff have or develop knowledge and skills needed to implement FCU model with fidelity and competence
- Staffing processes are tailored to realities of available workforce in local community implementing FCU program

Provider

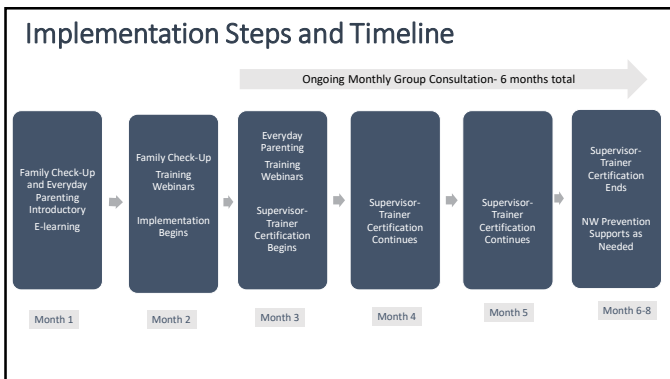
- Note: Provider can implement FCU model as only part of their job- do not have to be dedicated to FCU
- Experience: behavioral-based parenting interventions and family work recommended
- Openness to evidence-based interventions and responsive to consultation/supervision
- Master's degree in clinical or related degree preferred, not required
- Training or experience in Motivational Interviewing recommended

Supervisor- Trainer

Provider recommendations above, plus:

- Master's degree in clinical or related degree strongly recommended, not required
- Maintains a case load, at least during initial certification process
- Administrative supervisory role in agency recommended

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Supervisor-Trainer Certification Process
(Train-the-Trainer)

Designed to develop capacity of communities to implement model independently

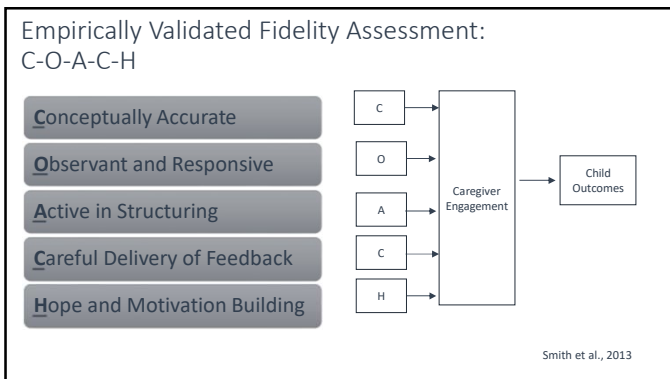
- Individualized video-based feedback on delivery of family and supervision sessions
- Demonstrate fidelity to FCU model delivery with families and to FCU supervision model using COACH assessment tool
- Individualized support delivering structured trainings to new staff
- Video-based feedback on delivery of training to agency to staff

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NPS Support and Training Costs

Year One	
• Implementation Planning	\$1,500
• E-Learning Courses	\$560/person
• Webinar Trainings	\$4,000 per cohort of up to 8 people
• Six Monthly Consultations	\$1,800 per cohort
• Certification of Supervisor-Trainer	\$14,450/person
After First Year	
• Annual half-day CQI check-in	\$1,500/year
• E-Learning Courses	\$560/person
• Access to Online Resources > yr 1	\$250/person
• Recertification of Super-Trainers	\$3,000/person
• Occurs every 2 years	


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In Alignment with FFPSA Prevention Priority

- Social-ecological risk and protective factors across ecological contexts intersect to influence abuse and neglect
- Protects against social-ecological risk (e.g., poverty, parental mental illness, childhood trauma) that can disrupt caregiver capacity to parent effectively
- Disrupts cascading process of coercive caregiver-child interactions that promote neglect and maltreatment
- Strengthening positive parenting as a key strategic approach to prevent child abuse and neglect



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THANK YOU!

QUESTIONS??



<https://www.nwpreventionscience.org/>

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Thanks for joining us!

WHAT'S NEXT?

- Survey and certificate in the chat now
- Follow-up email with resources within two days
- Watch your inbox for the next issue of CalTrin Connect



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