The Family Check-Up Model

The Family Check-Up (FCU) is a brief, strengths-based intervention for families with children ages 2 through 17. It promotes positive child outcomes by improving parenting and family management practices. The Family Check-Up has more than 30 years of evidence demonstrating strong intervention effects.

The Family Check-Up focuses on the specific needs and strengths of each family. Providers use motivational interviewing to help parents identify areas they can change to improve their relationships with their children and their children’s behaviors. The first step in the process is the initial interview. The second step is a comprehensive, ecological family assessment to identify a family’s needs and strengths. The final step is the Feedback session when the provider and parents discuss the family’s needs and goals for follow-up services.

Follow-up services include Everyday Parenting (EDP), which is a parent management-training program that is tailored to the individual needs of each family based on the Family Check-Up, and other clinical and case management supports.

For more information visit: https://reachinstitute.asu.edu/family-check-up/program-overview/intervention-process

The REACH Institute provides training & certification opportunities in the Family Check-Up and Everyday Parenting Program.

**Prices for trainings start at $2,000 and include the resources, supplemental training and support needed to implement the FCU/EDP models. Please contact us for more information regarding the cost of training(s) and/or a specific quote to meet the needs of your site/provider(s).**

To receive information about training dates, please complete the FCU/EDP Training Inquiry at https://reachinstitute.asu.edu/family-check-up/contact and we will contact you with available training dates.
We offer three training options to become a Qualified FCU Provider. All trainings include 1-year access to the FCU Resource Website with unlimited access to online resources needed to implement the model.

**Option #1 – FCU In-person:** $8,000 + trainer travel expenses (up to 6 trainees)
A 2-day, in-person training for up to 6 trainees (for more than 6 trainees, please contact REACH for pricing). **Up to 16 CE credits available for attending the 2-day, in-person training.**

**Option #2 – FCU Online:** $2,300 *per trainee*
Includes 1-year access to FCU e-learning course. A webcam & headphones or headset is required. **Up to 14 CE credits available (6 for completing the e-learning course and 8 for completing the two Webinars)**
*Group discount for 2 or more from the same organization attending the same Online training. Cost for 2 trainees is $2,800; cost for 3 trainees is $3,300; cost for 4 trainees is $3,800.*

**Step 1: E-Learning Course**
This is an asynchronous, self-paced, e-learning course (average time to complete the course is 6 hours). A certified FCU trainer will contact trainees for a 30-minute phone call about training logistics approximately one week before the training date. Trainees must complete the e-learning course prior to the FCU Webinar 1. Trainees will receive access to the e-learning course approximately two to three weeks before the FCU Webinar 1.

**Step 2: FCU Webinar 1**
After completing the FCU e-learning course, trainees attend the 4.5 hour FCU Webinar 1. A certified FCU trainer will facilitate active learning exercises, such as role-plays, to provide trainees an opportunity to apply what they have learned and practice using the model with individualized feedback from the trainer.

**Step 3: Practice Exercise**
Between FCU Webinars 1 and 2, the trainee must complete 2-3 hours of self-paced practice exercises that involve applying knowledge learned in FCU Webinar 1. The average time between Webinar 1 and 2 is approximately 6 days unless scheduled otherwise.

**Step 4: FCU Webinar 2**
One week after completing the practice exercises, the trainee attends the 4-hour FCU Webinar 2. The trainer coaches trainees through role-plays and other activities to support the trainee’s proficiency delivering the FCU. The trainer also offers information about becoming a Certified FCU Provider. After Webinar 2, the trainee will receive a link to complete a survey to obtain Webinar CE credits.

**Option #3 – FCU Hybrid:** $6,100 + trainer travel expenses (up to 6 trainees)
FCU E-Learning Course + 1-day in-person training + 1 hour pre and 1 hour post training consultation for up to 6 trainees (please contact REACH for pricing for more than 6 trainees); includes 1-year access to FCU e-learning course. **Six CEs are available for completing the e-learning course and 8 CEs are available for attending the in-person training.**

**FCU Ongoing Cost:** One year after training the annual fee to access the FCU Resource Website (unlimited access to online resources to implement the model): $100 per provider, per year.
We offer three training options: All trainings include the Everyday Parenting Manual and CD that contains all EDP implementation materials.

**Option #1 – EDP In-person: $4,500 + trainer travel expenses (up to 6 trainees)**
A 2-day, in-person training for up to 6 trainees (for trainings with more than 6 trainees, please contact REACH for pricing). **Up to 16 CE credits available for attending the 2-day, in-person training.**

**Option #2 – EDP Online: $2,000 *per trainee***
A webcam & headphones or headset are required. **Up to 13 CE credits available (5 for completing the EDP e-learning course and 8 for completing the two Webinars).**
*Group discount for 2 or more from the same organization attending the same online Training. Cost for 2 trainees is $2,500; cost for 3 trainees is $3,000; cost for 4 trainees is $3,500.*

**Step 1: E-Learning Course**
This is an asynchronous, self-paced e-learning course (average time to complete course is 5 hours). Trainees must complete the EDP e-learning course prior to EDP Webinar 1. Trainees will receive access to EDP e-learning approximately two to three weeks before EDP Webinar 1.

**Step 2: EDP Webinar 1**
After completing the EDP e-learning course, trainees will attend 4-hour EDP Webinar 1. A certified EDP trainer will facilitate active learning exercises such as role-plays to provide trainees an opportunity to apply what they have learned and practice using the model with individualized feedback from the trainer.

**Step 3: EDP Webinar 2**
One week after EDP Webinar 1, trainees will attend the 4-hour EDP Webinar 2. The EDP trainer will coach trainees through role-plays and support trainees’ proficiency delivering the EDP intervention. The trainer also offers information about becoming an EDP Certified Provider. After Webinar 2, trainees will receive a link to complete a survey to obtain Webinar CE credits.

**Option #3 – Hybrid: $5,300 + trainer travel expenses (up to 6 trainees)**
EDP E-Learning Course + 1-day, in-person training for up to 6 trainees (for trainings with more than 6 trainees, please contact REACH for pricing); includes the EDP book and CD that contains the digital EDP handouts. **Five CE are available for completing the EDP e-learning course and up to 8 CE are available for attending the 1-day, in-person training.**
Implementation Support

**Implementation Support Consultation:** $250/hour

Implementation Support helps promote implementation success by addressing and resolving implementation barriers and helping providers to further develop their competence in the model. Some examples include:

- clinical consultation with trained providers* to: 1) support implementation with fidelity and competence, 2) increase enthusiasm for uptake, and 3) discuss challenges and successes implementing the model with specific cases or more generally
- meeting with providers or site administrators to address uptake barriers, establish or tailor implementation benchmarks, or identify optimal implementation plan

Implementation support consultation can be offered via e-mail, telephone, virtual platform (e.g., Zoom), IT, administrative, or other support related to the implementation of the Family Check-Up and Everyday Parenting.

* We recommend that beginning 2 weeks after training, providers participate in 1-hour of group consultation each month throughout the first year of implementation.
Upon completing FCU or EDP training, an individual will be qualified to deliver the FCU and/or EDP. The next level of training is to become a “Certified Provider”. Research shows fidelity is important to the delivery of evidence-based programs and increases the likelihood that families receive the anticipated benefits of these interventions.

The certification process:
- enhances provider skills in delivering these interventions
- offers providers an opportunity for useful feedback on how to develop their expertise and skills as a FCU/EDP provider, which increases their confidence in using the intervention and promotes their ability to implement with fidelity
- can be personally rewarding to providers because they see the positive effects of their work with families
- can help providers promote continued family engagement in the intervention process
- offers providers the needed support (clinical, administrative, technical, etc.) to achieve fidelity in the FCU/EDP model

Certification requires the provider to videotape and upload sessions to the ASU REACH Institute’s video portal for review by a FCU/EDP Consultant using the COACH (FCU/EDP’s empirically based fidelity assessment).

FCU/EDP Certified Provider
Criteria for “FCU Certified Provider” is delivery of two FCU Feedback sessions that meet “competent criteria” on each of the five COACH domains. Criteria for “Certified EDP Provider” is two EDP sessions that meet competent criteria on each of the domains.

Certification
Submit up to 2 sessions (either FCU or EDP) for certification: $1,700 per provider for either FCU or EDP ($3,400/provider for certification for both FCU and EDP)

Cost includes:
- Up to 1 hour introduction to the certification process and tools
- Up to 2 hours of consultation with an FCU/EDP Certified Consultant to be used as needed by the provider to support certification
- COACH review of 2 sessions by a Certified Consultant
- Up to 2 hours of individualized feedback with the Consultant who reviewed the sessions

*Certification should be completed within one year of training. Our experience is that paraprofessionals can effectively deliver the FCU and EDP. However, they benefit from additional consultation and three session reviews with a FCU/EDP consultant, rather than 2, may be needed to get certified. It may be advantageous to consider this when creating your implementation budget and to allocate funds for an additional session reviews

Cost to submit additional videos $475 each
- Coach review of 1 session
- 1 hour of individualized feedback with the FCU/EDP Consultant who reviewed the session
FCU/EDP Provider Re-Certification
Because research shows that providers drift from fidelity over time and that this drift may have negative implications for the model’s effectiveness, we recommend re-certification every 2 years. Re-certification requires one session to be videotaped and uploaded to the REACH video portal for review by a FCU/EDP Consultant, using the COACH. Recertification requires the session to meet “competent criteria” on each of the five COACH domains.

Costs for Re-certification
$475 for each video submitted for review for re-certification.
The cost includes:
- Coach review of 1 video
- 1 hour of individualized feedback with the FCU/EDP Consultant who reviewed the session

COACH Feedback with Consultation: Starting at $545 per provider
Although certification offers the optimal support for implementation of the FCU/EDP with fidelity, it is sometimes not feasible due to resource constraints (e.g., time, funding). In these situations, we believe it is still important to support providers’ implementation fidelity. As such, providers can receive individualized feedback and consultation based on the COACH on a single session. Providers receive written reports summarizing their fidelity based on the COACH.

COACH Feedback without Consultation: Starting at $400 per provider
Research shows providers may drift from fidelity over time and that drift has negative implications for the model’s effectiveness. To minimize drift and maintain fidelity, we offer fidelity check-ups, which entail submitting a single Session for COACH review by a FCU/EDP Certified Consultant. Providers receive written reports summarizing their fidelity based on the COACH.
On-Site Supervisor/Trainer Training

To promote a full transfer of the FCU/EDP, our implementation model supports a train-the-trainer process to certify providers as an On-Site FCU/EDP Trainer/Supervisor. A Certified Trainer/Supervisor can train and supervise new providers at their site. Providers can elect to become a Certified Trainer/Supervisor in the FCU, EDP, or both. The goal of the train-the-trainer activities is to build a site’s capacity to implement the model with fidelity, independently of the REACH Institute.

Prior to beginning On-Site Trainer/Supervisor Certification, the provider must be certified. The On-Site Trainer/Supervisor Certification process has three-components.

**Component 1: Consultation and Support to use the COACH.** Providers learn to apply the COACH to assess fidelity to the FCU and/or EDP on 2 FCU and 2 EDP sessions. Providers receive up to 3.5 hours of individualized consultation to complete this Component.

**Component 2: Demonstrate Adherence to the FCU/EDP Supervision Model.** Providers receive consultation and support to supervise FCU/EDP providers at their site. To complete this Component, providers submit a video of one individual or group supervision session with providers at their site. A Consultant will review the session to assess adherence using the “COACH Supervision Assessment Tool”. The provider will also review the supervision session to self-assess adherence. After the Consultant and provider review the session, they meet to discuss the session. Providers receive up to 2.5 hours of individualized consultation to complete this Component.

**Component 3: Demonstrate Adherence to Training Model.** Providers facilitate a 1-hour mock virtual training on pre-selected training segments with an FCU/EDP Consultant (who will participate as mock trainee) to demonstrate conceptual and procedural understanding of the model. Prior to the training, REACH will send the provider training slides and other training materials. After the mock training, the provider and Consultant meet for a 1-hour consultation to discuss the provider’s delivery of the training. Providers receive up to 2.5 hours of individualized consultation.

**NOTE:** When Certified Trainer-Supervisors train new providers at their site, a prerequisite of this training is that the new provider completes the ASU REACH FCU/EDP e-learning course prior to participating in the training/supervision facilitated by the Certified Trainer-Supervisor.

**Cost for FCU On-Site Trainer & Supervisor Trainings:** $4,800 per provider  
**Cost for EDP On-Site Trainer & Supervisor Trainings:** $4,700 per provider

**NOTE:** When Certified Trainer-Supervisors train new providers at their site, a prerequisite of this training is that the new provider completes the ASU REACH FCU/EDP e-learning course prior to participating in the training/supervision facilitated by the Certified Trainer-Supervisor.

**Cost for one year access to FCU or EDP e-learning course is:** $450 per provider, per course ($900 for one year access to both FCU and EDP for one provider, for one year).
Supplemental Training Workshops can be delivered by a trained REACH Consultant either in-person or through a live Webinar. Many of the workshops are geared towards providers, however, some workshops can be delivered directly to the clients such as the Everyday Parenting Skills Training Workshop for Parents/Caregivers.

**Cost for Workshops: $350/hour/per Trainer**
*(number of trainers needed per workshop will vary with workshop group size and workshop topic)*

Examples of Supplemental (optional) Training Workshops include, but are not limited to:

- Cultural Competency in Delivering the Family Check-Up and Everyday Parenting Programs
- How to Deliver Family Check-up and Everyday Parenting using Trauma-Informed Perspective
- Everyday Parenting Skills Training Workshop for Parents
- How to Deliver Family Check-up and Everyday Parenting using the ACEs (Adverse Childhood Experiences) perspective

For more information on Supplemental Training Workshops contact Yasaman Parsi at 480-727-1056 or Yasaman.Parsi@asu.edu.