The Family Check-Up Model

The Family Check-Up (FCU) is a brief, strengths-based intervention model 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 may include Everyday Parenting (EDP), which is a parent management-training program that can be tailored to meet the individual needs of each family based on the Family Check-Up, or other clinical and case management supports.

For more information about the Family Check Up 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).**

Contact:

https://reachinstitute.asu.edu/family-check-up/contact

To receive information about training dates, please complete this FCU/EDP Training Inquiry and we will contact you with the 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 – In-person:**
A 2-day, in-person workshop for FCU Qualified Provider Training for up to 6 trainees (for up to 16 trainees, includes two trainers).

**Option #2 – Online:**
Includes 1-year access to e-learning course. A webcam & headphones or headset is required. 
Up to 10 CE credits available (6 for completing the e-learning course and 4 for completing the two Webinars)
*Group discount for 2 or more from the same organization attending the same Online trainings*

**Step 1: E-Learning Course**
This is an asynchronous e-learning course that allows trainees to complete the program at their own pace and on their own schedule, (average time to complete the e-learning course is 6 hours). A certified FCU trainer will contact trainees for a 30-minute phone conversation regarding the training logistics. Trainees must complete all 5 modules of the e-learning course no later than the evening before the FCU live Webinar Training 1. Trainees will receive access to this e-learning course approximately three weeks before the FCU live Webinar Training 1.

**Step 2: FCU Webinar 1**
After completing the FCU e-learning course, trainees attend the 4.5 hour FCU live Webinar Training 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**
The trainee must complete 2-3 hours of self-paced practice exercises that involve applying knowledge learned in FCU live Webinar Training 1 before participating in FCU live Webinar Training 2. Trainees will have the time between Webinar Training 1 and FCU live Webinar Training 2 to complete these practice exercises. (Note: The usual amount of time between Webinar 1 and 2 is approximately 6 days unless scheduled otherwise.)

**Step 4: FCU Webinar 2**
After completing the Practice Exercises, the trainee will attend the 4-hour FCU live Webinar Training 2 the week following Webinar 1. The FCU trainer will coach trainees through role-plays and other experiential activities to support competency development in the model and to assess the trainee’s proficiency in the delivery of the FCU Feedback Session. The trainer will also offer more information about the process of becoming a Certified Provider in the FCU model. After Webinar 2, the trainee will receive a link to complete a survey to obtain Webinar CE credits.

**Option #3 – Hybrid:**
E-Learning Course + 1-day in-person workshop + 1 hour pre and 1 hour post training consultation for Level 1 Qualified Provider Training for up to 6 trainees (for up to 16 trainees; includes two trainers); includes 1-year access to e-learning course. **Six CE credits are available for completing the e-learning course.**
**FCU Ongoing Cost:** One year after training the annual fee to access the FCU Resource Website (unlimited access to online resources needed to implement the model):
We offer three training options to become a Qualified EDP Provider: All trainings include the Everyday Parenting Manual and CD that contains all EDP implementation materials.

**Option #1 – In-person:**
A 2-day, in-person workshop for EDP Qualified Provider Training for up to 6 trainees (for up to 16 trainees; includes two trainers).

**Option #2 – Online:**
A webcam & headphones or headset are required. Up to 9 CE credits available (5 for completing the e-learning course and 4 for completing the two Webinars).
*Group discount for 2 or more from the same organization attending the same online Trainings

**Step 1: E-Learning Course**
This is an asynchronous e-learning course that allows trainees to complete the program at their own pace (average time to complete the e-course is 5 hours). A certified EDP trainer will contact trainees for a 30-minute phone conversation regarding the training logistics. Trainees must complete all 5 modules of the e-learning course no later than the evening before the EDP live Webinar Training 1. Trainees will receive access to this e-learning course approximately three weeks before the EDP live Webinar Training 1.

**Step 2: EDP Webinar 1**
After completing the EDP e-learning course, trainees will attend the 4-hour EDP live Webinar Training 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**
After completing EDP live Webinar Training 1, trainees will attend a 4-hour EDP live Webinar Training 2 the week following Webinar 1. The EDP trainer will coach trainees through specific role-plays and assess trainees’ proficiency delivering specific components of the EDP. The trainer will also offer information about the process of becoming a Certified Provider in the EDP model. After Webinar 2, trainees will receive a link to complete a survey in order to obtain Webinar CE credits.

**Option #3 – Hybrid:**
E-Learning Course + 1-day in-person workshop + 0.5 hour pre-training consultation for Level 1 Qualified Provider Training for up to 6 trainees (for up to 16 trainees; includes two trainers); includes the EDP book and CD that contains the digital EDP handouts. **Five CEs are available for completing the e-learning course.**
Readiness Assessment/Planning:
We assist the implementation site to assess readiness to implement the FCU/EDP model. This includes an individual and site level assessment to determine availability of personnel, space, material, and other resources required to implement the FCU, as well as to identify implementation benchmarks individualized to the site’s context and readiness. Potential implementation barriers and proactive solutions to these barriers are identified. Recommendations to facilitate and sustain the FCU/EDP at the site are also discussed. Our experience and research shows that readiness assessment and planning leads to a successful and sustained implementation.

Implementation Support Consultation:
Consultation with a REACH Consultant who is experienced in implementation science and practice and has clinical, organizational and other experiences implementing interventions. Some examples of how this support can be used include:

- coaching to assist ongoing peer support and consultation to promote implementation success
- developing provider’s expertise and competence in the model
- providing additional implementation support to discuss specific family cases
- increasing provider enthusiasm for uptake
- highlighting challenges and successes implementing the model with specific cases or more generally
- addressing implementation barriers, as well as discussing facilitators of implementation that can be leveraged for implementation success
- meeting with leaders and key administrators at the implementation site to collaboratively establish, monitor, and tailor, as needed, implementation benchmarks and goals

The consultation can be done remotely and can be provided one-on-one or with groups.

*Recommendations:
We recommend that 2 weeks following training, providers participate in 1-hour group consultation and then once a month during the first year of implementation.
Upon completing one of the FCU or EDP training options, an individual will be a “Qualified Provider”. The next level of training is to become a Certified Provider. Research shows that fidelity is important to the delivery of evidence-based programs and increases the likelihood that families receive the anticipated benefits of evidence-based interventions. Implementing with fidelity can build families’ trust in the intervention process and increase the family’s sense of self-efficacy as well as their motivation to try new strategies and skills.

The certification process:
- 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 sessions to be videotaped and uploaded to the ASU REACH Institute HIPPA-compliant portal to be reviewed and assessed using the COACH (FCU/EDP’s empirically based fidelity assessment) by an FCU/EDP Consultant. Certification is valid for 2 years.

The COACH is an empirically validated measure used to assess fidelity to the Family Check-Up and Everyday Parenting and to enhance provider skills in delivering these interventions. Fidelity to the FCU/EDP as assessed by the COACH predicts how much a parent or child will benefit from the intervention.

FCU/EDP Certified Provider
To be a “Certified FCU Provider” an individual must deliver two FCU Feedback sessions that meet competent criteria on each of the five COACH domains. To be a “Certified EDP Provider” an individual must deliver two different EDP sessions that meet competent criteria on each of the five COACH domains.

Certification
Submit up to 2 sessions (either FCU or EDP) for certification:
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 coding of 2 sessions by a Certified Consultant
- Up to 2 hours of individualized feedback with the FCU/EDP Consultant who COACH coded the provider’s sessions

*Certification activities should be completed within one year of training. Based on our research and practice, we anticipate paraprofessionals can effectively deliver the FCU and EDP. However, based on our experience, paraprofessionals benefit from additional consultation support and three session reviews with a FCU/EDP consultant, rather than 2, may be needed for paraprofessional providers to get certified. It may be advantageous to consider this when creating your implementation budget and to allocate funds for an additional session review towards Certification.
**FCU/EDP Provider Re-Certification**

Certification is valid for 2 years. Re-certification requires one FCU Feedback or EDP session to be videotaped and uploaded to the REACH Institute HIPAA-compliant video portal for review by a FCU/EDP Consultant, who will assess the session’s fidelity using the COACH (FCU/EDP empirically based fidelity assessment).

Recertification requires the session to meet competent criteria on each of the five COACH domains. For EDP re-certification, the provider can submit a session applying material from any of the three EDP domains.

**Re-certification**

The cost includes:
- Coach coding of 1 video
- 1 hour of individualized feedback with the FCU/EDP Consultant who COACH coded the session

**COACH Feedback with Consultation:**

Although the certification process 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) to complete certification. In these situations, we believe it is still important to offer providers support to increase the likelihood that they implement with fidelity so that the families they are working with actualize the potential benefits of the model. When resource constraints preclude participation in the FCU or EDP Certification Training, we offer providers the opportunity to 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:**

Research has demonstrated that even when providers complete training and consultation to support implementation of an Evidence Based Intervention with fidelity, over time, providers drift from model fidelity, and this drift may have negative implications for the effectiveness of the model. To minimize drift and maintain model fidelity, we offer fidelity check-ups, which entail submitting a single Family Check-Up Feedback Session or an Everyday Parenting Session for COACH review by a FCU/EDP Certified Consultant. Fidelity check-ups establish that providers are still offering the FCU/EDP with intended adherence and quality. 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 localize quality assurance processes to build a site’s capacity to implement the model with fidelity, independently of the REACH Institute.

Prior to beginning the On-Site Trainer/Supervisor Certification process, the provider must be certified in the intervention model. 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 and must demonstrate that they can competently use the COACH on 2 intervention 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 the needed consultation and support to deliver supervision to the FCU/EDP to 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 supervision 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 have reviewed 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 understanding of the conceptual and procedural underpinnings 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 session to discuss the provider’s delivery of the training. Providers receive up to 2.5 hours of individualized consultation with this Component.

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.

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Cost for one year access to FCU or EDP e-learning course is:
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.

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.