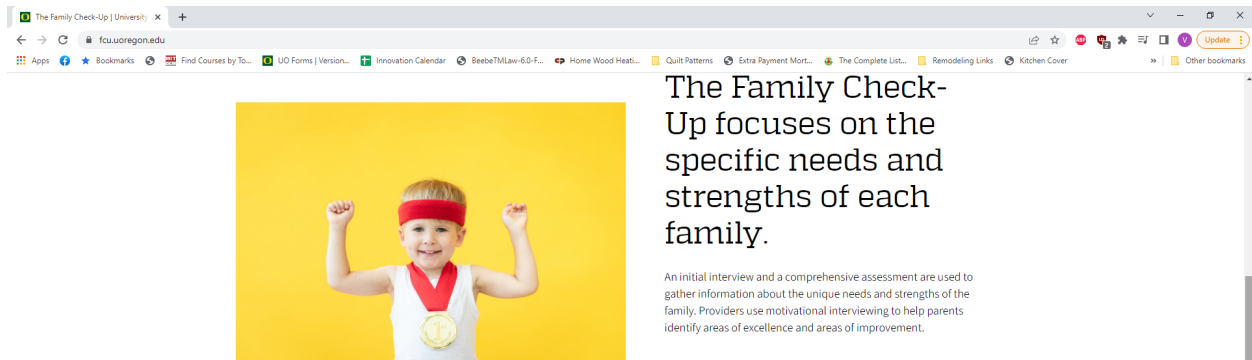


This website includes information about the FCU as well as links to our partners. You will also find resources for grant and training opportunities related to the FCU.



The Family Check-Up focuses on the specific needs and



The FCU has been successful at improving school performance and behavior issues.

The FCU has shown decreases in childhood depression, reduced adolescent substance use, and increased positive parenting. Results from FCU studies show that investment in parents and children at young ages can have positive impacts throughout their adolescence and into early adulthood.



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The Family Check-Up

Home Research Training Executive Governing Board For Parents Impact Program Overview Resources

Research on the Family Check-Up®

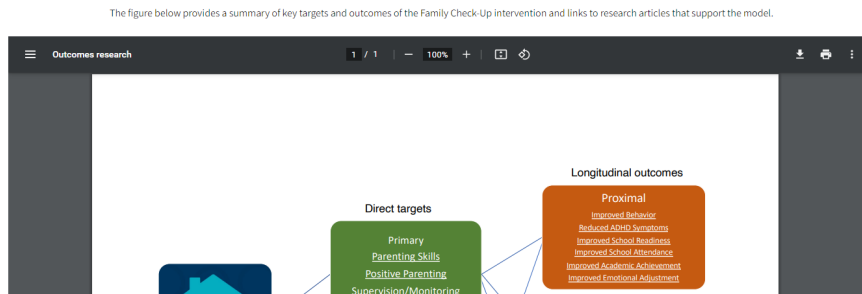
There are multiple investigators and research teams conducting work on the Family Check-Up. Much of the research on the FCU is located at either the University of Oregon or the University of Pittsburgh.

30 years of research with thousands of families from diverse economic and cultural groups across the U.S. and internationally demonstrates the Family Check-Up:

- Increases use of positive parenting
- Strengthens parent-child relationships
 - Reduces family conflict
- Reduces child depression and anxiety
 - Reduces parent depression
 - Improves school readiness
- Reduces child problem behaviors
- Improves child emotional regulation
- Improves academic achievement
- Improves school attendance

Conducting research with the FCU

The Family Check-Up is a trademarked product managed by the University of Oregon. The FCU may be used in research and outreach activities or in collaboration with scientists who are conducting FCU research. If you are a scientist and you would like a letter of support for or consultation on the FCU, please contact Beth Stormshak or Daniel Shaw. We will review these requests with the FCU Executive Governing Board. Our goals are to support your research and to connect with those conducting similar research across the country.



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The figure below provides a summary of key targets and outcomes of the Family Check-Up intervention and links to research articles that support the model.

Publications Training Executive Governing Board

Intervention Process | The Family | fcu.uoregon.edu/program-overview/intervention-process

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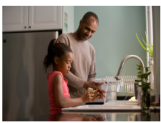
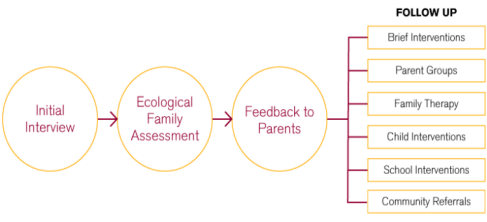
The Family Check-Up

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Intervention Process

Intervention Process

The Family Check-Up addresses the specific needs and strengths of each family. Providers use motivational interviewing to help parents identify things 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 meet to discuss the family's needs and goals for follow-up services.

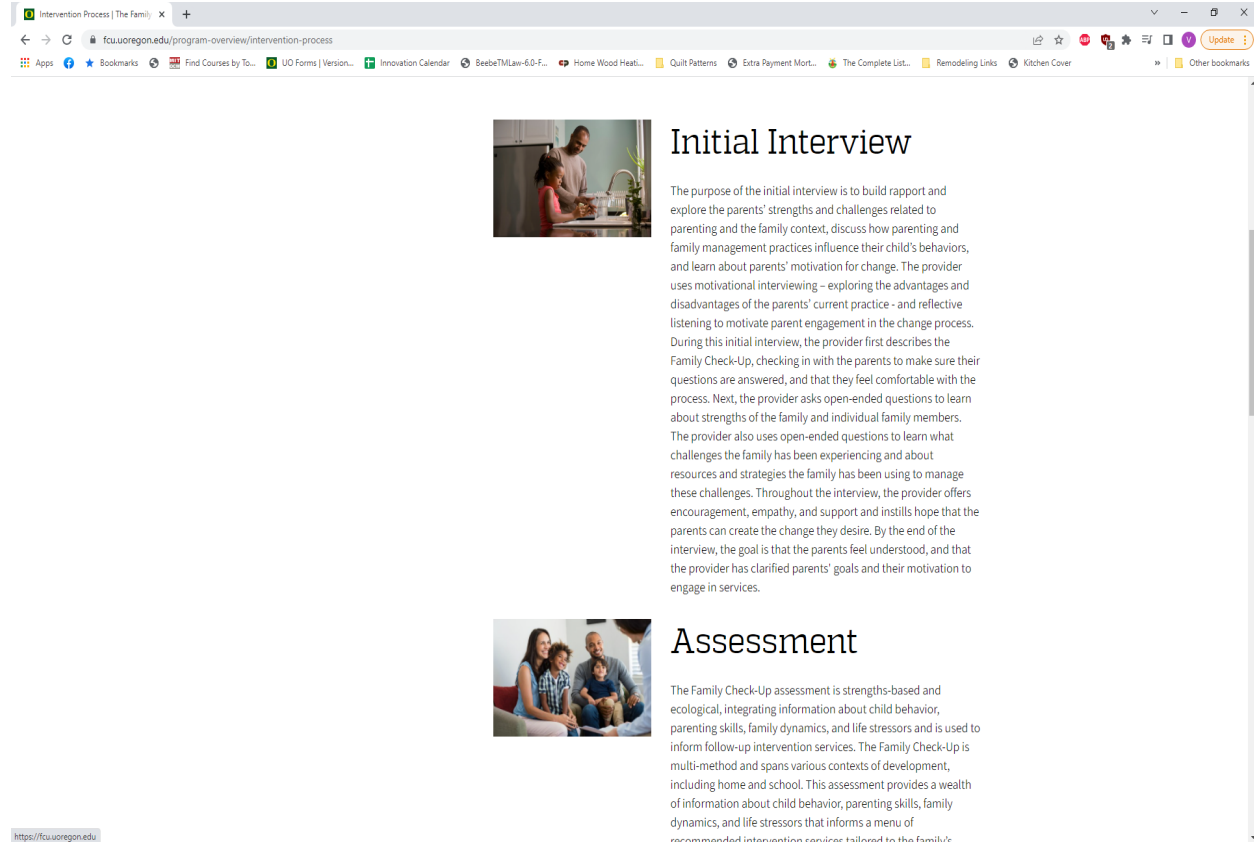


Initial Interview

The purpose of the initial interview is to build rapport and explore the parents' strengths and challenges related to parenting and the family context, discuss how parenting and family management practices influence their child's behaviors,

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Intervention Process | The Family

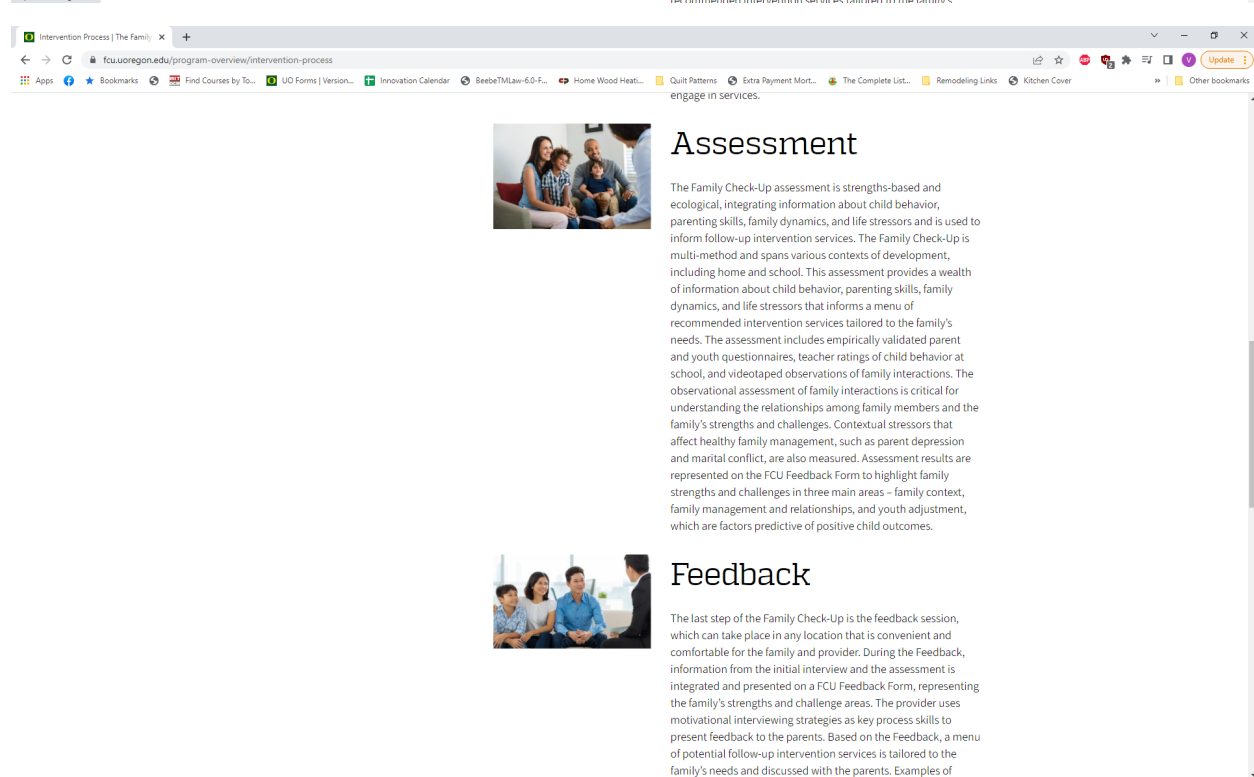
fcu.uoregon.edu/program-overview/intervention-process

Initial Interview



The purpose of the initial interview is to build rapport and explore the parents' strengths and challenges related to parenting and the family context, discuss how parenting and family management practices influence their child's behaviors, and learn about parents' motivation for change. The provider uses motivational interviewing – exploring the advantages and disadvantages of the parents' current practice - and reflective listening to motivate parent engagement in the change process. During this initial interview, the provider first describes the Family Check-Up, checking in with the parents to make sure their questions are answered, and that they feel comfortable with the process. Next, the provider asks open-ended questions to learn about strengths of the family and individual family members. The provider also uses open-ended questions to learn what challenges the family has been experiencing and about resources and strategies the family has been using to manage these challenges. Throughout the interview, the provider offers encouragement, empathy, and support and instills hope that the parents can create the change they desire. By the end of the interview, the goal is that the parents feel understood, and that the provider has clarified parents' goals and their motivation to engage in services.


<https://fcu.uoregon.edu>



Intervention Process | The Family


fcu.uoregon.edu/program-overview/intervention-process

Assessment




The Family Check-Up assessment is strengths-based and ecological, integrating information about child behavior, parenting skills, family dynamics, and life stressors and is used to inform follow-up intervention services. The Family Check-Up is multi-method and spans various contexts of development, including home and school. This assessment provides a wealth of information about child behavior, parenting skills, family dynamics, and life stressors that informs a menu of recommended intervention services tailored to the family's

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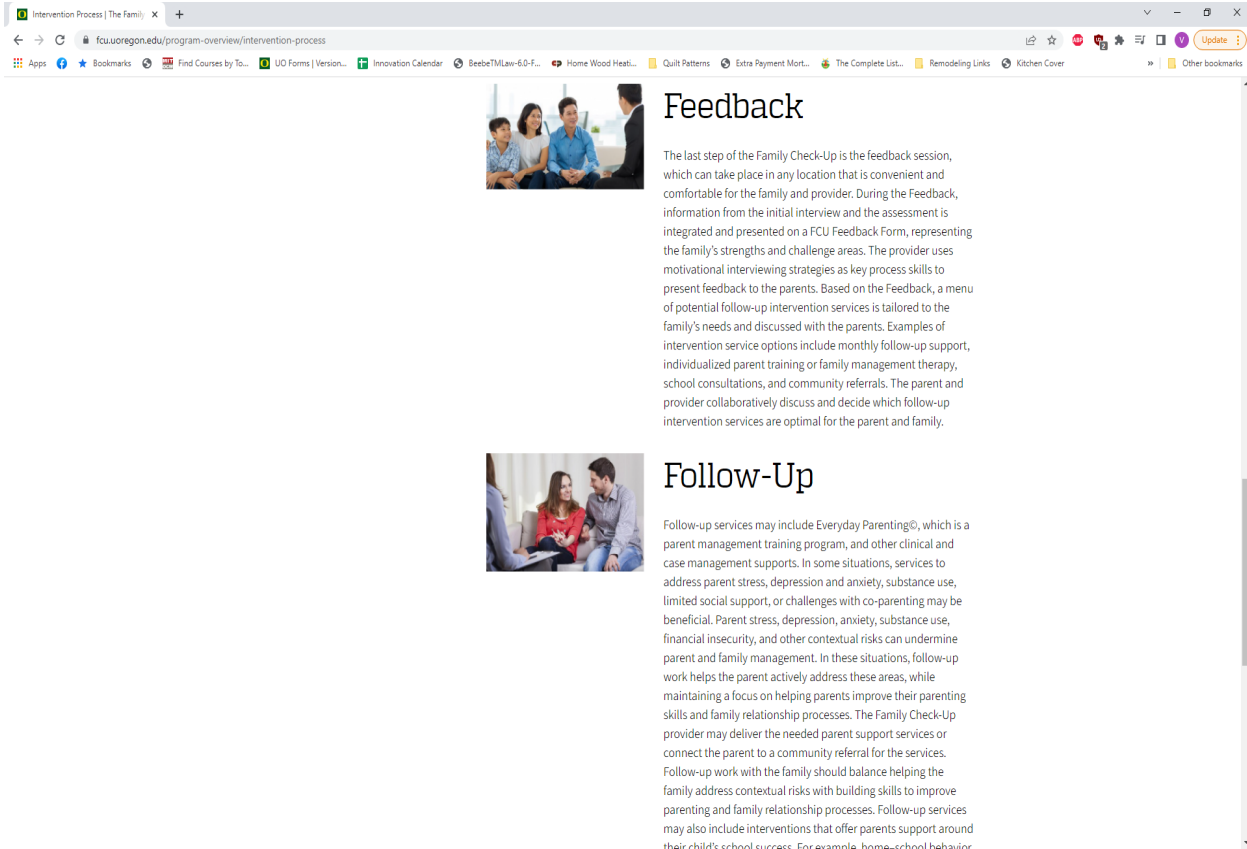
Feedback



The last step of the Family Check-Up is the feedback session, which can take place in any location that is convenient and comfortable for the family and provider. During the Feedback, information from the initial interview and the assessment is integrated and presented on a FCU Feedback Form, representing the family's strengths and challenge areas. The provider uses motivational interviewing strategies as key process skills to present feedback to the parents. Based on the Feedback, a menu of potential follow-up intervention services is tailored to the family's needs and discussed with the parents. Examples of

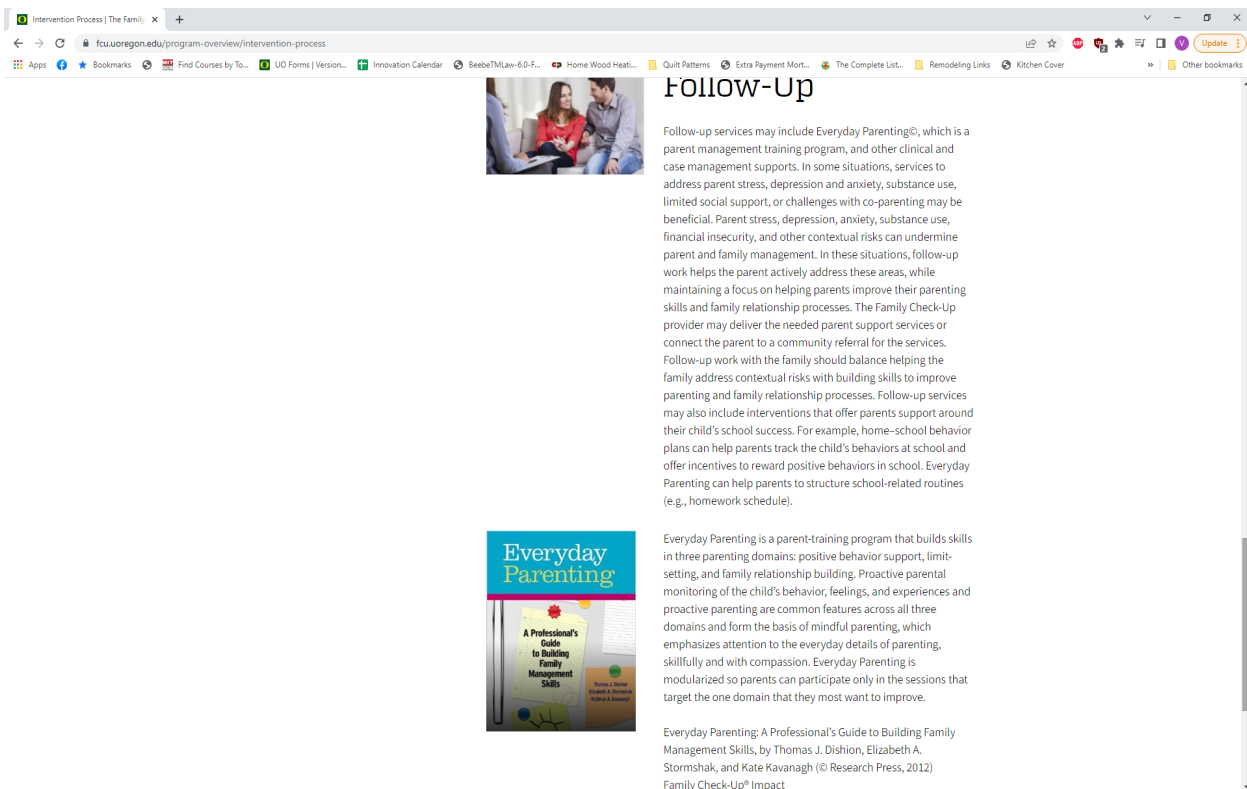
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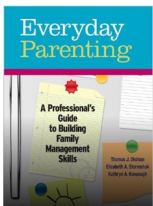
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Follow-Up

Follow-up services may include Everyday Parenting®, which is a parent management training program, and other clinical and case management supports. In some situations, services to address parent stress, depression and anxiety, substance use, limited social support, or challenges with co-parenting may be beneficial. Parent stress, depression, anxiety, substance use, financial insecurity, and other contextual risks can undermine parent and family management. In these situations, follow-up work helps the parent actively address these areas, while maintaining a focus on helping parents improve their parenting skills and family relationship processes. The Family Check-Up provider may deliver the needed parent support services or connect the parent to a community referral for the services. Follow-up work with the family should balance helping the family address contextual risks with building skills to improve parenting and family relationship processes. Follow-up services may also include interventions that offer parents support around their child's school success. For example, home-school behavior plans can help parents track the child's behaviors at school and offer incentives to reward positive behaviors in school. Everyday Parenting can help parents to structure school-related routines (e.g., homework schedule).



Everyday Parenting

Everyday Parenting is a parent-training program that builds skills in three parenting domains: positive behavior support, limit-setting, and family relationship building. Proactive parental monitoring of the child's behavior, feelings, and experiences and proactive parenting are common features across all three domains and form the basis of mindful parenting, which emphasizes attention to the everyday details of parenting, skillfully and with compassion. Everyday Parenting is modularized so parents can participate only in the sessions that target the one domain that they most want to improve.

Everyday Parenting: A Professional's Guide to Building Family Management Skills, by Thomas J. Dishion, Elizabeth A. Stormshak, and Kate Kavanagh (© Research Press, 2012)
Family Check-Up® Impact

The screenshot shows the homepage of the Family Check-Up program. At the top, there is a navigation bar with the University of Oregon logo and a menu with items: Home, Research, Training, Executive Governing Board, For Parents, Impact, Program Overview, and Resources. The main heading is "The Family Check-Up". Below this, there is a section titled "Family Check-Up® For Parents". To the left of this section is a button labeled "Videos for Parents". The main text describes the program as a strengths-based intervention. To the right is a photo of a woman and a child under a pink umbrella. Below the main text are three columns of information: "An Evidence-Based Ecological Assessment To Learn Your Family's Strengths", "Everyday Parenting® Curriculum Strengthens Positive Parenting Skills", and "Learn more about Family Check-Up Training".

Videos for Parents

Family Check-Up® For Parents

The Family Check-Up is a strengths-based intervention that offers parents simple, practical parenting skills and can be tailored to the specific strengths and challenges of each family.

Developed during 30 years of research with thousands of families from diverse economic and cultural groups, the Family Check-Up helps families make important changes in how they interact with each other to prevent child and adolescent behavior problems.



An Evidence-Based Ecological Assessment To Learn Your Family's Strengths

Parents who participate in the Family Check-Up complete an assessment and receive feedback to help identify strengths and areas for improvement in parenting.

Everyday Parenting® Curriculum Strengthens Positive Parenting Skills

Parents can participate in Everyday Parenting sessions to learn how to strengthen parenting skills that promote positive child development. Learn more about these skills.

Learn more about Family Check-Up Training

If you are a provider interested in training, please visit our Training page (<https://fcu.uoregon.edu/training>)

This screenshot shows a section of the website featuring three video testimonials. Each testimonial is presented in a dark box with the text "Private Video" and a blue "Log in" button. Below each video box is a quote from a user. At the bottom of each testimonial box is a white button with a black border: "Learn More", "View Videos", and "Find Providers".

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Private Video
[Log in](#)

"The Family Check-Up taught me to be more of a listener, be more understanding"

[Learn More](#)

Private Video
[Log in](#)

"I know the Family Check-Up is working for me and my family because of the changes"

[View Videos](#)

Private Video
[Log in](#)

"The relationship that developed between myself and the counselor... that was really key"

[Find Providers](#)