

Family Check-Up Logic Model

Program/Process Components

Family Check-Up Assessment of Strengths and Challenges for Parents, Children, and Family

Continued Services with Targeted Intervention in Parenting-related Areas of Concern

Coordinated Services and Referrals in Other Areas of Concern for Parents and/or Children

Method

Pre-assessment is used to create the FCU family profile which is shared with parents

Motivational Interviewing is used with parents while looking at profile to encourage selection of targeted areas to work on if needed

Continued services are given to parents who select targeted areas to work on

Referrals and coordination with other services (school, individual therapy, etc.) are provided for other concerns

Targets

Parent Knowledge of Family Strengths and Areas of Growth

Parent Motivation for Change

Parent Positive Behavior Support with Children

Family Relationship Quality

Family Communication and Problem-Solving

Parent Monitoring and Limit-Setting with Children

Short Term (Proximal) Outcomes

Improved Positive Behavior Support

Long Term (Distal) Outcomes

Decreased Oppositional Defiant Behaviors and Reduced Growth in Child Problem Behaviors

Decreased Depression in Children

Decreased Depression in Parents

Increased School Readiness

Improved Nutritional Quality of Meals Served in the Home and Reduced Growth in Child BMI