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
- 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

Long Term (Distal) Outcomes:

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