What is Family Connections?

introducing
Family Connections

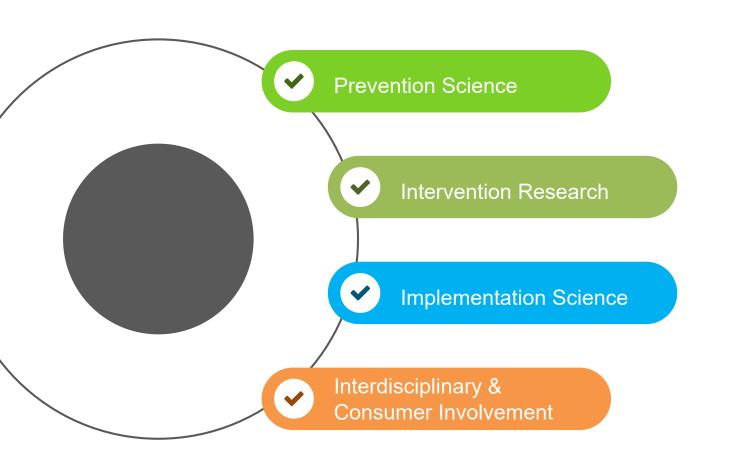Heather Kohls, Senior Staff Associate
Theresa Costello, CEO
Action for Child Protection, Inc.

The Vision - System Change

A service array that is:

1. Individualized to family need, culture, and readiness for change

2. Based on family need not case status (in-home or out-of-home)

3. Coordinated with other family-serving agencies

4. Separates Safety Assessment & Planning from Needs Assessment & Service Planning

5. Naturally fits with Arizona's Safety and Risk Assessment models

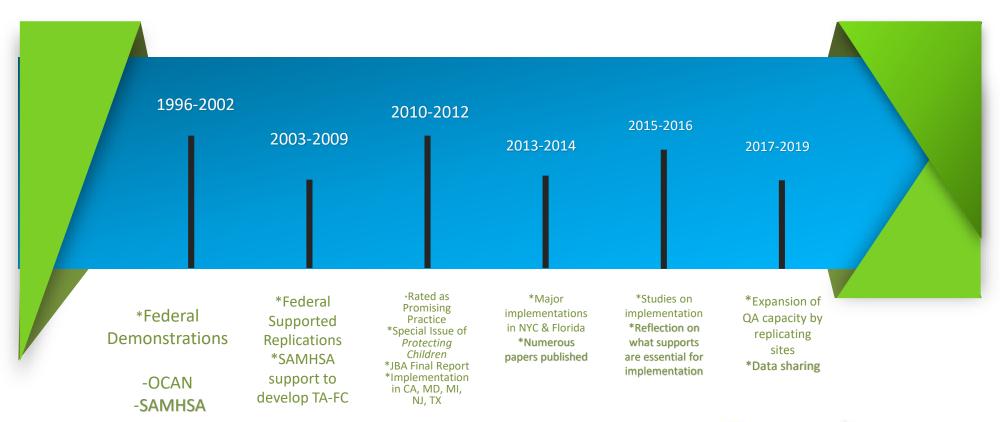6. Consistent across providers and regions

7. Science-based

Individualized   Relevant Coordinated Engaging Consistent   Effective

Conceptual Framework for Development

- Prevention Science
- Intervention Research
- Implementation Science
- Interdisciplinary & Consumer Involvement

History of Family Connections

1996-2002

2003-2009

2010-2012

2013-2014

2015-2016

2017-2019

*Federal Demonstrations

-OCAN
-SAMHSA

*Federal Supported Replications
*SAMHSA support to develop TA-FC

•Rated as Promising Practice
*Special Issue of *Protecting Children*
*JBA Final Report
*Implementation in CA, MD, MI, NJ, TX

*Major implementations in NYC & Florida
Numerous papers published

*Studies on implementation
Reflection on what supports are essential for implementation

*Expansion of QA capacity by replicating sites
Data sharing

Theories that Guide The Intervention

- Psychosocial Theory
- Problem-Solving Theory
- Life Model Theory
- Crisis Theory
- Systems Theory
- Role Theory
- Cognitive Theory

- Empowerment Approach
- Trauma Theory
- Attachment Theory
- Trans Theoretical Model of Change

Philosophical Principles

Ecological Developmental Framework

Community Outreach

Empowerment & Strengths Based Practice

Cultural Competence

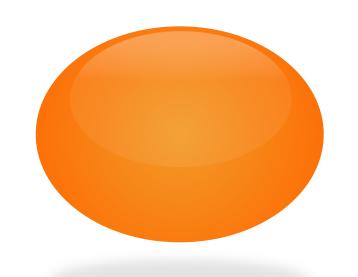# Philosophical

Practice Principles

Family Assessment & Tailored Intervention

Helping Alliance

Outcome Driven Plans With SMART Goals

Focus on Practitioner

Family Connections (FC)

Is a multi-faceted community-based program that works with vulnerable families in their homes, in the context of their neighborhoods, to help them meet the basic needs of their children and prevent child maltreatment.
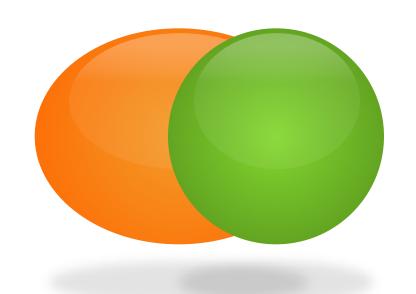
- FC Core Components
  - Intake
  - Outreach & engagement
  - Concrete services
  - Comprehensive family assessment (assessment instruments)
  - Outcome driven case plans with SMART goals
  - Change focused intervention
    - Direct facilitation of change
    - Advocacy/service facilitation
  - Evaluation of Change(at least every 90 days)
  - Case Closure

Target Population:

FAMILIES WITH CHILDREN FROM BIRTH TO AGE 18 AT RISK OF FUTURE MALTREATMENT AND/OR PLACEMENT; CHILDREN WHO ARE UNSAFE

Outcomes tied to Protective Factors Framework and the SAFE AZ Practice Model:

Family Functioning
Social Support
Child Well-Being
Parenting Attitudes & Behaviors
Family Resources
Managing Parenting Stress

Summary Results: Risk Factors

- Comparing <u>all</u> caregivers baseline to 6 months post intervention, significant reduction in:

Risk Factors:

✓Caregiver depressive symptoms

✓Parenting stress

✓Life stress

Summary Results: Protective Factors

- Comparing <u>all</u> families

  baseline to 6 months post intervention,

  significant increase in:

Protective Factors:

✓Parenting attitudes

✓Parenting satisfaction

✓Social support

Summary Results: Child Safety

- Significantly Improved: Physical Care
  - Household furnishings
  - Overcrowding
  - Household sanitation
- Significantly Improved: Psychological Care
  - Mental health care
  - Caregiver teaching stimulation of children

- Fewer CPS reports & CPS indicated reports

Summary Results: Child Behavior

- Comparing <u>all</u> families

  baseline to 6 months post intervention,

  significant decrease in:

  Total behavior problems:

  ✓Internalizing behavior problems

  ✓Externalizing behavior problems

Replication of Family Connections

- Formal replication in 8 sites in the U.S. with support from the U.S. DHHS Children's Bureau

- Cross-site evaluation of implementation process, fidelity, cost, & outcomes

Conducted by James Bell Associates (JBA)

Snapshots of findings abstracted from: James Bell Associates, Inc. (2011, September). *National Cross-Site Evaluation of the Replication of Family Connections: Final Evaluation Report.* Submitted to the Office on Child Abuse and Neglect, Children's Bureau, ACYF, ACF, HHS

Summary Outcomes: Change Over Time

- Significant improvement in Risk Factors
  - Decreased caregiver depressive symptoms (CESD)
  - Decreased parenting stress (PSI)
- Significant improved child well-being
  - Decreased scores on children's externalizing and internalizing behaviors (CBCL)

Summary Outcomes: Change Over Time

- ## Significant improvement in Protective Factors
  - Appropriate Nurturing & Parenting Attitudes (AAPI) - higher scores on 5 sub-scales: Developmental Expectations, Empathy, Corporal Punishment, Role Reversal, and Power Independence
  - Social Support (SFS) – decreased need for support in the areas of emotional support, daily living, and child rearing
  - Family Functioning (FAF) – improved family functioning scores

Action 4 Child Protection

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How to learn more about:
Family Connections: https://action4cp.org/our-services/family-connections
Nurturing Parenting: www.nurturingparenting.com