FCU Retreat 2019

University of Pittsburgh Center for Parents and Children

Day 1 Morning Session: FCU in Research

8:30 – 8:50am Coffee/breakfast

8:50 – 9:15am Overview of retreat and Introductions: Anne Gill and Jen Crossan

9:15 – 9:40am Homage to Tom – Reflections from group: Danny Shaw

9:45 – 10:45am Daniel Shaw: Use of the Family Check-Up in Early Childhood and Early

Adolescence in Pediatrics and Beyond!

10:45 – 11:00am Break

11:00am – 12:00pm Beth Stormshak: The Family Check-Up Online – An eHealth tool for

prevention and intervention with at-risk youth

12:00 – 1:15pm Lunch provided

Day 1 Afternoon Session: Implementation

(30 minute talks + 15 minutes for discussion)

1:15 – 2:00pm Cady Berkel and J.D. Smith: Family Check-Up 4 Health Program to

Address Pediatric Obesity in Primary Care: Discussion of the Adaptation Process and a study of Motivational Interviewing Skills and Caregiver

Engagement

2:00 –2:45pm Jeroen Lammers and Chris Raaijmakers – The Family Check Up in the

Dutch context: experiences of a pilot study

2:45 – 3:00pm Break

3:00 – 4:30pm **Panel Discussion:** *Overcoming challenges to Family Check-Up scale-up:*

Developing a collective agenda Moderator: Anne Mauricio

Panel members: Patric Bengtsson, Terry Bennett, Cady Berkel, Anne Gill,

Chris Trentacosta

4:30 – 4:45pm Wrap-up

6:30pm Dinner at Porch Restaurant

Schenley Plaza 221 Schenley Drive Pittsburgh, PA 15213

412-687-6724

Day 2 Morning Session: FCU in Research, continued

(30 minute talks + 15 minutes for discussion)

8:30 – 9:00am	Coffee/breakfast
9:00 – 9:45am	Chris Trentacosta: The GOALS Program: Serving low-income families with young children in Metro Detroit
9:45 – 10:30am	Terry Bennett: "Making the Race Fair" – Implementing the Family Check-Up in a Canadian Context, a Pilot Study
10:30 – 10:45am	Break
10:45 – 11:30pm	Jennie Ryding: Family support social workers (work-integrated) learning - the use of research and reflection
11:30am – 12:00pm	Review of questions submitted on index cards

Day 2 Afternoon Session: Positive Family Support

12:00 – 1:15pm Lunch provided

1:15 – 2:00pm	Kevin Moore - Increasing the Ecological Validity and Pragmatic Usefulness of Threat Assessments by Using Structured Family Assessments: The Family Check-Up as an Example
2:00 – 2:45pm	Kathryn Poggi - Positive Family Support- Family Check-Up: Pennsylvania's Implementation Experience
2:45 – 3:00pm	Break
3:00 – 4:30pm	Panel discussion: Positive Family Support: Where PFS and FCU meet Moderator: Beth Stormshak Panel members: Greg Fosco, Andy Garbacz, Kevin Moore, Kathryn Poggi
4:30 – 4:45pm	Wrap-up
5:30 – 7:30pm	Happy Hour and hors d'oeuvres at Daniel Shaw's home 116 Gladstone Road Pittsburgh, PA 15217

Day 3: FCU: Implementation Opportunities and Challenges

9:30 – 10:30am

10 Years of the FCU: Implementation in Sweden – Patric Bengtsson,
Åsa Nilses, Julie Showich Lundgren, Jenny Thunberg Benjaminsson, Åsa
Wallentin

10:30 – 11:30am

Family Check-Up Train-the-Trainer Model: Where We Are and Next
Steps – Patric Bengtsson, Terry Bennett, Anne Mauricio, Tracie Stufft

Looking Ahead/Future directions – Anne Gill and Daniel Shaw

Lunch: *On your own*

11:30am - 12:30pm

Use of the Family Check-Up in Early Childhood and Early Adolescence in Pediatrics and Beyond!

Daniel Shaw

I will provide an overview of three applications of the Family Check-Up (FCU) in Pediatrics. The first combines FCU with a screen to identify low-income, urban early adolescents at risk for substance use within a randomized controlled trial of 361 families, for which 1-year results are now available on intervention effectiveness. The second study utilizes a tiered intervention approach, combining FCU with a universal intervention, Video Interaction Project, delivered from 0 to 3 years to promote school readiness in low-income newborns and parents living in NYC or Pittsburgh. Outcome data at 6, 18, and 24 months will be reported. Finally, the Pittsburgh Study will be introduced, a population-level implementation project involving ~8,000 families of parents 0-5 years who will be offered different types of evidence-based, preventive interventions following period screens (e.g., FCU, Video Interaction Project) beginning at birth through child age 4, with interventions being delivered via app, online, and in person at pediatrics, family support centers, WIC, and family's homes.

Bio:

Dr. Daniel Shaw is the Director of the Center for Parents and Children and the Pitt Parents and Children Laboratory. He also serves as Distinguished Professor in the Department of Psychology at the University of Pittsburgh, with joint appointments in the Schools of Medicine and Education, the Clinical and Translational Science Institute, and Center for Social and Urban Research. Since receiving his Ph.D. in child clinical and developmental psychology from the University of Virginia, his primary interest has been studying the development and prevention of early problem behavior among at-risk children. Beginning in 1999, he assisted Dr. Dishion in adapting the FCU for toddlers and preschoolers and has since led or co-directed several trials of the FCU, expanding its focus (e.g., to health promotion, school readiness), age group (infancy), and setting (e.g., pediatrics, Early Head Start, Head Start, WIC, family support centers).

The Family Check-Up Online – An eHealth tool for prevention and intervention with at-risk youth

Beth Stormshak

The FCU Online was developed as part of a randomized trial funded by NIDA. In this study, we randomly assigned middle school families to 3 different treatment groups: waitlist control (n = 105); FCU Online as a webbased intervention (n = 109); and FCU Online with coaching support (n = 108). We tested the effects of the intervention on multiple outcomes, including parental self-efficacy, child self-regulation, and child behavior. Results will be presented as well as a discussion of future directions.

Bio:

Beth Stormshak, Ph.D. is a Knight Professor and the Department Head of Counseling Psychology and Human Services in the College of Education at the University of Oregon. Her research is affiliated with the Prevention Science Institute at the University of Oregon. Her research interests include child and family prevention and intervention, family-centered intervention, school-based mental health prevention, dissemination of evidenced-

based practice, at-risk youth, and early interventions to promote healthy adaptation and prevent the development of problem behavior.

Family Check-Up 4 Health Program to Address Pediatric Obesity in Primary Care: Discussion of the Adaptation Process and a study of Motivational Interviewing Skills and Caregiver Engagement

Cady Berkel and J.D. Smith

The increasing prevalence of obesity in childhood represents a significant yet preventable public health problem. This presentation concerns a type II hybrid implementation-effectiveness trial conducted in pediatric primary care with 240 (141 intervention, 99 services as usual) primarily low-income, Mexican-origin families with children with body mass index (BMI) ≥85th percentile. We discuss the adaptation of the original Family Check-Up for delivery in primary care settings to address pediatric obesity: Family Check-Up 4 Health (FCU4Health). Next, we present the findings of a study of Motivational Interviewing (MI) skills on family motivation and engagement in follow-up services. Delivery of FCU4Health was observationally rated using the validated COACH system. COACH dimensions capturing MI skills were linked to several indicators of responsiveness, including insession engagement, engagement in follow-up parenting modules, and progress toward health and behavior goals. Last, we discuss preliminary results of immediate intervention effects on child and family health behaviors and anthropometric measures.

Bios:

Cady Berkel, Ph.D. is an Associate Research Professor at Arizona State University and Phoenix Children's Hospital. Her research focuses on addressing health disparities through implementation science and the translation of EBPs to regular service systems. She leads three grants to assess the effectiveness and implementation of the Family Check-Up 4 Health, an adaptation of the FCU, co-developed with Smith and Dishion for primary care settings. She has NIDA funding to test implementation theories in the New Beginnings Program effectiveness trial conducted with family courts. Finally, she focuses on reducing HIV disparities through programs that promote culturally-based protective mechanisms.

J.D. Smith, Ph.D. is Associate Professor at Northwestern University Feinberg School of Medicine in Chicago. His research focuses on implementation science and the translation of evidence-based interventions to real-world systems. He is Associate Director of the NIDA-funded Center for Prevention Implementation Methodology (Ce-PIM), and leads three effectiveness-implementation hybrid trials testing the integration of behavioral health in primary care. His research is supported by NIDA, NIMH, NCI, NCATS, NIAID, CDC, USDA, AHRQ, and foundations. He is a Fellow of the NIMH-funded Implementation Research Institute and serves as Associate Editor of Prevention Science and Associate Editor for Implementation Research of Families, Systems, & Health. He received his Ph.D. in clinical psychology from the University of Tennessee Knoxville (2011) and completed postdoctoral fellowships at the University of Oregon (2013) and at the REACH Institute at Arizona State University (2014).

The Family Check Up in the Dutch context: experiences of a pilot study Jeroen Lammers and Chris Raaijmakers

In the past two years we conducted a pilot study to implement and test The Family Check Up in The Netherlands. The goals of the study were:

- 1. Developing a Dutch version of the Family Check-Up that is suitable for the Dutch context and intended target group of young people with mild intellectual disabilities, psychological and / or behavioral problems.
- 2. Gaining insight into the practical feasibility of the FCU in the Dutch context so that targeted recommendations can be made regarding a broader implementation of the FCU after completion of the project.
- 3. Gaining insight into the effects of the FCU on determinants of smoking and drinking behavior of young people in the age of 10-14 years.

During our presentation we will present the design of the study, the implementation of the FCU and the experiences of the counselors, the families and the project team. The results of the pilot study will be available by the end of this year.

Bios:

Drs. Jeroen Lammers from the Trimbos Institute, the Netherlands, is senior health scientist with extensive expertise and experience in the field of health promotion, in particular school health promotion. After his study Health Sciences, he worked in the field of health promotion at municipality health centers and addiction care centers. At the Trimbos Institute he is project leader of the national school prevention program "The Healthy School and Drugs". This national programme focuses on development, implementation and evaluation of interventions on smoking, alcohol and drugs for students in The Netherlands. As a project leader and researcher he is involved in multiple effect studies, among which the Family Check Up. Currently he is working on his dissertation on on selective alcohol prevention for young people with specific personality traits.

Chris Raaijmakers is behavioral scientist at youth care institution Entrea Lindenhout, located in Nijmegen, The Netherlands. He is project leader of "De School als Vindplaats" ("The School as Location"), and manager of the team of counselors who are working with the Family Check Up.

Panel Discussion: Overcoming challenges to Family Check-Up scale-up: Developing a collective agenda

Moderator: Anne Mauricio

Panel members: Patric Bengtsson, Terry Bennett, Cady Berkel, Anne Gill, Chris Trentacosta

Challenges translating evidence-based interventions (EBIs) to community practice are now well documented. When interventions scale-up, the provider selection, training, consultation, and other quality assurance practices used in the context of highly controlled research studies are incongruent with agencies in community practice that have limited resources. Moreover, core intervention components that are complex and burdensome to implement are not feasible for these agencies to implement and are a mismatch for service settings that rely predominantly on fee-for-service payer systems, threatening the EBI's marketability. Scale-up of the Family Check-Up, which has extensive empirical evidence supporting its effectiveness, has been vulnerable to these barriers in scale-up. In recent years, several efforts to disseminate the Family Check-Up in the U.S. and internationally have been initiated. While there have been many successes, dissemination has also encountered many barriers. The purpose of this panel is to engage the panelists and the audience in a discussion focused on how to overcome these barriers to promote the acceptability, usability, and marketability of the Family Check-Up so that it may successfully scale-up and out in the years to come. An important component of this discussion will also be how to synthesize the efforts of the various U.S. and international groups disseminating the Family Check-Up so they can share lessons learned and collectively apply these lessons to improve the Family Check-Up implementation model.

Bios:

Anne Mauricio, Ph.D. is a licensed psychologist and an Associate Research Professor in the Psychology Department at the Arizona State University REACH Institute. Her research interests focus on the translation of evidence-based interventions for real-world delivery in community practice settings, with a focus on adapting training, consultation, and implementation monitoring protocols for feasibility and acceptability. She has been involved in the implementation and evaluation of evidence-based programs in community and school-based service settings for the last 17 years, and she has received funding from NIDA, OMH, SAMHSA, and CDC for her work. She also worked closely with Dr. Tom Dishion to begin scale-up the Family Check-Up through the REACH Institute.

Patric Bengtsson is from the Center for Progress in Children's Mental Health in Gothenburg, Sweden. He has a background in social work and child protection, where he specialized in network therapy and family work from the mid 90's. 2009 he got introduced to and trained in FCU. Since 2010 has his main responsibility been training and supervision of providers, supervisors and trainers in the Swedish FCU-implementation and in other evidence-based models.

Dr. Terry (Teresa) Bennett is an Associate Professor and child and adolescent psychiatrist at the Offord Centre for Child Studies, McMaster University/Hamilton Health Sciences. She is the co-director of the McMaster Autism Research Team and the lead investigator for the "Canadian Family Check-Up" Research Program. Her

clinical work supports children with autism spectrum disorder (ASD) and preschool-onset neurodevelopmental, emotional and behaviour problems and their families. Research interests include longitudinal studies and mental illness prevention. She is currently conducting a randomized controlled trial of over 200 families in the Hamilton area, evaluating "the Family Check-Up" as a targeted preventive mental health intervention and leading an adaptation of the FCU for families of children with ASD. She is also a co-investigator on the multi-site Canadian longitudinal study "Pathways in ASD".

Cady Berkel – see page 2

Anne Gill is a Counseling Psychologist and Co-Director of the Center for Parents and Children at the University of Pittsburgh. Anne is trained as a family therapist and has worked with families and children for over 25 years using collaborative and evidence-based modalities. Since 2003, she has been implementing the evidence-based model, The Family Check-Up, as a clinician, supervisor, consultant, and trainer. As Co-Director for the Center, Anne oversees much of the local Family Check-Up implementation process with agencies. Anne has co-authored numerous articles and book chapters and contributed to the development of intervention manuals, web-based curriculum, clinician and train-the trainer instructional programs for the Family Check-Up.

Christopher Trentacosta, Ph.D. is an Associate Professor of Psychology at Wayne State University and a consultant for the United Way for Southeastern Michigan. Dr. Trentacosta is a licensed clinical psychologist who is certified as a Family Check-Up trainer-supervisor. He also conducts longitudinal research on self-regulation and emotion competence among young children from low-income families. Dr. Trentacosta received the 2016 American Psychological Association Early Career Award for Outstanding Contributions to Benefit Children, Youth, and Families, and he is an Associate Editor for the Journal of Family Psychology and Infant and Child Development.

The GOALS Program: Serving low-income families with young children in Metro Detroit

Christopher Trentacosta

This presentation provides an overview of the Gain Opportunities to Achieve Lasting Success (GOALS) Program, which serves parents of children aged 0 to 5 years. With funding from the federal Social Innovation Fund and additional funding, technical assistance, and coordination from the United Way for Southeastern Michigan, the GOALS Program is being implemented by five agencies that serve low-income families in Metro Detroit. In the ongoing randomized trial to evaluate the GOALS program, families earn less income than 200% of the federal poverty line or live in zip codes where the average income meets this threshold. Families randomized into the intervention condition receive the Family Check-Up as part of the GOALS Program at baseline and at 6 and 12 month follow-ups. This presentation will provide an overview of unique features of the GOALS Program along with case examples that focus on goals set by families and referrals offered to families.

Bio:

Christopher Trentacosta – see above

"Making the Race Fair" — Implementing the Family Check-Up in a Canadian Context, a Pilot Study

Terry Bennett

In our province of Ontario, Canada a recent 2014 update to the original Ontario Child Health Study (OCHS, 1983), and a survey of over 10,000 households, revealed that 18% of children and youth report clinically significant levels of mental health problems. Of these, fewer than 35% report recent mental healthcare contact. This signals a need for better ecological models of mental healthcare and prevention within a universal healthcare model.

In response, our team at the Offord Centre for Child Studies (McMaster Children's Hospital/McMaster University) is leading "Making the Race Fair", the first Canadian evaluation of the FCU in a sample of 207 families of children aged 2-4 years at risk for persistent emotional and behaviour problems. I will discuss the design of this effectiveness pilot RCT, including comparisons to U.S. studies, present initial screening and baseline data and discuss challenges. Input is most welcome.

Bio:

Dr. Terry (Teresa) Bennett is an Associate Professor and child and adolescent psychiatrist at the Offord Centre for Child Studies, McMaster University/Hamilton Health Sciences. She is the co-director of the McMaster Autism Research Team and the lead investigator for the "Canadian Family Check-Up" Research Program. Her clinical work supports children with autism spectrum disorder (ASD) and preschool-onset neurodevelopmental, emotional and behaviour problems and their families. Research interests include longitudinal studies and mental illness prevention. She is currently conducting a randomized controlled trial of over 200 families in the Hamilton area, evaluating "the Family Check-Up" as a targeted preventive mental health intervention and leading an adaptation of the FCU for families of children with ASD. She is also a co-investigator on the multi-site Canadian longitudinal study "Pathways in ASD".

Family support social workers (work-integrated) learning – the use of research and reflection

Jennie Ryding

My PhD-project is a collaboration between the Child & Youth Research Center at University West and the Center for Progress in Children's Mental Health, a primary health care unit in Gothenburg, Sweden. The Center for Progress in Children's Mental Health is responsible for the education and implementation of Family Check-Up (FCU) in Sweden.

My research concerns the use of research-supported models, in this case exemplified by FCU, and the use of reflection in family-support social work and professionals' thoughts about and their experiences of both in relation to professional learning and development.

In my presentation, theoretical insights as well as results from my research will be provided. Starting from the field of reflection, I am moving on to evidence-based practice (EBP) and its associated research-supported models, discussing similarities and differences as well as the need of both in everyday practice, challenging some prevailing understandings and misconceptions in relation to these concepts.

Bio:

Jennie Ryding, PhD-student in education with specialization in work-integrated learning (WIL) at University West, Sweden. My PhD-studies focuses on family support social workers trained and active in the evidence-based model Family Check-Up (FCU) and their professional learning and development. My research focuses on the use and role of both reflection and research, as well as opportunities and resources for professional learning and development. My aim is to contribute to the discussion on the use of EBP in social work, arguing for the importance of both research- and experience, hopefully bringing about a more nuanced understanding of EBP.

Increasing the Ecological Validity and Pragmatic Usefulness of Threat Assessments by Using Structured Family Assessments: The Family Check-Up as an Example

Kevin Moore

Presentation will demonstrate how adding a contextualized family assessment (Family Check-Up) to recently developed community and school risk assessment protocols can significantly improve the validity and pragmatic usefulness of such assessments. Moreover, after most risk assessments are completed students often return to school and a more ecological approach to assessing risk situations enhances a risk assessment team's ability to make risk determinations, placement decisions, and develop home-school safety plans. Case examples will be shown.

Bio:

Kevin J. Moore, PhD, is a senior research associate, lecturer, and an intervention scientist at the University of Oregon. He has over 30 years of experience in juvenile justice, mental health, K-12 schools and child welfare and was the first clinical director at the Oregon Youth Authority. He currently focuses on the development and implementation of evidence-based and evidence-informed behavior health treatments. He clinically supervises at the U of O's Child and Family Clinic and teaches graduate courses in school and counseling psychology. He also continues to be a working school psychologist.

Positive Family Support- Family Check-Up. Pennsylvania's Implementation Experience

Kathryn Poggi

This presentation will orientate the participants to the implementation of Positive Family Support- Family Check Up and the rationale for layering this valuable resource into our established Positive Behavior Interventions and Supports (PBIS) statewide network. Nuances of local level site implementation will be shared and also strategic planning for buy-in from the full school-staff, local community, and engaged family members. Sustainability and experienced barriers of implementation will be shared to help inform and spotlight the immense value in including this intervention as a part of a multi-tiered system of support (MTSS) and within a positive behavior intervention and support framework.

Bio:

Dr. Kathryn Poggi—areas of specialization include Autism Interventions - Applied Behavior Analysis (ABA) programming and Multi-Tiered Systems of Support (MTSS) with expertise in Positive Behavior Intervention and Supports (PBIS). Kathryn is a Nationally Board Certified Behavior Analyst with a teaching certificate in Early Childhood and Elementary Education along with a master's degree in School Psychology. Kathryn's Doctoral Degree is in Educational Psychology and Instructional Design. Kathryn has dedicated the past 30 years to advocating for youth and families of children with disabilities to be the best they can be and to fully thrive successfully in each of their settings.

Panel discussion: Positive Family Support: Where PFS and FCU meet

Moderator: Beth Stormshak

Panel members: Greg Fosco, Andy Garbacz, Kevin Moore, Kathryn Poggi

Bios:

Beth Stormshak - see page 1

Greg Fosco: As the head of the Family PrOcess and Well-being Enrichment Research (POWER) Lab, Greg Fosco works with colleagues and students to investigate the family as a context of adolescent development with the ultimate goal of informing interventions to better serve families and youth. His research, and that of the Family POWER Lab, follows two inter-related lines of inquiry. The first line focuses on understanding the family system and its influence on adolescent development. He has conducted research on adolescent social/emotional outcomes (e.g., romantic relationship competence, self-regulation), psychopathology and substance use risk, and positive well-being (e.g., subjective well-being, purpose in life). He has conducted work examining interparental conflict and relationships, family-level cohesion and conflict, and parent-child relationship quality as key facets of the family system. The second line of research has focused on family-based prevention programs, such as the Family Check-Up, on adolescent substance use, problem behaviors, and emotional distress. He is particularly interested in examining the change processes during interventions (e.g., skill

acquisition, mechanisms of change) so that we can better understand how interventions work and direct future work toward optimization of programs to be more effective and efficient.

Andy Garbacz is an Assistant Professor in the Department of Educational Psychology at the University of Wisconsin-Madison. Andy's work focuses on family-centered prevention, as well as aligning and integrating family-school-community partnerships in multitiered prevention frameworks to promote social, emotional, and behavioral competences. Andy is engaged in community partnerships that put into practice evidence-based interventions.

Kevin J. Moore – see page 7

Dr. Kathryn Poggi – see page 8

10 Years of the FCU: Implementation in Sweden

Patric Bengtsson, Åsa Nilses, Julie Showich Lundgren, Jenny Thunberg Benjaminsson, Åsa Wallentin

Bios:

Patric Bengtsson – see page 4

Åsa Nilses is a licensed psychologist with a PsyD from University of Gothenburg. Most of her clinical experience has revolved around parental counselling to support early childhood development. Since last year she is a new member of the team at the Center for Progress in Children's Mental Health in Gothenburg. Together with the rest of the team she is working with implementation of evidence-based models or programs aiming to strengthen children's mental health.

Julie Showich Lundgren has a PsyD from Central Michigan University. Her background is as a child and adolescent therapist and school psychological consultant. Living and working in Sweden since 2006, she became a certified FCU superviser/trainer and is currently responsible for evaluation and follow-up activities in the implementation of FCU and other evidence-based models at the Center for Progress in Children's Mental Health.

Jenny Thunberg Benjaminsson is a social worker with experience from the social services in areas such as abuse and mental illness. She also has experience working with children and adolescents in primary school as a school counselor. Since 2010, she has worked at the Center for Progress in Childrens Mental Health with research and implementation of FCU and other evidence-based models and since 2017 she is the manager of the agency.

Åsa Wallentin is from the Center for Progress in Children's Mental Health in Gothenburg, Sweden. In addition to experience of family work in the social services, she has worked in the primary school with students mental health. 2009 she got introduced and trained in FCU. Since 2010 she has been working with the Swedish FCU-implementation and in other evidence-based models. She has had a focus on initiation and dissemination of information linked to the models to increase anchoring and maintenance.

Family Check-Up Train-the-Trainer Model: Where We Are and Next Steps Patric Bengtsson, Terry Bennett, Anne Mauricio, Tracie Stufft

Patric Bengtsson – see page 4

Terry Bennett - see page 6

Anne Mauricio - see page 4

Tracie Stufft - At the University of Pittsburgh, Tracie has provided clinical services to families in intervention research studies using the Family Check-Up model for 15 years, working with families and children from birth to age 17. Tracie has also been a trainer and consultant for the Family Check-Up/Everyday Parenting model for nearly a decade. She earned her M.S. in Child Development/Applied Developmental Psychology from the University of Pittsburgh and has worked as a child and family psychotherapist for 25+ years. She is currently transitioning to an implementation role for a large scale-up of a tiered intervention study.

Looking Ahead/Future directions

Anne Gill and Daniel Shaw

Anne Gill - see page 5

Daniel Shaw - see page 1