What is Family Connections?

introducing

Family Connections

Diane DePanfilis, Ph.D., MSW
Family Connections Developer
OUTLINE for Today

1. OVERVIEW
   - History
   - Underlying Philosophy

2. CORE COMPONENTS
   - Intake, Outreach, Concrete Needs, Family Assessment, Outcome Driven Service Planning, Change Focused Intervention, Evaluation of Change, Service Termination

3. TARGET POPULATION
   - Risk of maltreatment and/or out-of-home placement, Families with children Birth to age 18

4. OUTCOMES
   - Intermediate and Final Outcomes

5. Implementation
   - Staffing, supervision, training, fidelity assessment, implementation support
• How was the model developed?
Interdisciplinary & Consumer Involvement

Prevention Science

Intervention Research

Implementation Science

Interdisciplinary & Consumer Involvement

Conceptual Framework for Development
History of Family Connections

1996-2002
*Federal Demonstrations - OCAN
*Federal Supported Replications - SAMHSA
*SAMHSA support to develop TA-FC

2003-2009

2010-2012
*Rated as Promising Practice
*Special Issue of Protecting Children
*JBA Final Report
*Implementation in CA, MD, MI, NJ, TX

2013-2014
*Major implementations in NYC & Florida
*Numerous papers published

2015-2016
*Studies on implementation
*Reflection on what supports are essential for implementation

2017-2019
*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
Core Components
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
**Outreach & Engagement**
- Within 1 business day CP conducts face to face visit with family.

**Emergency & Concrete Services**
- Ongoing Assessment throughout life of services.

**Comprehensive Family Assessment (CFA)**
- 30-45 days from signing for services.

**Change Focused Intervention**
- Facilitation of Change
- Advocacy/service facilitation

**Outcome Drive Service Plan w/SMART goals**
- 14 days after completion of CFA.

**Intake**
- Complete Intake & Screening Form

**Service Plan Evaluation**
- Evaluation of Change form completed 90 days after service plan.

**2nd CASI**

**Negotiate new Service Plan with family**

**Administer 3rd CASI if needed**
- 2nd Evaluation of Change form

**Achieved**
- Complete 7 point case closure

**Insufficient change**
- Case Closure

**Case Closure**
- Complete 7 point case closure

**Family Connections Flow Chart**

**Comprehensive Family Assessment Process**

**CFA Product**
• Target Population

Families with children from birth to age 18 at risk of maltreatment and/or placement
Outcomes
Original Logic Model - Family Connections

**Inputs**
- Diverse Funding
- Eligibility Criteria and Referral Procedures
- Trained & Supervised Staff
- Intervention Manual

**Intermediate Outputs**
- Intake, Outreach/Engagement
- Emergency Assistance
- Comprehensive Family Assessment
- SMART Case Plan
- Change Focused Counseling & Advocacy
- Case Plan Evaluation

**Final Outputs**
- Number of families who complete services

**Short-Term/Intermediate Outcomes**
- Increase Protective Factors
  - Parenting Attitudes
  - Parenting Competence
  - Social Support
- Decrease Risk Factors
  - Life Stress
  - Parenting Stress
  - Parental Depressive Symptoms

**Long-Term Outcomes**
- Increase child safety
- Increase child well-being
- Increase child permanency/stability
Summary Results: Risk Factors

- Comparing **all** caregivers baseline to 6 months post intervention, significant reduction in:
  - Risk Factors
    - Caregiver depressive symptoms
    - Parenting stress
    - Life stress
Summary Results: Protective Factors

• Comparing all 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 all 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)

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
• Families at sites with higher fidelity scores on program structure reported significantly greater reductions in parenting stress, caregiver depressive symptoms, and need for support.

• Families at sites with higher philosophical principle fidelity scores showed less need for social support over time and decreases in the number of critical dimensions of family functioning.

• Families at sites with higher administrative activities fidelity scores demonstrated greater reductions in child internalizing behaviors and improvements in parental attitudes but less improvement on family functioning.
Implementation Supports

Staffing, Supervision, Length of Service, Training, Fidelity Monitoring, Implementation Collaborative
Implementation

STAFFING

SUPERVISION

LENGTH of SERVICE

TRAINING

FIDELITY
Combined Resources

Local Capacity

National Coordination
ACTION for Child Protection staff and consultants provide training, technical assistance, and implementation support.

Each replication is individualized and tailored.
For further information,

Contact: Diane DePanfilis, dd482@hunter.cuny.edu; 917-453-2296