



Family Check Up (FCU)

–Tier 1–

Overview: Family Check Up is a brief, strengths-based intervention designed to reduce children's problem behaviors by improving parenting and family management practices.

Modality	Intended Audience	Staffing Requirements	Additional Materials Needed
Consists of three family sessions and subsequent follow-up services tailored to the family's needs. It is an adaptive framework; as such, some families receive more follow-up services and support than others.	Families with children ages 2 through 17	A trained FCU facilitator	Devices to be used for recording and access to online resources. Returning agencies will need to budget for annual online portal fee. <i>*The National Center for School Mental Health will provide training manuals and year 1 portal fee to all trainees.</i>

Target Outcomes

- Expand access to high-quality behavioral health and related services for students and families
- Reducing children's problematic behaviors and emotional problems by enhancing parenting skills and family management practices
- Improve parental involvement and positive parenting

Training Requirements and Important Considerations

Pre-Training Requirements: ~8-11 hours of self-paced, e-learning

Agency Requirements: 2 implementation planning meetings with the FCU team **prior to scheduling training**. Ensure sufficient referrals for each staff person delivering FCU model. Ensure sufficient support for implementation of FCU model by provider staff, e.g., devices, internet access, time for FCU sessions.

Type of Training: Four-day virtual training during regular business hours (3 hours/day scheduled by the trainer)

Post-Training Requirements: ~12 additional hours (12 sessions) for implementation support

Continuing Education Units: Participants can receive up to 12 CEU credits

Expectations for full participation and certificate of attendance: To be considered trained, the expectation is that trainees complete the full training, demonstrate engagement (e.g., on-time, stay for the full session, camera on, participation in role-plays, practice activities). **If you miss key components of the training, you may not receive CEUs or a certificate of attendance and will need to reregister and complete the full training if spots are available.**

Important Considerations: While formal licensure is not required, those implementing the Family Check-up should have relevant experience in a helping profession, such as social work, psychology, counseling, or education. This ensures that facilitators have the knowledge and skills to work with parents in a supportive and informed manner.

Implementation Requirements: Attend quarterly implementation support meetings

Translated Content: Resources are available in Spanish.

Ongoing Engagement and Expectations

POC/Supervisor Expectations:

- **Attend a Virtual Planning Meeting:** Meet with the National Center for School Mental Health and the Maryland Community Health Resource Commission to discuss metrics and deliverables including reach and target demographics, service offerings, and outcome expectations as well as the training and implementation plan for your organization.
- **Maintain regular communication** with coordinator(s) from the National Center for School Mental Health to ensure progress toward training and implementation goals including review of a monthly training email containing training and evaluation updates for your organization, and action items.
- **Provide administrative and supervisory support** to staff, including, but not limited to:
 - Share important dates (e.g. training dates, implementation support call dates), registration links, training evaluation completion reminders, and other important information with staff.
 - Ensure that providers in your organization attend the selected Evidence Based Practices (EBPs) for which they are registered. If staff register for training and do not show up, there is not a guarantee they can train at a future date, which may impact implementation plans outlined in your grant application.
 - Please provide ongoing communication with your organization's providers about training attendance and expectations. Consider providing funding for staff time to attend training and implementation calls as appropriate.
 - Ensure staff complete all training, evaluation, and implementation tasks.

Providers/Trainees Expectations:

- **Commit to attending the training once registered**
- **Complete the post-training evaluation survey** for each selected EBP immediately following the training
- **Attend implementation support meetings** scheduled with the purveyor and your organization's leadership and complete implementation surveys 3 times a year sent from NCSMH
- **Implement intervention** components as specified in the training and tailored to local community as needed

*For more information or questions pertaining to priority EBP training logistics and expectations, please contact the National Center for School Mental Health at BlueprintEBP@som.umaryland.edu. For grant-related requirements or fiscal questions, please contact Megan Brown, the Consortium Director at megan.brown@maryland.gov. For evaluation or metrics and deliverables questions, please contact the National Center for School Mental Health at BlueprintEval@som.umaryland.edu.