

Lane County Family Check-Up

Fall 2023 Update



Program Background

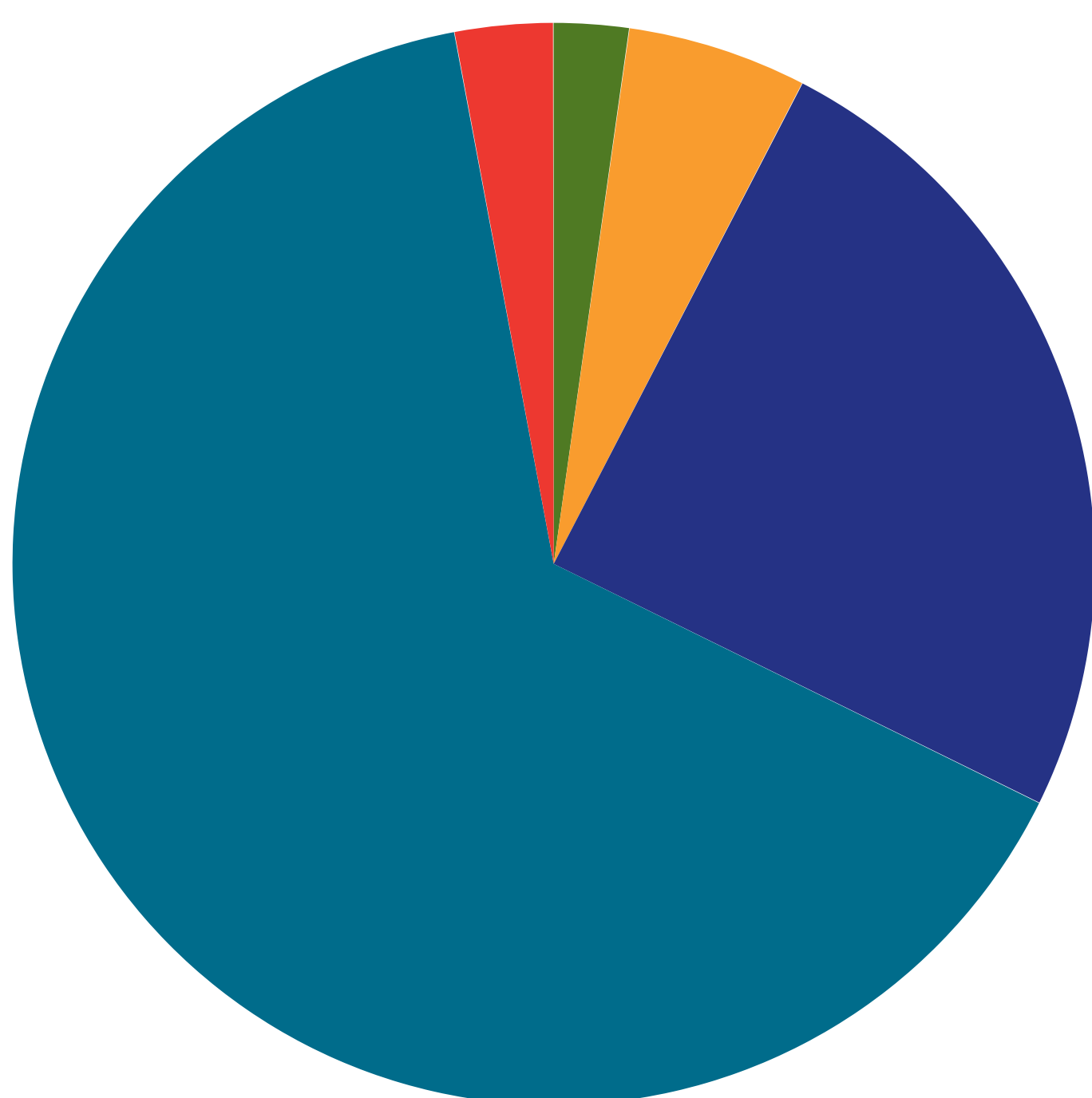
Family Check-Up is a strengths-based intervention that helps families identify well-functioning dynamics and motivates participants to make positive changes. There are three parts to the intervention:

- Intake: parents meet with staff to share information about their family
- Video-recorded observation: parents work on tasks with their children in a video-recorded session
- Feedback: parenting strengths and resources are discussed during the feedback session

Research shows that Family Check-Up can decrease childhood depression, reduce adolescent substance use, and increase positive parenting.

Lane County's Community Advisory Council Prevention Workgroup, in partnership with our local CCOs, selected this program as part of the Health Promotion and Prevention portfolio. It is housed in Lane County Family & Mediation Services, and is offered at no cost to Lane County families.

Enrollment by Location (all time)



- Junction City (2.25%) ■ South Lane (5.35%)
- Springfield (24.7%) ■ Eugene (64.77%)
- Other rural (2.94%)

Who are we reaching?

- ✓ 92% of all-time participants are Oregon Health Plan members
- ✓ 47% of caregivers are parenting by themselves
- ✓ 29% of participants in the years 2022-23 reported at least one behavioral health condition in either the parent or child.
- ✓ In 2023, the Family Check Up Coordinator began partnering with Mobile Public Health to do outreach and program enrollment in rural communities.
- ✓ Since January 2023, Family Check-Up has served 136 families (through September), and 7% of families served have been Spanish-speakers.

"It helped me change my outlook; helped me notice and even look for the positives in my parenting, rather than pick my parenting apart. This helps me feel better about myself and my abilities and have more positive interactions with my son." -Family Check-Up Participant

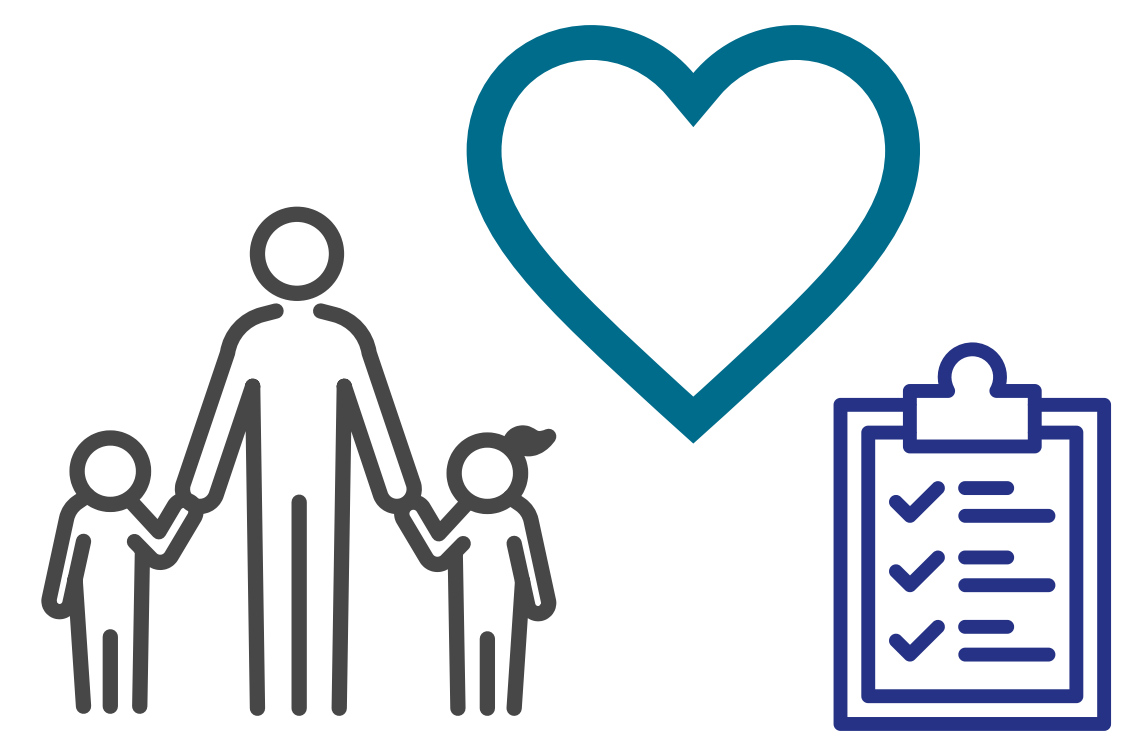
This program is funded through a Public Health partnership with Lane Community Health Council and Trillium Community Health Plan. For more information, please contact Jacqueline.Moreno@lanecountyor.gov



PUBLIC HEALTH
PREVENT. PROMOTE. PROTECT.

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2015-19

In 2015, Public Health partnered with Lane County Youth Services to offer Family Check-Up to any family with a member enrolled in OHP.

2020

Prior to 2020, Family Check-Up was facilitated in-person. In March 2020, services paused due to the pandemic.

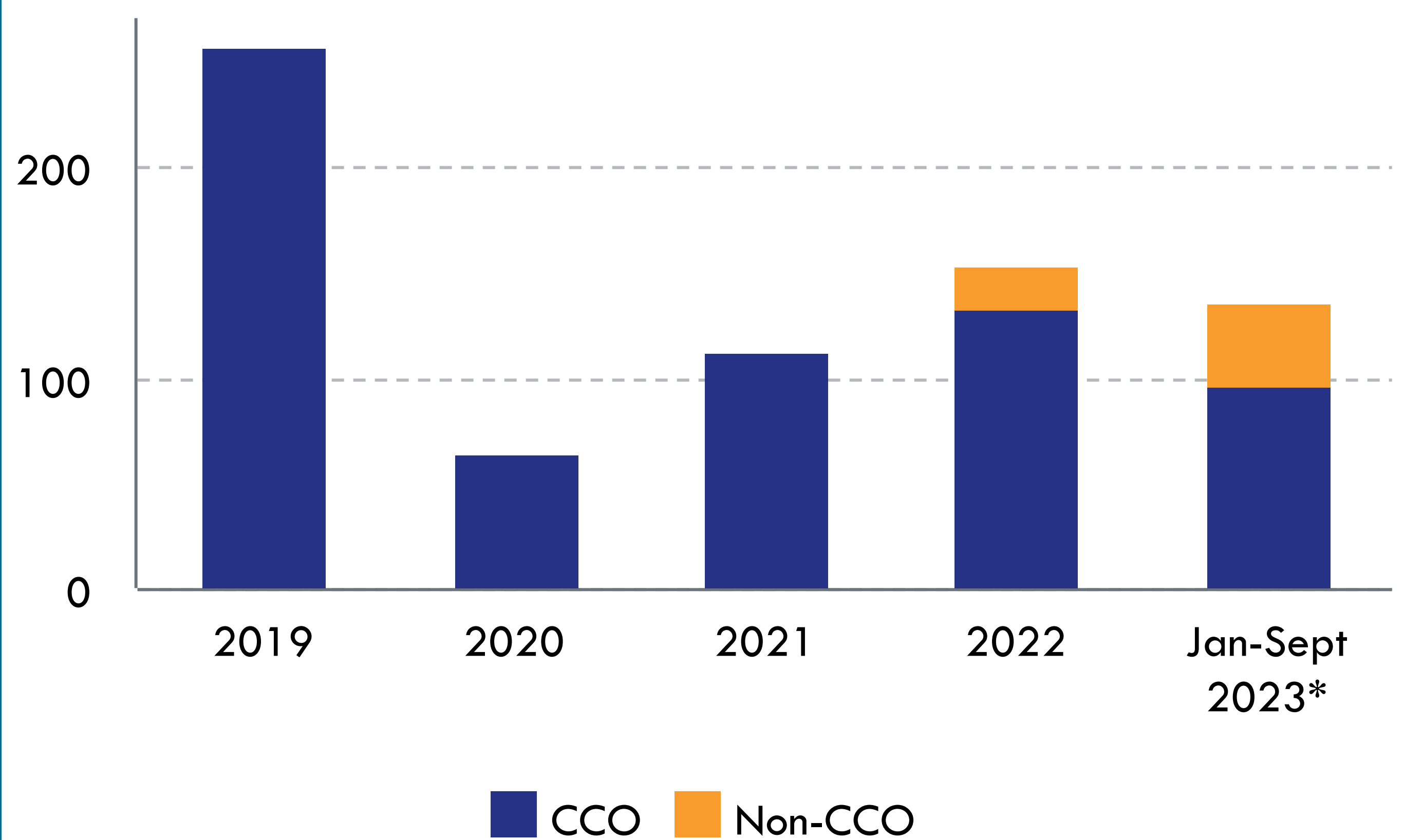
2021-22

In 2021, implementation shifted to a virtual delivery model. In 2021, the Lane County Community Advisory Council authorized the Family Check-Up program to begin serving non-CCO clients. The intent of this shift was to increase opportunities to promote the program, and to reduce stigma associated with parenting education.

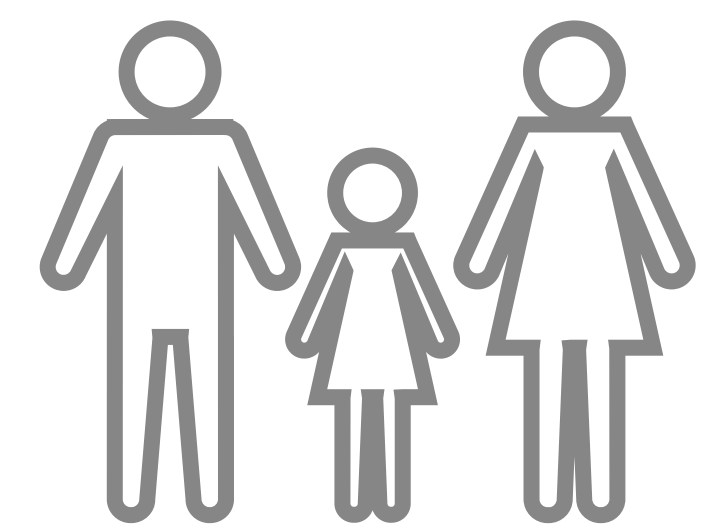
2023

In 2023, FCU began partnering with Mobile Public Health to do community-based outreach. The number of rural participants has increased from 10% to 15% since 2021.

Family Check-Up Enrollment 2019-23 (Number of Families Served)



"I liked that it was strengths based. I liked that parents and kids actually spent time together rather than just adults attending a lesson."
- Family Check-Up Participant



"I absolutely love how encouraging [the facilitator] was about positive parenting. I love that she can relate and always gives great feedback."
- Family Check-Up Participant

"I felt encouraged and listened to at the first and third session and felt seen, like we mattered from the recording session. I was moved that [the facilitator] had observations picked out to share from watching the recorded session. My family can use all the support we can get right now, and I am choked up right now when the support system is actually there for us."
-Family Check-Up Participant

Refer your clients to us!
Clients can also self-refer.



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<https://preventionlane.org/familycheckup>