

Family Check-Up

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Serving Central Pennsylvania



Family Check-Up

The Family Check-Up is a strengths-based intervention that reduces children's problem behaviors by improving parenting and family management practices. The Family Check-Up provides parents with the tools that they need to manage their children's behaviors effectively and to build a strong and positive relationship with their children.

Three Easy Steps

The Family Check-Up addresses the specific needs and strengths of each family. Providers use motivational interviewing to help parents identify things they can change to improve their relationships with their children and their children's behaviors. The family engages in three easy steps:

- **Step One:** the initial interview
- **Step Two:** a comprehensive, ecological family assessment to identify a family's needs and strengths
- **Step Three:** the feedback session

During the final step, the provider and parents meet to discuss the family's needs and goals for follow-up services.

Follow Up Services

Follow-up services may include Everyday Parenting, which is a parent management training program, and other clinical and case management supports. Follow-up services may also include interventions that offer parents support around their child's school success. In some situations, services to address parent stress, depression and anxiety, substance use, limited social support, or challenges with co-parenting may be beneficial. In these situations, follow-up work helps the parent actively address these areas, while maintaining a focus on helping parents improve their parenting skills and family relationship processes.

Benefits

The Family Check-Up has been proven to have many benefits in childhood, adolescence and into adulthood compared with the children of families who never participated in a Family Check-Up.

Impact in Childhood

- Fewer behavior and emotional problems
- Better emotion regulation
- Increased school readiness
- Decreased risk for obesity

Impact in Adolescence

- Less drug use
- Less antisocial behavior
- Less bullying in school
- Less depression.

Adolescents also had 77% fewer school absences and were 66% less likely to have failing grades.

Long-Term Impact to Early Adulthood

The Family Check-Up has long-lasting effects that include reductions in problem behavior and substance use and dependence:

- 30% less marijuana
- 54% less tobacco
- 26% less alcohol
- 38% less likely to be arrested in early adulthood

Make a Referral

Any family (biological, foster, or kinship) raising a child/children that have been impacted from caregiver drug use can be eligible. Referrals accepted from agencies or families in Cumberland and Perry Counties.

Call: 717-221-8004

Fax: 717-221-8006

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