

Family Check-Up

Service Population

Families with children ages 2-17, especially those experiencing behavioral challenges, stress, or transitions such as school changes, divorce, or relocation.

Focus Points

The Family Check-Up model is an evidence-based parenting support program that includes three phases as well as follow up services:

- Initial Intake (includes interviews and standardized tools)
- Assessment (includes standardized questionnaires and family interaction tasks)
- Feedback Session (includes feedback about observations and goal setting)
- Follow Up Support (may include Everyday Parenting skills and/or community based services/supports)

The model can be provided both in person and online.

For additional information about this program or to make a referral, please contact our team and we would be happy to assist you.



Program Description

The Family Check-Up model is a strengths-based, evidence informed parenting support program designed to promote positive family relationships, improve child behavior, and enhance overall family well-being. It provides families with personalized feedback and practical strategies to support healthy development in children and adolescents.

The program focuses on strengthening parenting skills and family communication, reducing child and adolescent behavioral problems, support emotional and mental well-being for all family members, and promote academic success and social competence in children.

The in person program is a strength-based intervention that is assessment-driven and tailored to improve family management practices, such as family routines and parenting. The program integrates Motivational Interviewing strategies and treats the parent as an expert in a collaborative process between the parent and provider, with the ultimate goal of supporting child mental health, positive behaviors, and family relationships.

The model follows three phases: interview, assessment, feedback and then follow up service recommendations such as community based services and/or Everyday Parenting. The process combines empirically-validated assessment with motivational interviewing to engage families in identifying strengths and areas for improvement in parenting.

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