



2008 Family Check-Up Institute

Dates: August 11–14, 2008

Location: Child and Family Center, Eugene, Oregon

Cost: \$1,000 per person (\$250 per day)

Contact & materials: Sebrina Anderson (sanders4@uoregon.edu), 541.346.4805

2008 Presenters:

- Drs. Tom Dishion, Beth Stormshak, and Kate Kavanagh, University of Oregon
- Drs. Daniel Shaw and Anne Gill, University of Pittsburgh
- Drs. Juliana de Sousa and Mel Wilson, University of Virginia

Continuing education credits are available.

Family Check-Up Institute

The Child and Family Center Family Check-Up Institute conducts an annual series of intensive four-day training workshops for professionals interested in learning more about CFC's ecological model of intervention, called EcoFIT, and learning to use the Family Check-Up.

The Family Check-Up, which is central to the EcoFIT model, is

- an empirically validated clinical intervention
- designed to effectively reduce problem behaviors and mental health problems in children and adolescents
- a model-driven, strength-based, assessment-based approach
- designed by CFC researchers to increase caregiver motivation
- designed to link directly to various treatment modules within the broader EcoFIT model
- a tailored, adaptive intervention that meets the challenges of each family's specific needs, including families from a variety of cultural backgrounds
- empirically validated with toddlers, school-age children, and adolescents with problem behaviors and adolescent depression

The FCU Institute's expert team of presenters walks attendees through each step of the model, from conceptualization to application of the intervention with various age groups. The workshops provide a foundation for implementation of the approach, and if desired, further consultation with the team.

The FCU Training Institute provides instruction and practice in

- empirical evidence and foundation for the FCU
- family assessments of strengths and weaknesses
- motivational interviewing techniques relevant to caregiver resistance to change

Attendees also learn about

- transitioning from feedback to family-tailored follow-up intervention
- tailoring the FCU to service delivery needs
- basic strategies for teaching parents positive reinforcement, monitoring, proactive parenting, and limit setting with all ages

The FCU Institute is designed for

- intervention scientists
- psychologists
- social workers
- program developers
- advanced graduate students
- educators