

# news release

## Child and Family Center/University of Oregon

195 West 12th Avenue • Eugene, OR 97401-3408  
vox 541.346.4805 • fax 541.346.4858

Date: June 2008

Contact: Cheryl Mikkola, Science Editor  
346.4419 or [cmikkola@uoregon.edu](mailto:cmikkola@uoregon.edu)

---

University of Oregon psychology professors Tom Dishion and Beth Stormshak, codirectors of the Child and Family Center, announce the first training institute for the Family Check-Up and the family intervention and treatment model, EcoFIT. EcoFIT is an ecological, family-centered approach to working with youth and families to prevent and treat mental health problems. The Family Check-Up, central to the EcoFIT model, is an empirically validated clinical intervention designed to effectively reduce problem behaviors and mental health problems in young children and adolescents.

The Family Check-Up was developed by researchers at the Child and Family Center to be model driven, strength based, and assessment based. It focuses on increasing caregiver motivation and providing direct links to various treatment modules within the broader EcoFIT model. The FCU is adaptive and can be tailored to meet the challenges of each family's specific needs, including families from a variety of cultural backgrounds. It has been empirically validated with toddlers, school-age children, and adolescents with problem behaviors and adolescent depression.

The FCU Institute offers an intensive four-day training workshop that will guide attendees through each step of the model, from conceptualization to application of the intervention with various age groups. The workshop provides a foundation for implementation of the approach, and if desired, further consultation with the training team. The expert team of presenters includes Drs. Tom Dishion, Beth Stormshak, and Kate Kavanagh from the University of Oregon; Drs. Daniel Shaw and Anne Gill, University of Pittsburgh; and Drs. Juliana de Sousa and Mel Wilson, University of Virginia.

The FCU Training Institute will provide instruction and practice in:

- Empirical evidence for the Family Check-Up
- Family assessments of strengths and weaknesses
- Motivational interviewing techniques/addressing basic issues of caregiver resistance to change
- Transitioning from feedback to family-tailored follow-up intervention
- Tailoring the FCU to your own service delivery needs
- Basic strategies for teaching parents positive reinforcement, monitoring, proactive parenting, and limit setting with all ages

**Dates:** August 11–14, 2008

**Location:** Child and Family Center, Eugene, Oregon

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

**Who should attend:** Intervention scientists, psychologists, social workers, program developers, advanced graduate students, educators

**Contact & materials:** <http://www.cfc.uoregon.edu>; Sebrina Anderson, 541.346.4805; [sanders4@uoregon.edu](mailto:sanders4@uoregon.edu).

**Continuing education credits are available.**

# # #