

# Implementation of the Family Check-Up in Community Mental Health Agencies

Clinical Effectiveness, Fidelity, & Other Outcomes

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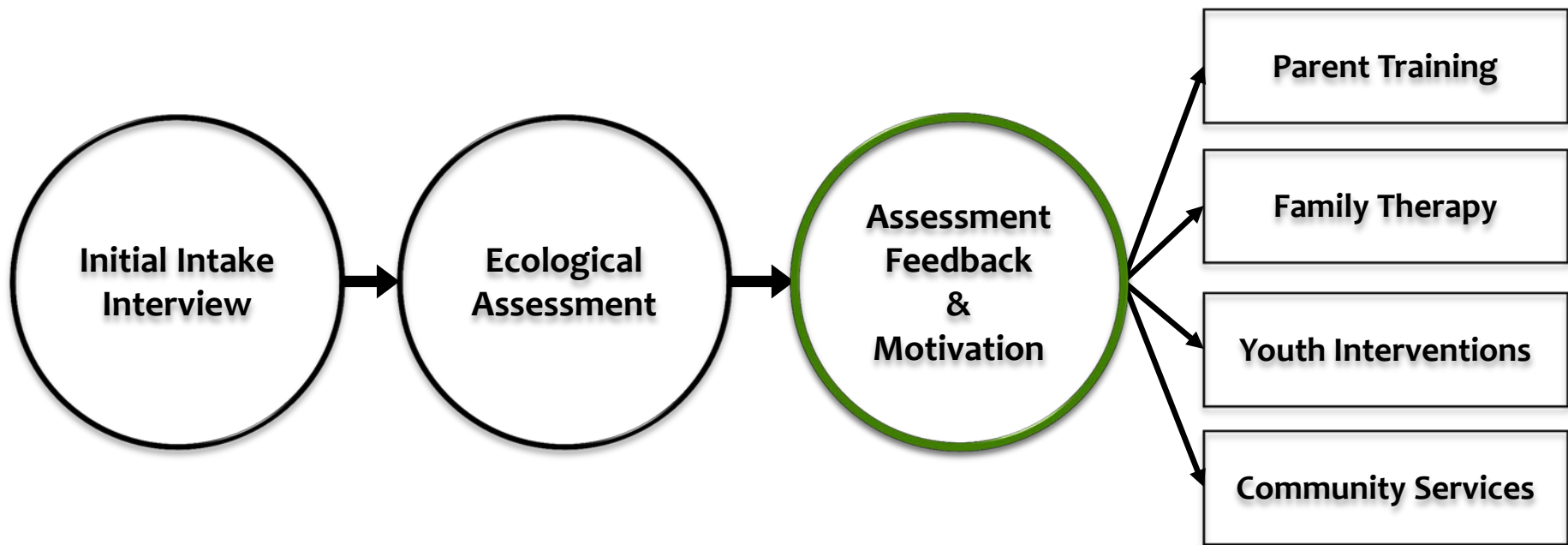


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# The Family Check-Up (FCU)



# Aims and Hypotheses

Test the **effectiveness** and **feasibility** of implementing the FCU in community mental health organizations serving youth and families

## Hypotheses

- The FCU is compatible with existing community structures and practices
- Community therapists can be trained to faithfully deliver the FCU
- Families receiving the FCU will have better clinical outcomes
- High consumer satisfaction in FCU group
- Agency and provider acceptability

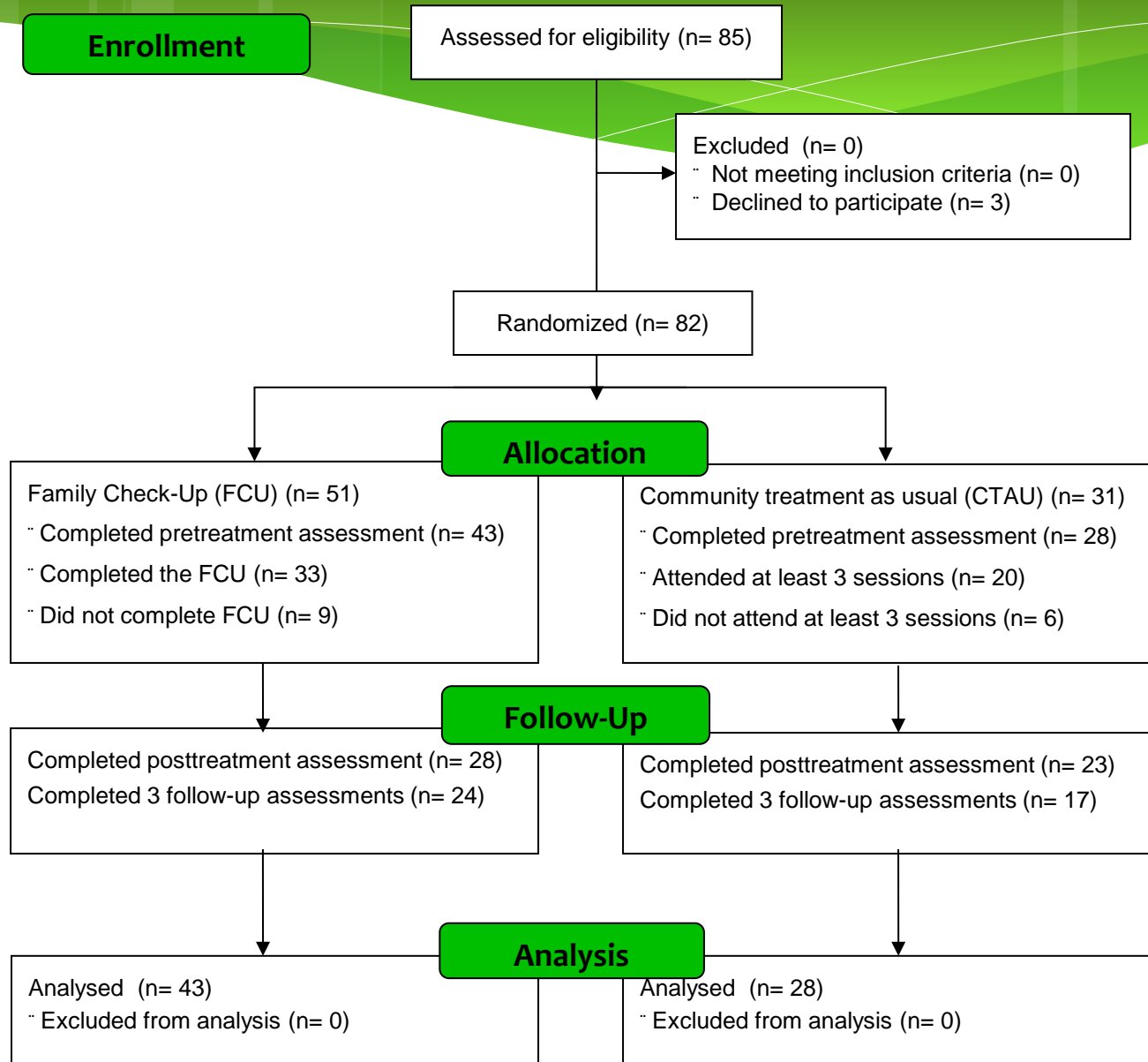
# Challenges of Community Implementation

- **Social-ecological context of the setting/providers**
  - Competing goals, reimbursement
- **Collaboration with agency administration and providers**
- **Adaptation**
  - Home-based, School-based → Clinic-based
  - Streamlined assessment packet and family interaction tasks
- **Training & Ongoing assessment of fidelity of implementation**
- **Sustainability**

# Delivery Setting & Providers

- **4 agencies in greater Portland, OR area**
  - Serving high numbers of youth and families
  - Family-based services
- **Therapists**
  - 40 (most Master's level and independently licensed)
    - Existing ranks of the agencies
    - Majority were part-time (Mean case load = 9.02/week)
    - Randomly assigned to treatment condition (FCU = 20, CTAU = 20)
  - Clinical experience = 2.85 yrs (SD = 2.45, Range: 0–10)
  - Current agency = 1.20 yrs (SD = 1.38, Range: 0–5)

# Flow of Participants



# Participating Families

- **Age Inclusion:** 10–15, 10–17, 5–17
- **Primary caregiver**
  - Age 40.1 yrs ( $SD = 9.8$ )
  - BioM (78%), BioD (12%), Adoptive M (4%), Foster M (4%), GMother (1%)
  - Single (37%), Divorced (22%), Married (15%), Cohab (13%), separated (11%)
  - Household income = \$1407/mth ( $SD = \$942$ )
- **Youth**
  - 49% female
  - Average age = 11.6 yrs ( $SD = 2.6$ )
  - European (65%), African American (16%), Hispanic-Latino (3%), Native American (3%), Asian American (1%), multiple ethnicities (11%)



# Clinical Outcome Measures

## Effective and Positive Parenting

- Construct of 4 caregiver-reported subscales
  - Positive Behavior Support (7 items)
  - Proactive Parenting (7 items)
  - Limit setting (7 items)
  - Negative Parenting Behaviors (R) (6 items)

## Conduct Problems

- 5 items reflecting conduct problems and antisocial behaviors (e.g., fighting, lying, stealing)
- Rated on a 3-point scale (0 = *not true*, 1 = *somewhat true*, 2 = *certainly true*)
- Youth and Caregiver Reports

# Analysis of Intervention Effects

- **Intention to Treat and Intervention Engagers**
  - Completed FCU (33/43/51), CTAU 3 sessions (20/28/31) = 65%
- **Repeated Measures ANOVA**
  - Pre to Post (6-months after first session)
  - Covariates: TC age, TC gender, TC ethnicity, monthly household income
  - Baseline conduct problems included in analysis of parenting construct
- **Missing Data**
  - MCAR: Little's (1988) MCAR test,  $\chi^2(79) = 70.04, ns$
  - EM Procedure (Dempster, Laird, & Rubin, 1977)

# Youth Conduct Problems

- **Intention to Treat** (71 families: FCU = 43, CTAU = 28)
  - Caregiver Report
    - Pre to Post:  $F(1) = 1.860$ ,  $p = ns$ , Cohen's  $d = .23$
  - Youth Report
    - Pre to Post:  $F(1) = 6.683$ ,  $p = .012$ , Cohen's  $d = .33$
- **Engagers** (53 families: FCU = 33, CTAU = 20)
  - Caregiver Report
    - Pre to Post:  $F(1) = 5.603$ ,  $p = .02$ , Cohen's  $d = .36$
  - Youth Report
    - Pre to Post:  $F(1) = 7.662$ ,  $p = .01$ , Cohen's  $d = .50$
- **Meta analysis of EBTs vs TAU** (Wampold et al. 2011)
  - Overall Cohen's  $d = .45$ ; when TAU was psychotherapeutic,  $d = .33$

# Effective and Positive Parenting

- **Intention to Treat** (71 families: FCU = 43, CTAU = 28)
  - Caregiver Report
    - Pre to Post:  $F(1) = 2.584$ ,  $p = .10$ , Cohen's  $d = .23$
- **Engagers** (53 families: FCU = 33, CTAU = 20)
  - Caregiver Report
    - Pre to Post:  $F(1) = 1.280$ ,  $p = .26$ , Cohen's  $d = .15$

# Fidelity of Implementation

## COACH Rating System

- Conceptual understanding of the model
- Observant and responsive to client reactions and needs
- Actively structures sessions to optimize effectiveness
- Carefully teaches and provides corrective feedback
- Hope and motivation
- Observed caregiver engagement
  - needs work (1–3), acceptable work (4–6), good work (7–9)
- 32/33 FCU Feedback sessions available to code
  - 13/20 therapists completed at least one FCU
  - Mode = 2 (Range 1 – 4 completed)
- Overall score = 4.46 (ICC = .73)
  - By therapist: Range 2.67 – 5.50
  - 10/13 Therapists achieved a mean COACH score greater than 5

# Evidence-Based Practice Attitudes

- **Evidence-Based Practice Attitude Scale (Aarons et al. 2007)**
  - Attitudes toward EBPs
    - FCU Pre: 3.14 (.50)\* Post: 3.06 (.30)
    - CTAU Pre: 2.78 (.60)\* Post: 2.95 (.43)
  - Attitude toward training in EBPs
    - FCU Pre: 2.69 (.70) Post: 2.95 (.55)
    - CTAU Pre: 2.95 (.55)\* Post: 2.83 (.58)
  - Change from Pre to Post (RMANOVA)
    - $F = .056(1), p = .572$

# Client Satisfaction

- ***Consumer satisfaction and termination summary (Stormshak & Dishion, 2007)***
  - Satisfaction with services
    - FCU 4.29 (.87)
    - CTAU 4.52 (.52)
  - Impression of therapist
    - FCU 4.12 (.76)
    - CTAU 4.26 (.58)
  - Impression of change
    - FCU 3.57 (.80)
    - CTAU 3.51 (.60)

# Retention and Participation

- **Total number of sessions attended**
  - All families enrolled
    - FCU 7.10 (6.6)
    - CTAU 5.23 (4.9)
    - One-way ANOVA  $F(1) = 3.531, p = .27$
  - Engagers
    - FCU 7.64 (6.5)
    - CTAU 5.59 (4.9)
    - One-way ANOVA  $F(1) = 6.422, p = .01$



# Conclusions

- The FCU shows promise as an effective and feasible intervention for delivery in community mental health agencies
  - Successful in training therapists to acceptable fidelity
  - Intervention effects of the FCU are promising and are commensurate with the findings of previous RCTs
  - Families were highly satisfied with services and attended a greater number of total sessions
  - Successful adaptations aided implementation yet appear not to have reduced the potency of the intervention

# Considerations

- Heterogeneous sample
  - Age, presenting concern
  - Increases the ecological validity but likely reduced the magnitude of intervention effects
- Similar comparison intervention
- Sample size
- Training and supervision
- Sustainability
  - Training of leadership in the FCU
  - Staff turnover