



Family & Intercultural Resource Center

Colorado Family Resource Center Association

CFSA 2.0 Evaluation Report July 1, 2018 – June 30, 2019

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Introduction

The Colorado General Assembly established Family Resource Centers (FRCs) in 1993 as a pilot public-private initiative. FRCs provide multiple services and supports to families through a strengths-based philosophy. In 1998, the Family Resource Center Association (FRCA) was created and it serves as the Family Resource Center state intermediary.

One of the primary goals of FRCA is to support its members to provide effective Family Development services through program implementation and evaluation support, including advanced analysis of family support data that are tracked in a common data system. Colorado FRCs use the Colorado Family Support Assessment, Version 2.0 (CFSA 2.0) to track family progress and outcomes.

Colorado Family Support Assessment, 2.0

The CFSA 2.0 is a reliable family-level index of family functioning used by FRCA-member FRCs. Its purpose is to obtain an objective assessment of family well-being in multiple areas. Family Development workers administer the tool using an interview format to identify family strengths and areas for growth and change. Development of the CFSA 2.0 involved reviewing the research literature and other publicly available self-sufficiency outcome matrices; obtaining feedback from FRC staff on strengths and challenges with the prior version of the CFSA; utilizing national organizations' materials to help guide definitions in certain categories (e.g., USDA definitions of food security); and a vetting and collaborative review process with FRC Directors, family advocates, and other family support stakeholders.

The CFSA 2.0 includes the following three sections:

- **Part A, the domain matrix**, assesses family stability in 13 categories^a critical to family self-reliance (income, employment, housing, transportation, food security, child care, child education, adult education, cash savings, debt management, health coverage, physical health, and mental health). Each domain is rated on a scale of 1 to 5 using domain-specific indicators. OMNI led a study examining the consistency of family support workers' ratings on the tool and each domain was determined to have high interrater reliability (Richmond, Pampel, Zarcu, Howey, & McChesney, 2015). Furthermore, in spring 2017, OMNI conducted a multiple domain analysis examining the factor structure of the tool. Using confirmatory factor analytic techniques, a two-factor structure was identified: 1) **Economic Self-Sufficiency** is comprised of the income, employment, housing, transportation, food security, adult education, cash savings, and health coverage domains; and 2) **Health** is comprised of physical health and mental health domains. Three domains, debt management, child education, and child care, did not consistently load onto a factor and are thus analyzed separately.

^a The tool includes a 14th category, substance use, that is not part of the evaluation.

- **Part B, the Protective Factors Survey (PFS)**, assesses five factors that protect against child abuse and neglect (Family Functioning/Resiliency, Social Support, Concrete Support, Nurturing and Attachment, and knowledge of parenting, and child development). The PFS is a product of the FRIENDS Network in collaboration with the University of Kansas Institute for Educational Research and Public Service. The instrument was developed with the advice and assistance of researchers, administrators, workers, and experts specializing in family support and maltreatment and psychological measurement. The survey has undergone three national field tests. Content validity, construct validity, and criterion validity were also examined and provide evidence that the PFS is a valid measure of multiple protective factors against child maltreatment (Counts, Buffington, Chang-Rios, Rasmussen, & Preacher, 2010).
- **Part C, family readiness to change**, assesses areas in which families would like to change and how ready, on a scale of 1 to 10, they are to make a change in the identified areas. Specifically, families are asked to identify the areas in which they would *most* like to make a change (ideally no more than three or four) and then rate each selected area on a scale of 1 to 10, with 1 indicating 'not at all ready' and 10 indicating 'extremely ready'.

The CFSA 2.0 is typically administered within the first two weeks of working with a family (baseline assessment) and at three- to six-month intervals thereafter (follow-up assessments). FRC staff began administering the CFSA 2.0 in July 2015.

Data Considerations

The following should be taken into consideration when interpreting the findings presented in this report.

- Throughout the report, the number of families with valid data for each analysis is noted using the notation $n =$ sample size. Percentages are calculated using the valid percent, excluding all missing data.
- When reporting changes over time in family outcomes, when appropriate, we calculate the statistical significance by finding the probability-value (p-value). In essence, the p-value is the probability that the difference in scores is due to chance rather than a "real" difference. Conventional in the social sciences, p-values less than .05 are considered statistically significant and are denoted in this report with '* $p < .05$ or ** $p < .01$ '. We also notate when p-values were between .05 and .10 using the symbol '^ $p < .10$ '. These indicate trends in the data that are not statistically significant according to social science conventions.
- Lower p-values increase confidence that the observed difference is real, but p-values do not provide information on the strength of the difference. For that reason, we also calculate effect sizes (Cohen's d) to measure the magnitude of the observed differences. In general, an effect size of $d = .20$ is a small effect, $d = .50$ is a medium effect, and $d = .80$ is a large effect. Small and medium effects are common in the social sciences.
- In Figures 2.1 and 2.4, percentages less than 5% are suppressed for ease of viewing. A complete list of all percentages is tabulated in Appendix A.

Results

Results are organized into three sections.

- **Family Characteristics:** What were the demographic characteristics of the individuals that completed the CFSA 2.0 on behalf of their families?
- **Domain Matrix Results (Baseline and Matched Results):** In what areas did families report the greatest vulnerability when they completed their first CFSA 2.0 assessment? To what degree did families build strengths and move toward self-sufficiency over time? Did the proportion of families in safe, stable or thriving self-sufficiency areas increase from baseline to follow-up (i.e., the proportion moving from below to above the prevention line)?
- **Protective Factors Results (Matched Results):** To what degree did families increase in protective factors and knowledge of parenting/child development over time?

Family Characteristics

During this reporting period, 234 individuals at Family and Intercultural Resource Center (FIRC) completed at least one CFSA 2.0 on behalf of their families. Figures 1.1-1.4 provide the demographic characteristics of these individuals. Valid percentages are reported; missing data are excluded.

Figure 1.1. Race/Ethnicity

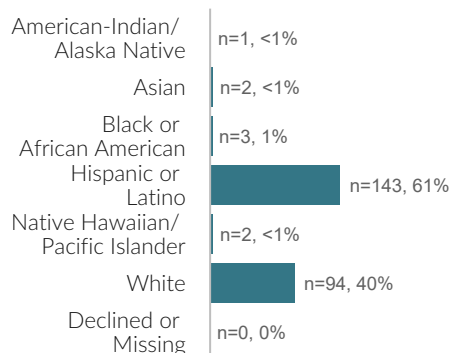


Figure 1.2 Gender

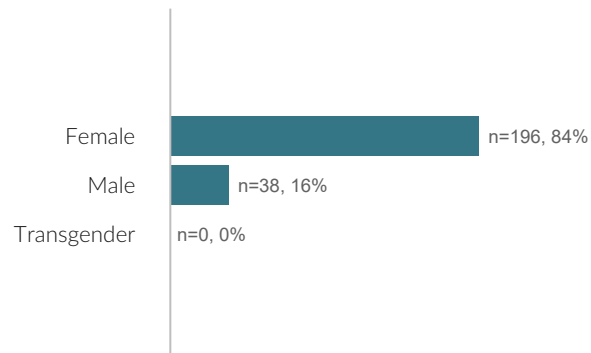


Figure 1.3 Age

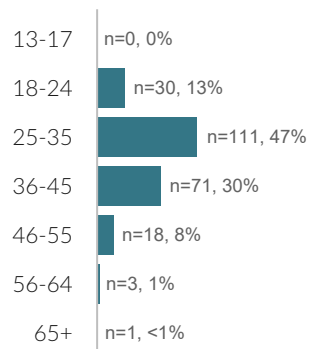


Figure 1.4 Number of Family Members

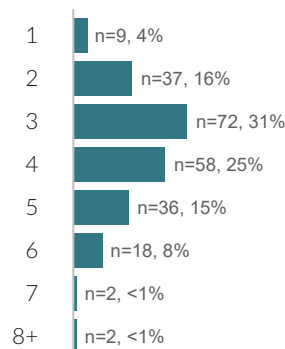


Figure 1.1 Note. Respondents could select multiple options for race/ethnicity - percentages may exceed 100%.

Domain Matrix Results

CFSA 2.0 Domain Scores at Baseline

Figure 2.1 presents the percentage of families scoring in each CFSA 2.0 category of the domain matrix at baseline, for FIRC and for all FRCs.

FIGURE 2.1. PERCENTAGE OF FAMILIES SCORING IN EACH CFSA 2.0 CATEGORY AT BASELINE FOR FIRC AND FOR ALL FRCs

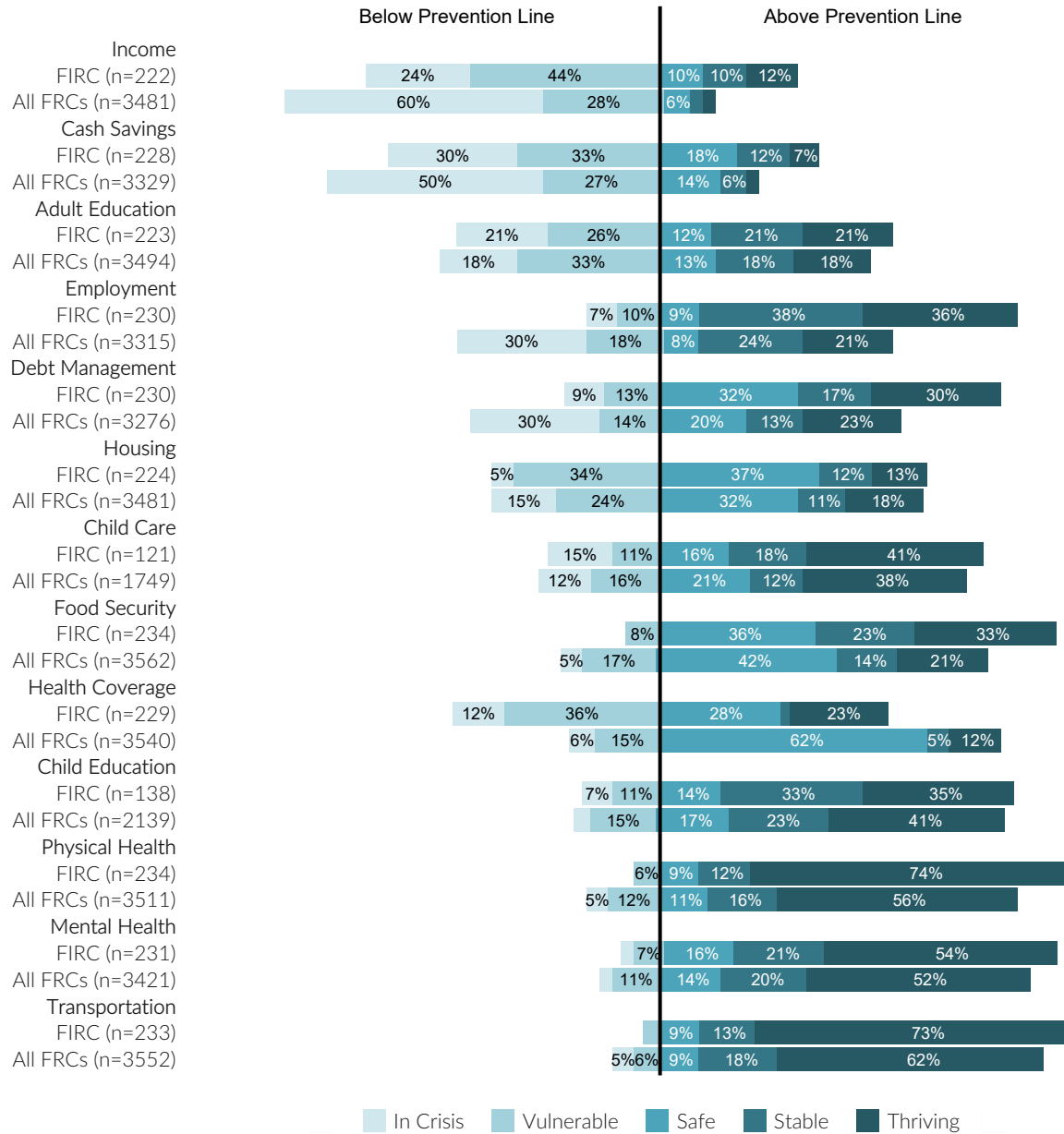


Figure 2.1 Note. Percentages less than 5% are suppressed for ease of viewing. All percentages are reported in Table A1 in Appendix A.

Time Period of Most Recent CFSA 2.0 Follow-Up Assessments

Table 2.1 displays the number of individuals with their most recent follow-ups recorded in the time frame (i.e., the time between the baseline and most recent follow-up assessment). The total represents the matched N included in subsequent analyses in Section 2.

TABLE 2.1. NUMBER OF MOST RECENT CFSA 2.0 FOLLOW-UP ASSESSMENT BY TIME PERIOD

	N	%
Follow-Up 1 to 3 Months After Baseline	44	24%
Follow-Up 3 to 6 Months After Baseline	28	15%
Follow-Up 6 to 9 Months After Baseline	16	9%
Follow-Up 9 to 12 Months After Baseline	10	5%
Follow-Up 12 to 18 Months After Baseline	18	10%
Follow-Up 18 to 24 Months After Baseline	19	10%
Follow-Up 24 to 30 Months After Baseline	27	14%
Follow-Up 30 to 36 Months After Baseline	16	9%
Follow-Up 36 to 42 Months After Baseline	8	4%
Follow-Up 42 to 48 Months After Baseline	1	1%
Follow-Up 48 to 54 Months After Baseline	0	0%
Invalid Dates	0	0%
Total	187	100%

Changes in CFSA 2.0 Domain Scores Over Time

Paired samples t-tests were used to determine whether families' scores on the CFSA 2.0 domains changed from baseline to their most recent follow-up. Figure 2.2 shows the mean scores of families who provided matched data, with higher scores indicate higher levels of well-being.

FIGURE 2.2. MEAN SCORES IN CFSA 2.0 DOMAINS AT BASELINE AND FOLLOW-UP

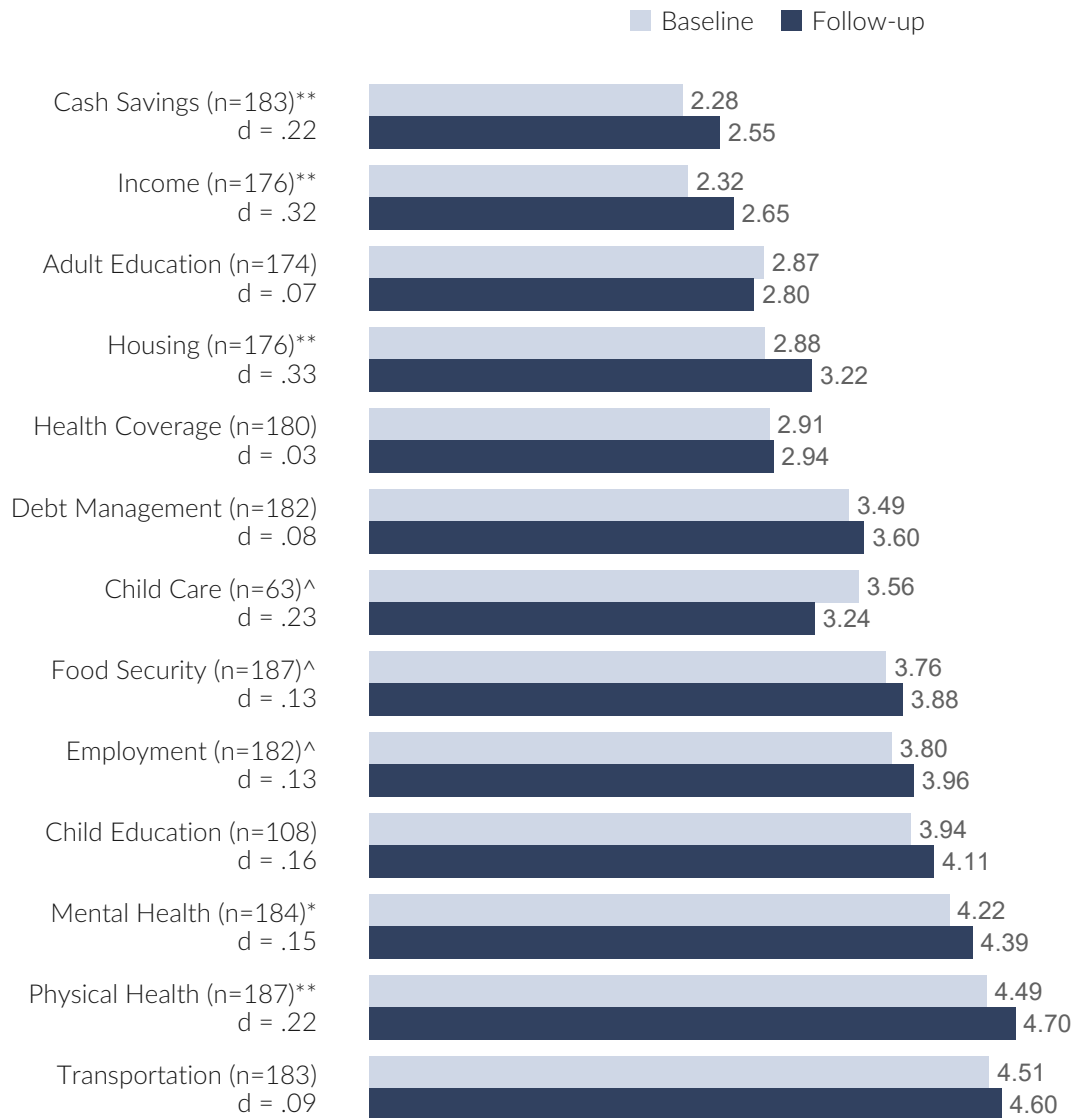


Figure 2.2 Note. Higher scores indicating higher levels of well-being $\hat{p} < .10$, * $p < .05$, ** $p < .01$.

Percentage of Families Above the Prevention Line at Baseline and Follow-Up

McNemar's tests were used to determine whether more families were above the prevention line in each CFSA 2.0 domain at follow-up than at baseline. Families below the prevention line reported a 1 (*in crisis*) or 2 (*vulnerable*) on the domain whereas families above the prevention line reported a 3 (*safe*) or higher.

FIGURE 2.3. PERCENTAGE OF FAMILIES ABOVE THE PREVENTION LINE AT BASELINE AND FOLLOW-UP

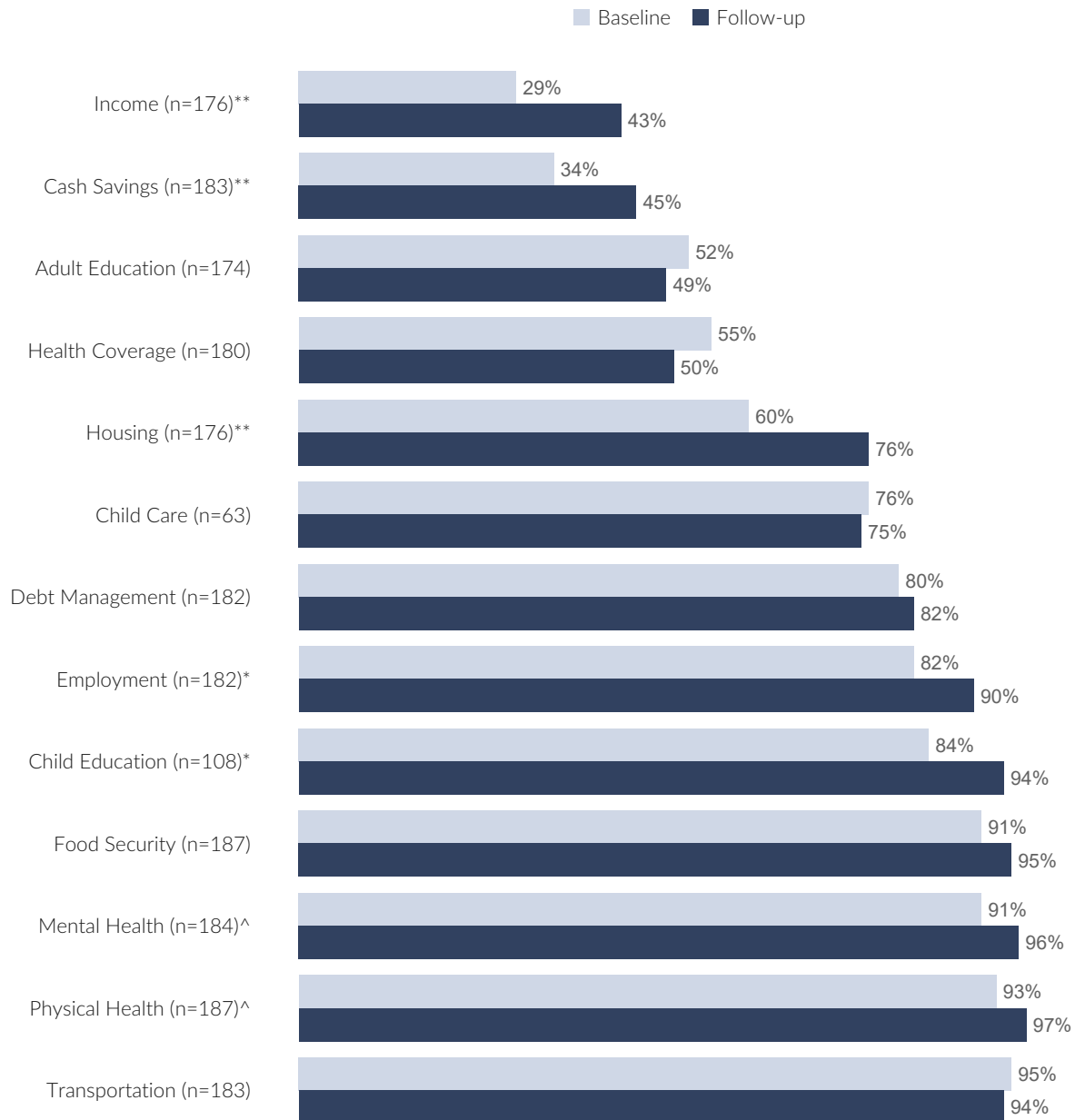


Figure 2.3 Note. ^ $p < .10$, * $p < .05$, ** $p < .01$. When the percentage of families above the prevention line for a domain was equal to 0% or 100% at either time point, a statistical test could not be conducted. These domains are signaled with an " " after the sample size.

Movement Across the Prevention Line

Figure 2.4 shows the percentage of families who either moved above or below the prevention line from baseline to follow-up or who stayed above/below it. Results for FIRC and for all FRCs are presented.

FIGURE 2.4. FAMILY MOVEMENT ABOVE/BELOW PREVENTION LINE FOR FIRC AND ALL FRCs

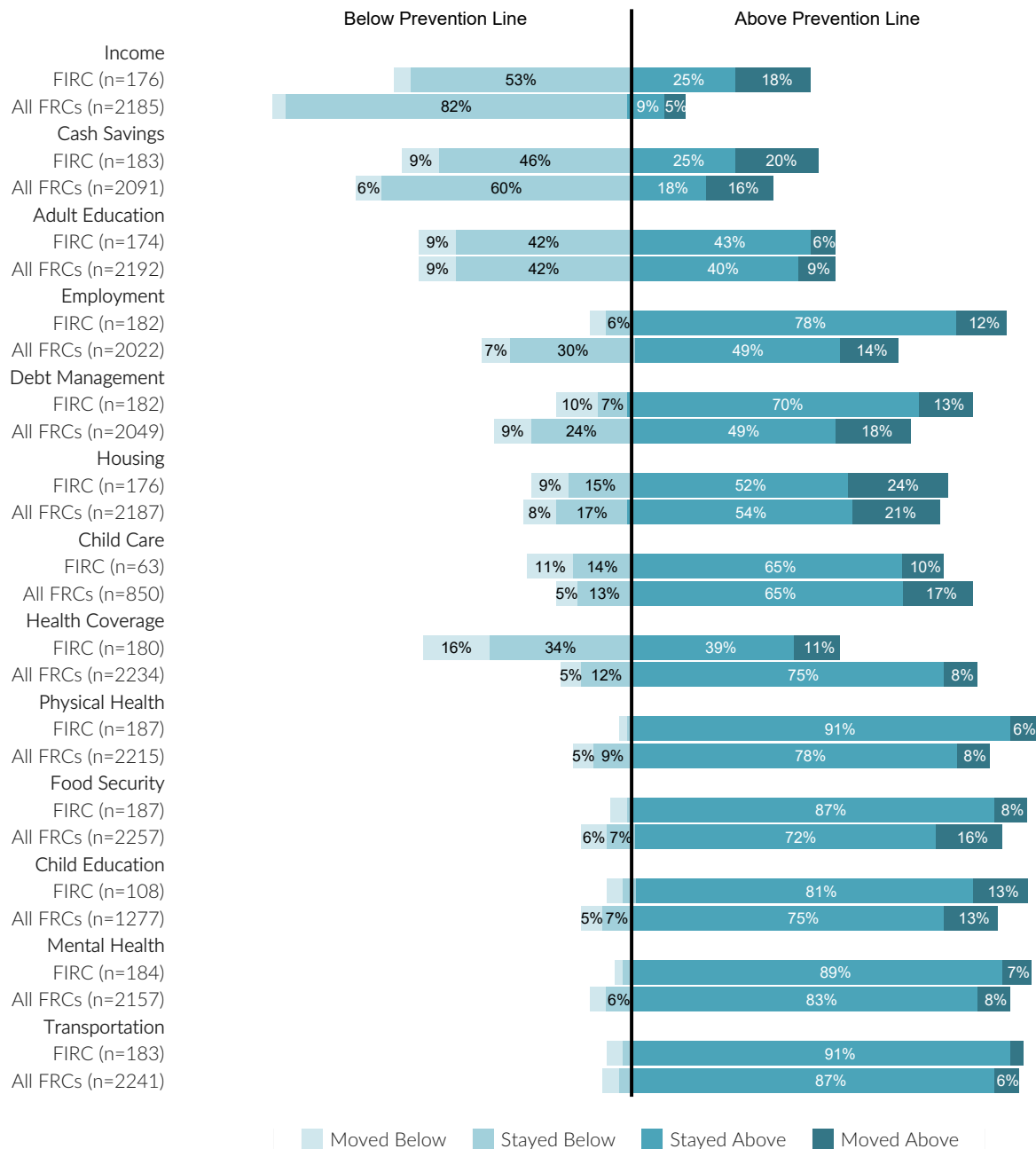


Figure 2.4 Note. Percentages less than 5% are suppressed for ease of viewing. All percentages are reported in Table A2 in Appendix A.

Changes in CFSA 2.0 Scale Scores over Time

Paired samples t-tests were used to determine whether families' scores on the Economic Self-Sufficiency and Health scales changed from baseline to the most recent follow-up. Figures 2.5 and 2.6 shows the mean scores at baseline and at follow-up for FIRC and for all FRCs.

FIGURE 2.5. CHANGES IN ECONOMIC SELF-SUFFICIENCY SCALE SCORES

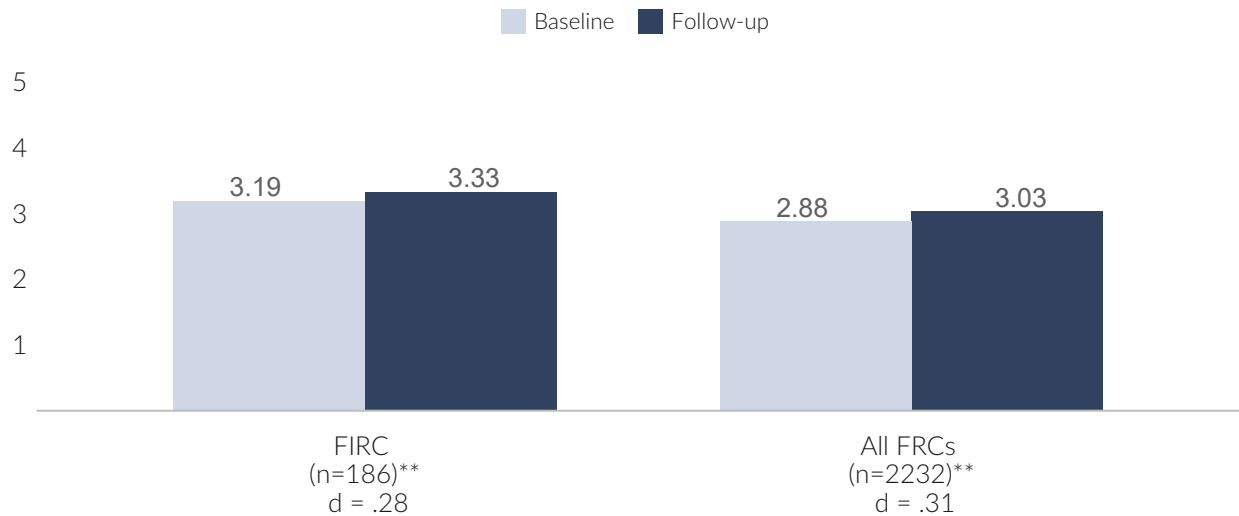
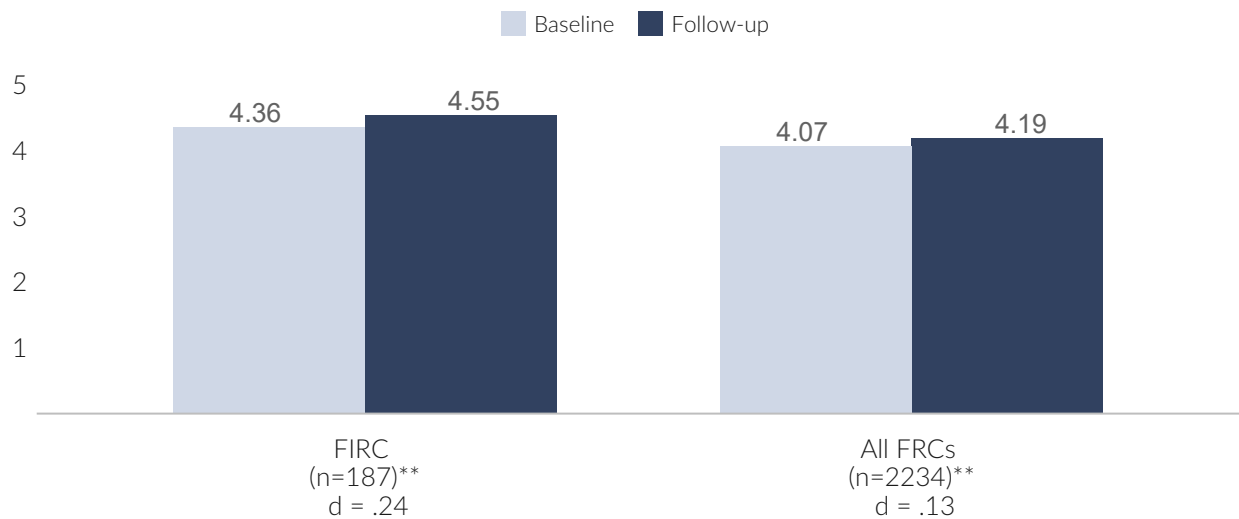


FIGURE 2.6. CHANGES IN HEALTH SCALE SCORES



Figures 2.5 and 2.6 Note. High scores indicate higher levels of well-being on each scale. $\hat{p} < .10$, * $p < .05$, ** $p < .01$.

Protective Factor Results

Changes in PFS Scores Over Time

Paired samples t-tests were used to determine whether families' scores on the PFS changed from baseline to follow-up. Figures 3.1 and 3.2 show mean score changes for each of the four PFS protective factor scale scores and the knowledge of parenting/child development individual items, respectively. Results are presented for FIRC only.

FIGURE 3.1. CHANGES IN PFS SUBSCALE SCORES

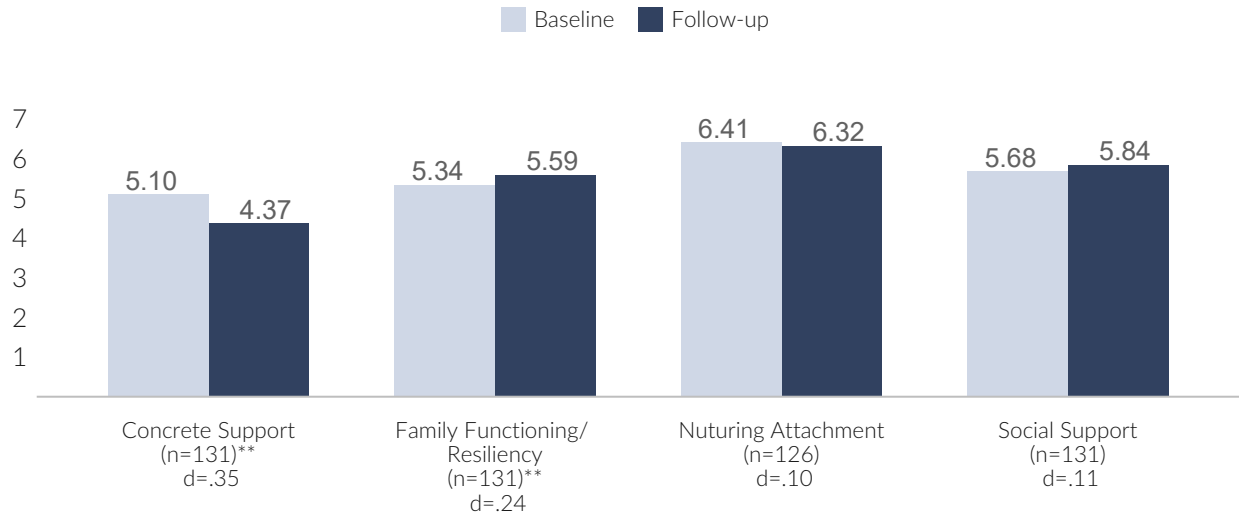
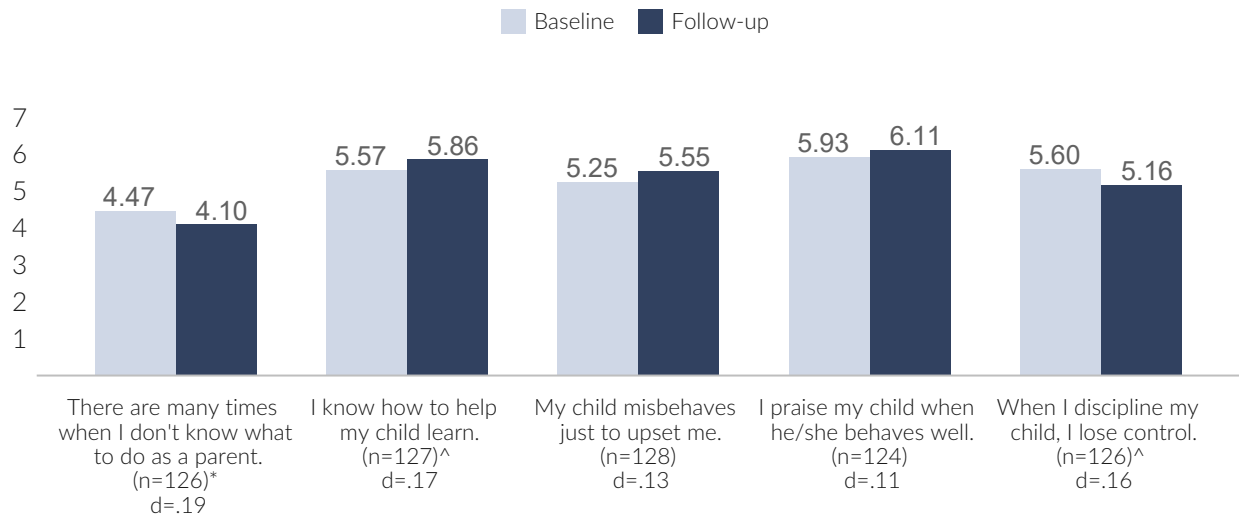


FIGURE 3.2. CHANGES IN PFS PARENTING/CHILD DEVELOPMENT ITEM SCORES



Figures 3.1 and 3.2 Note. Higher scores indicate stronger protective factors ^p < .10, *p < .05, **p < .01.

Appendix A

TABLE A1. PERCENTAGE OF FAMILIES SCORING IN EACH CFSA 2.0 CATEGORY AT BASELINE FOR FIRC AND FOR ALL FRCs IN TABULAR FORM

	Below Prevention Line		Above Prevention Line		
	In Crisis	Vulnerable	Safe	Stable	Thriving
Income					
FIRC (n=222)	24%	44%	10%	10%	12%
All FRCs (n=3481)	60%	28%	6%	3%	3%
Cash Savings					
FIRC (n=228)	30%	33%	18%	12%	7%
All FRCs (n=3329)	50%	27%	14%	6%	3%
Adult Education					
FIRC (n=223)	21%	26%	12%	21%	21%
All FRCs (n=3494)	18%	33%	13%	18%	18%
Employment					
FIRC (n=230)	7%	10%	9%	38%	36%
All FRCs (n=3315)	30%	18%	8%	24%	21%
Debt Management					
FIRC (n=230)	9%	13%	32%	17%	30%
All FRCs (n=3276)	30%	14%	20%	13%	23%
Housing					
FIRC (n=224)	5%	34%	37%	12%	13%
All FRCs (n=3481)	15%	24%	32%	11%	18%
Child Care					
FIRC (n=121)	15%	11%	16%	18%	41%
All FRCs (n=1749)	12%	16%	21%	12%	38%
Food Security					
FIRC (n=234)	0%	8%	36%	23%	33%
All FRCs (n=3562)	5%	17%	42%	14%	21%
Health Coverage					
FIRC (n=229)	12%	36%	28%	2%	23%
All FRCs (n=3540)	6%	15%	62%	5%	12%
Child Education					
FIRC (n=138)	7%	11%	14%	33%	35%
All FRCs (n=2139)	4%	15%	17%	23%	41%
Physical Health					
FIRC (n=234)	0%	6%	9%	12%	74%
All FRCs (n=3511)	5%	12%	11%	16%	56%
Mental Health					
FIRC (n=231)	3%	7%	16%	21%	54%
All FRCs (n=3421)	3%	11%	14%	20%	52%
Transportation					
FIRC (n=233)	0%	4%	9%	13%	73%
All FRCs (n=3552)	5%	6%	9%	18%	62%

TABLE A2. FAMILY MOVEMENT ABOVE/BELOW PREVENTION LINE FOR FIRC AND ALL FRCs IN TABULAR FORM

	Below Prevention Line		Above Prevention Line	
	Moved Below	Stayed Below	Stayed Above	Moved Above
Income				
FIRC (n=176)	4%	53%	25%	18%
All FRCs (n=2185)	3%	82%	9%	5%
Cash Savings				
FIRC (n=183)	9%	46%	25%	20%
All FRCs (n=2091)	6%	60%	18%	16%
Adult Education				
FIRC (n=174)	9%	42%	43%	6%
All FRCs (n=2192)	9%	42%	40%	9%
Employment				
FIRC (n=182)	4%	6%	78%	12%
All FRCs (n=2022)	7%	30%	49%	14%
Debt Management				
FIRC (n=182)	10%	7%	70%	13%
All FRCs (n=2049)	9%	24%	49%	18%
Housing				
FIRC (n=176)	9%	15%	52%	24%
All FRCs (n=2187)	8%	17%	54%	21%
Child Care				
FIRC (n=63)	11%	14%	65%	10%
All FRCs (n=850)	5%	13%	65%	17%
Health Coverage				
FIRC (n=180)	16%	34%	39%	11%
All FRCs (n=2234)	5%	12%	75%	8%
Physical Health				
FIRC (n=187)	2%	1%	91%	6%
All FRCs (n=2215)	5%	9%	78%	8%
Food Security				
FIRC (n=187)	4%	1%	87%	8%
All FRCs (n=2257)	6%	7%	72%	16%
Child Education				
FIRC (n=108)	4%	3%	81%	13%
All FRCs (n=1277)	5%	7%	75%	13%
Mental Health				
FIRC (n=184)	2%	2%	89%	7%
All FRCs (n=2157)	4%	6%	83%	8%
Transportation				
FIRC (n=183)	4%	2%	91%	3%
All FRCs (n=2241)	4%	3%	87%	6%