

Baby TALK Family Resource Assessment - Instructions

A critical component of the Baby TALK model and approach is identifying each individual family's strengths and needs in order to effectively "go where the family is" and to build a trustworthy relationship which is key to collaborating around the health and well-being of the family, the child, and the parent/child relationship. In doing this, home visitors have the opportunity to better understand the family, to support parental mastery, and to collaboratively scaffold families around services for the individual family.

Family Resource Assessment Supports Individual Family Service Plan Development

To maintain fidelity to the Baby TALK Model programs will use the Family Resource Assessment Tool as the family centered assessment which will inform the Individual Family Goal Plan (IFGP) for each individual family. This tool is based on Ruby Payne's, *A Framework for Understanding Poverty*.

The Family Resource Assessment will be started within the first 60 days of enrollment. At times, some of the FRA information is received earlier throughout the beginning discussions with the family. Overall, this is important in order to develop an IFGP within the first 2 month of services and review every 6 months thereafter.

Together, the Family Resource Assessment and the child's global developmental assessment are critical for planning with families, in order to collaboratively set goals with the family and also to monitor individual progress towards desired outcomes. These goals and desired outcomes provide the framework for the collaborative planning for each personal encounter with the family.

The Baby TALK approach to understanding families consists of:

- Building relationships
- Listening
- Learning about the family with an open mind

These important first steps helps to create specific supports and parent/child activities that speak to the uniqueness of each family. With this in mind, professionals should spend time up front on relationship building during initial home visits. Some of the items in the FRA will be answered naturally through gaining an understanding. Beyond that, the FRA is something the professional and family should talk through together. ***While strengths are listed on the back pages, professionals should begin with these, keeping in mind the areas of need the assessment considers.***

How to use the Family Resource Assessment form

The importance of the scoring relates to ***change over time***. It is not critical that a family begin with a score of a particular value. Instead, it will be upon reflection that professionals and programs should see increase in scores both at an individual family level and at a program level.

For example, the Jones family may have an original score of 40, while the Smith family has an initial score of 50. At the next update, the Jones family has a new score of 55 and the Smith family has a new score of 56. The family that shows the most progress in terms of effectively acquiring resources is the Jones family, with an increase of 15 points. The Smith family did acquire additional resources and has an increase in score by 6 points, and in terms of these two families the program overall does show positive outcomes (moving from point value of 90 to

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111). What we do not interpret is the difference between families. At the beginning, we do not know if one family indeed has more resources than the other, and at time of update we still do not know. It is only changes that tell us whether a family is moving forward, in terms of fulfilling unmet family needs.

For the purposes of thoroughly capturing the specific needs of the family, each section has an option for “other” to add additional related items. These may be scored individually, to track changes over time however, these are not included in the overall score of the section as they will differ across families.

Note: Programs will be contributing to the ongoing collection of data of this tool in efforts for publication for the field.

Areas for assessment include the following, with some examples for demonstration of reflections and scoring.

Scoring at initial assessment:

0 – Does not desire	All involved primary caregivers do <u>not</u> have resource; no primary caregiver is interested in related resources
1 – Already has	All involved primary caregivers have resource listed
2 – Desires	A primary caregiver has a new interest in relate resources

Scoring at each update:

0 – Does not desire	All involved primary caregivers do <u>not</u> have resource; no primary caregiver is interested in related resources (May have at one time been interested, but is no longer interested in resource)
2 – Desires	A primary caregiver has a new interest in related resources (Previously did not desire)
3 – Is beginning steps to achieve	A primary caregiver has, through collaboration with the program/professional begun to get related resource(s) (Previously desired)
4 – Has achieved fully	A primary caregiver has, through collaboration with the program/professional, fully acquire related resource(s) (Previously began steps to achieve or desired)

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- **Mental/Educational/Careers**

Having the mental abilities and acquired skills (reading, writing, computing) to deal effectively with daily life.

- High School/GED
 - Has primary caregiver(s) been awarded a high school diploma or passed the GED exam?
 - Does a primary caregiver wish to get supports in studying, signing up for, and/or being awarded GED certification?
- College Courses
 - Has primary caregiver(s) attended college courses and/or been awarded a college degree and wish for no more support with this?
 - Does a primary caregiver wish to get supports in attending post-secondary school coursework or to be awarded a college degree not yet attained?
- Other Education (e.g. vocational)
 - Has primary caregiver(s) completed a program to work in a trade, craft or as a technician (e.g. Automotive Technology, Electrical Engineering, Drafting/Design, Paralegal, CNA, etc. etc.)?
 - Does a primary caregiver have interest in pursuing other educational options?
- ESL
 - Has primary caregiver(s) received English as a Second Language (ESL) certification?
 - Does a primary caregiver want support getting ESL certification? (finding courses, signing up for exam, etc
- Employment
 - Is primary caregiver(s) employed?
 - Does a primary caregiver want support in finding employment? (Searching for opportunities, resume writing, procurement of interview attire, practice interviewing, career counseling, etc.)
 - Does a primary caregiver want assistance in finding a career/job that suits their individual passion?
- Becoming a citizen
 - Does primary caregiver(s) have citizenship?
 - Does primary caregiver(s) want support in understanding requirements to become a citizen (e.g. applying for citizenship, preparing for citizenship exam, obtaining a replacement certification, etc.)?
- Career counseling
 - Does primary caregiver(s) want support with career counseling specifically, whether related to finding current employment or not?
- Improving academic skill

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- Does primary caregiver(s) want support with academic skills (e.g. language arts, including reading and writing; mathematics; science; history; and technological literacy, etc.)?
 - Improving computer skills
 - Does primary caregiver(s) want support with computer-related skills (e.g. word processing, spreadsheets, database design, graphics, web design, programming, etc.)?
- **Physical**

Having physical health and mobility.

 - Insurance
 - Does the family need assistance in finding medical insurance?
 - Pre-natal care
 - Does pregnant mother have support in finding pre-natal resources (e.g. medical care, understanding of fetal development, understanding pre-natal nutrition, etc.)
 - Family Planning
 - Does primary caregiver(s) have resources for family planning (e.g. birth control, reproductive health, etc.)?
 - Dental health (for adult)
 - Does primary caregiver(s) have resources to support oral health care (e.g. dental health plans, dental health providers, etc.)?
 - Vision/Hearing (for adult)
 - Does primary caregiver(s) have resources to attend to vision and hearing (e.g. medical plan/insurance, medical provider, hearing and/or vision aids, etc.)?
 - Medical Doctor (for adult)
 - Does primary caregiver(s) have a “medical home”?
 - Does a primary caregiver want resources related to medical related resources (e.g. insurance, medical providers, etc.)?
 - Counseling
 - Does primary caregiver(s) have interest or a need for individual counseling, group counseling, family counseling, etc.?
 - Anger Management
 - Does primary caregiver(s) have an interest or need for information on strategies for managing anger, formal anger management courses, etc.?
 - Special medical care
 - Does primary caregiver(s) have an interest or need to deal with a chronic physical, developmental, behavioral, or emotional condition in the family (health and related services of a type or amount beyond that required by

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individuals in general)?

- **Emotional**

Being able to choose and control emotional responses, particularly to negative situations, without engaging in self-destructive behavior. This is an internal resource and shows itself through stamina, perseverance, and choices.

- Mental Health services
 - Does primary caregiver(s) have an interest or need for mental health services related to depression, post-partum depression, anxiety, eating disorders, obsessive/compulsive disorder, post-traumatic stress, etc.?
- Substance Abuse support
 - Does primary caregiver(s) have an interest or need for substance abuse support (e.g. Signs, symptoms, community resources for drug and/or alcohol issues)?
- Marriage/relationship counseling
 - Does primary caregiver(s) have an interest or need for couples counseling, therapy for relationships?
- Addressing depression/anxiety
 - Does primary caregiver(s) have an interest or need to deal with depression/anxiety in addition to or without mental health services (e.g. common causes, everyday coping mechanisms, counseling for depression/anxiety)?
- Controlling emotional responses
 - Does primary caregiver(s) have an interest or need for methods to gain control of emotions, avoid outbursts, or increase self-regulation based on external environment?
 - Does primary caregiver(s) have an interest or need for structured or professional help to gain control of emotions in response to external environment?
- Addressing domestic violence
 - Does primary caregiver(s) have an interest or need related to domestic violence resources (e.g. signs, classes, hotline information, agencies and community resources, shelters, etc.)?
- Smoking cessation
 - Does primary caregiver(s) have an interest or need for tools, tips, support, education on the effects of smoking, supporting someone else to quit?
- Able to make good choices

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- Does primary caregiver(s) have an interest or need for resources related to decision making, creating positive lifestyle habits, etc.?
 - Does primary caregiver(s) have an interest or need for resources to get regular guidance on making good choices?
- Perseverance
 - Does primary caregiver(s) have an interest or need to deal with adversity, setting and attaining personal goals?
- Coping strategies
 - Does primary caregiver(s) have an interest or need to deal with stress, for common methods of coping such as breathing exercises, meditation, journaling?
- Addressing Grief/Loss
 - Does primary caregiver(s) have an interest or need in community resources for individual or group therapy, understanding of the stages of grief, thinking about family relationships and attachment during grief and loss?
- I am able to choose my emotions
 - Does primary caregiver(s) have an interest or need to understand emotions, physical and psychological aspects of emotions, tools and techniques for having a sense of control over emotions and how s/he feels?
- I feel safe in my environment
 - Does primary caregiver(s) have an interest or need to deal with community violence, making a change in environment, effects of unsafe environment on children/toxic stress?
- **Financial**
 - Having the money to purchase goods and services*
 - WIC (Women Infant Children)
 - Does primary caregiver(s) have an interest or need to understand resources and services provided by WIC, understanding eligibility, applying for WIC, making an in person appointment?
 - Cash Assistance
 - Does primary caregiver(s) have an interest or need resources to acquire cash assistance (e.g. Temporary Assistance for Needy Families (TANF), The Aid to the Aged, Blind, or Disabled (AABD), Earned Income Tax Credit (EITC))?
 - Medical Card

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- Does primary caregiver(s) have an interest or need to contact local Family Community Resource Center (FCRC)/DHS office, apply for medical card, deal with a card not received?
- SNAP (Supplemental Nutrition Assistance Program)
 - Does primary caregiver(s) have an interest or need to apply for benefits eligibility, complete online application, apply at local DHS office, contact information for help in applying?
- Housing placement/assistance
 - Does primary caregiver(s) have an interest or need community resources for placement, temporary housing resources/shelters?
- Child Care assistance
 - Does primary caregiver(s) have an interest or need for Child Care Assistance Program (CCAP) eligibility, referrals to community childcare?
- CRRS
 - Does primary caregiver(s) have an interest or need for Child Care Resource and Referral contact information, services provided, finding childcare, etc.?
- Utility Support (gas, light, phone)
 - Does primary caregiver(s) have an interest or need for utility resources (e.g. Low Income Home Energy Assistance Program (LIHEAP), state assistance programs, lowering utility costs, etc.)?
- Social Security - SSI Disability Program
 - Does primary caregiver(s) have an interest or need to determine eligibility, apply for benefits for disabled workers and their dependents?
 - *Note: To be entitled to SSI benefits, you must be a U.S. citizen who meets the requirements set by the Social Security Administration (SSA). Also, to qualify for SSI benefits you need to present medical evidence that your disability will last for at least one year. Your total countable income should also be below listed Supplemental Security Income levels. The SSI amount differs from state to state.*
- Social Security - SSDI
 - Does primary caregiver(s) have an interest or need to determine eligibility to apply for SSDI benefits, information on where/how to apply, information on the options available if denied?
 - *Note: Social Security Disability Insurance (SSDI) was created to allow workers who become disabled to receive their Social Security retirement benefits early. In order for you to apply for SSDI, you need to have enough work credits based on taxable employment to be covered for Social*

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Security purposes. Since SSDI is based on FICA (Federal Insurance Contributions Act) taxes you paid throughout your working career, it entirely disregards how much money you have or do not have.

- Social Security Income for Seniors
 - Does primary caregiver(s) have an interest or need to ensure s/he gets benefits for survivors of deceased workers?
- Budgeting support
 - Does primary caregiver(s) have an interest or need for strategies related to budgeting, a method for budgeting, dealing with debt, managing credit, etc.?
- Child support payments
 - Does primary caregiver(s) have an interest or need support resources to understand child support options, pursue child support, get legal advice, deal with delinquent payments, etc.?
- Food Assistance
 - Does primary caregiver(s) have an interest or need for community resources to acquire food (e.g. food pantries, WIC, SNAP, emergency food, etc.)?
- Clothing assistance
 - Does primary caregiver(s) have an interest or need for community resources to get clothing (e.g. clothing closet agencies, community rummage sales, etc.)
- **Spiritual**

Believing in a divine purpose and guidance.

 - Affiliation with a faith-based organization
 - Is primary caregiver(s) a member of a church, synagogue, mosque, etc., according to his/her faith?
 - Does primary caregiver(s) have an interest or need assistance in finding and joining a church, synagogue, mosque, etc.?
 - I can get assistance from a local faith-based organization
 - Does primary caregiver(s) have access to assistance from a church, synagogue, mosque, etc.?
 - Does primary caregiver(s) have an interest or need assistance in getting specific on-going assistance from a church, synagogue, mosque, etc.)?
 - Affiliation with non-denominational/spiritually focused organization (AA, self help, meditation, etc.)
 - Does primary caregiver(s) have affiliation.

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- Does primary care giver(s) have a need for this resource to get assistance?
 - I can get assistance from a non-denominational/spiritually focused organization
 - Does primary caregiver(s) have access to assistance?
 - Does primary care giver(s) have a need for this resource to get assistance?
- **Relationships/Role Models**

Having frequent access to adult(s) who are appropriate, who are nurturing to the child, and who do not engage in self-destructive behavior. It is largely from role models that a person learns how to live life emotionally.

 - I have supportive relationships with family/extended family
 - Does primary caregiver(s) have supportive relationships with family or want assistance in developing supportive relationships with family members?
Note: Supportive relationships include these qualities: mutual respect, kindness, caring, empathy, compassion, understanding, encouragement.
 - I have supportive relationships with peers
 - Does primary caregiver(s) have supportive relationships with friends, co-workers, or others in the community or want support in developing supportive relationships?
 - I have someone I can go to if I have a problem
 - Does primary caregiver(s) have someone to go to when facing a problem?
 - I have someone positive I like to spend time with
 - Does primary caregiver(s) have positive relationships or want support in developing positive relationships and ways to spend time with others who are positive?
 - I have someone I want to be like
 - Does primary caregiver(s) have someone who serves as a role model or want support in connecting with others for mentorship or direction?
- **Support Systems**

Having friends, family, and backup resources available to access in times of need. These are external resources

 - I have someone to care for my child
 - Does primary caregiver(s) have center-based, home-based, family child care providers, community child care providers when needed?
 - Knowledge of public transportation
 - Is primary caregiver(s) knowledgeable about options for public transportation within the community?

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- Access/means to take public transportation
 - Is primary caregiver(s) able to use public transportation when needed?
- Access to private transportation from support system
 - Does primary caregiver(s) have support from others to get places when needed?
- Individual access/means for private transportation (e.g, own a car)
 - Does primary caregiver(s) have a car or want resources to figure out how to acquire a car?
- I have someone to call if I need something
 - Is primary caregiver(s) able to call on others when in need?
- I have someone I can count on
 - Is primary caregiver(s) able to count on someone (e.g. loyal, reliable family member, friend, peer, community member, etc.)?
- I have someone to help with information about community systems
 - Is primary caregiver(s) knowledgeable about and/or able to learn about community systems and supports from someone?
- **Child Growth and Development**
 - Developmental assessment or evaluation
 - Is primary caregiver(s) interested in developmental assessment of child based on either concerns or general interest in child's current development?
 - Vision screening
 - Does child require vision screenings not yet administered?
 - Hearing screening
 - Does child require hearing screenings not yet administered?
 - Well child visits
 - Does child require well child visits not yet completed?
 - Does child need a "medical home"? A pediatrician?
 - Does primary caregiver(s) need information related to well-child visit schedule? To the benefits of following schedule?
 - Immunization records
 - Does child require immunizations not yet administered?
 - Does primary caregiver(s) require copies of immunization records from prior doctors? From current doctor?
 - Dental health
 - Does caregiver(s) want information about caring for baby's teeth and gums?

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- Does child require a regular dental check-up? Attention to specific oral health issue?
- Baby's prenatal growth and development
 - Does caregiver(s) have knowledge of prenatal growth and development?
 - Would caregiver(s) like to get information and to discuss prenatal growth and development?
- Stages of development
 - Is caregiver(s) interested in learning about the stages of development, including predictable periods during a child's development during which the child will do something new?
- Developmental activities
 - Is caregiver(s) interested in learning about and engaging in developmentally appropriate activities with the child?
- Attachment, nurturing
 - Is caregiver(s) interested in learning about attachment and its impact on a child's development?
- Self-regulation
 - Is caregiver(s) interested in understanding the child's emerging ability to regulate or control their attention, thoughts, emotions and behaviors?
 - Is caregiver(s) interested in learning about the impact of self-regulation on other development?
 - Is caregiver(s) interested in understanding strategies to support this development from birth through age 3?
- Social emotional development
 - Is caregiver(s) interested in understanding the child's development around the child's experience, expression, and management of emotions and the ability to establish positive relationships?
 - Is caregiver(s) interested in understanding strategies to support this development from birth through age 3?
- Physical development and Health
 - Is caregiver(s) interested in understanding the child's development of gross motor, fine motor, sensory processing, and self-care routines?
 - Is caregiver(s) interested in understanding strategies to support this development from birth through age 3?
- Language Development, Communication, and Literacy
 - Is caregiver(s) interested in understanding the child's development of skills to engage with and maintain communication with others, to comprehend and use both verbal and nonverbal communication

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- Is caregiver(s) interested in understanding the child's development of early language and literacy, or recognition of printed materials?
- Is caregiver(s) interested in understanding strategies to support this development from birth through age 3?
- Cognitive Development
 - Is caregiver(s) interested in understanding the child's development in terms of learning and the development of intelligence and other mental capabilities, such as memory, reasoning, problem solving, and thinking?
- Approaches to Learning
 - Is caregiver(s) interested in understanding the child's development of curiosity, problem-solving skills, risk-taking, ability to be attentive, and to be creative and imaginative?
 - Is caregiver(s) interested in understanding the impacts of relationships on the child's development of these characteristics?
 - Is caregiver(s) interested in understanding strategies to support this development from birth through age 3?
- Toys and Sensory play
 - Is caregiver(s) interested in learning about ways to engage child with toys?
 - Is caregiver(s) interested in learning the benefits of sensory play and in some strategies to support it?
- Feeding/ Mealtime
 - Is caregiver(s) interested in learning about opportunities to engage child during feeding?
 - Is caregiver(s) interested in strategies to positively engage child during feeding/mealtime?
- Naps/Bedtime
 - Does caregiver(s) need support around developing sleeping routines? Understanding the overall sleep needs of the child?
- Nutrition
 - Is caregiver(s) interested in support around understanding nutritional needs of the child? In support around strategies to assist in ensuring child is getting optimal nutrition?
- Separation Issues
 - Is caregiver(s) interested in support around understanding the reasons behind separation anxiety? Around dealing with separation issues? In understanding common ages at which this occurs?
- Learning through play

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- Is caregiver(s) interested in understanding how play supports the child's learning? In ideas for play to support learning?
- Playing with others
 - Is caregiver(s) interested in the development over time of the child's ability to build relationships with peers? To spend time in play with peers?
- Discipline
 - Is caregiver(s) interested in support in setting appropriate limits? In dealing with temper tantrums? In positive discipline practices?
- Safety
 - Is caregiver(s) in need of support to understand car seat safety? Safety within the home environment?
 - Is caregiver(s) in need of concrete supports like car seats, safety materials for the home, etc.?
- **Family Strengths**
 - The things that families already do well or resources they already have are strengths that can serve as starting points for building further strengths and addressing challenges families might face. (Roggman, Lori A., Boyce, Lisa K., & Innocenti, Mark S. (2008). Developmental Parenting: A Guide for Early Childhood Practitioners. Baltimore: Paul H. Brookes Publishing Co.)
 - These will be dependent upon the family culture and the family's self-report of strengths. The professional may help the family think about strengths in terms of relationships, family support systems, nurturing and care for the child, overall family well-being, overall child well-being, child's development, characteristics of the family culture that attend to the healthy development and well-being of the child, etc.