



## COLORADO FAMILY SUPPORT ASSESSMENT 2.0

The Colorado Family Support Assessment 2.0 is an evidence based & patented tool used by Family Resource Centers and other strengthening family programs. The tool assesses family strengths and needs, monitors progress towards family self-reliance, and tracks the protective factors that reduce the likelihood of child abuse and neglect.

### THE CFSA 2.0 INCLUDES THREE SECTIONS:

#### CFSA 2.0 ASSESSMENT DOMAINS

This section consists of 14 domains, which assess family stability and self-reliance, such as income, housing, food security, transportation, health coverage, etc.

#### PROTECTIVE FACTORS SURVEY

Assess five key factors that protect against child abuse and neglect:

1. **Parental Resilience**
2. **Social Connections**
3. **Concrete Support in Times of Need**
4. **Knowledge of Parenting and Child Development**
5. **Social and Emotional Competence of Children**

*(Developed by the FRIENDS National Center)*

#### READINESS FOR CHANGE

Families identify 1-3 areas where they would like to make a change, using a readiness to change scale.

#### HOW

**Participant-led Discussion:** Workers trained in Motivational Interviewing have a conversation-like interaction with the family to get in-depth knowledge of the family's needs.

**Strengths-Based:** By focusing on the strengths of the family, workers are able to build rapport and trust, which leads to better outcomes.

**Progress Tracked Over Time:** Workers meet and use the tool with families at regular intervals, tracking the progress made over time.

#### WHY

**Streamlined and Accurate:** Reliability and validity studies showcase the tools' sound statistical accuracy. The tool is currently on the California Clearinghouse for Evidence-based Practices.

**Families See Results:** Yearly evaluation studies show statistically significant gains in economic self-sufficiency and health outcomes, as well as areas in family functioning/resiliency, social and emotional support, and concrete support in times of need.

## QUESTIONS? NEED INFORMATION?

303-388-1001 OR [INFO@COFAMILYCENTERS.ORG](mailto:INFO@COFAMILYCENTERS.ORG)