OMNI

OMNI Institute Report

Family Resource Center Association Center Report

Prairie Family Center: CFSA 2.0 Evaluation Report July 1, 2023 - June 30, 2024

Submitted to:

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Family Resource Center Association

Acknowledgements:

Prairie Family Center: Center Report

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. The Family Resource Center Association (FRCA) was created in 1998 and serves as the state intermediary for FRCs.

One of the primary goals of FRCA is to support its members in providing effective Family Development Services through program implementation and evaluation support, including advanced analysis of family support data that are tracked in a shared data system. Families who receive Family Development Services actively work with a Family Development worker to set goals and participate in assessments to track family progress towards goals. This includes coordinated case management provided by a trained Family Development worker.

Colorado FRCs use the Colorado Family Support Assessment, Version 2.0$^{©}$ (CFSA 2.0) to track family progress and outcomes. More information on the CFSA 2.0 is provided in Appendix A. This report, prepared by OMNI Institute, provides 2023-24 evaluation findings for **Prairie Family Center (PFC)**. For a full review of findings for all FRCs in Colorado, please see the statewide report (**Colorado Family Resource Center Association Annual Evaluation Report: July 1, 2023 - June 30, 2024**) which can be found at www.cofamilycenters.org.

Data Considerations in the 2023-24 Evaluation

Please consider the following points when digesting and interpreting this report.

The sample size (n) is shown for each analysis, and percentages are calculated using valid percentages, excluding missing data. If 10 or fewer individuals responded to an item, the data for that item are not shown. We report p-values for statistical tests to determine the likelihood that observed changes in family outcomes occurred by chance. P-values below 0.05 are deemed "statistically significant," however, this label does not tell us about the value or importance of that finding for your community, or the magnitude of that change, only that it was unlikely to occur by chance. To minimize false discoveries which occur when many statistical inferences are made on the same data, we adjust p-values for multiple comparisons using the conservative Holm Sequential Bonferroni method. To understand the magnitude of the change we calculate effect sizes using Cohen's d. Effect sizes are commonly referred to as small (d = 0.20), medium (d = 0.50), and large (d = 0.80), with small effects being common in the social sciences. The ability to detect significant changes depends on both the sample size and the size of the effect, so in cases with fewer participants, it's helpful to consider the overall pattern of change alongside statistical significance.

Results

This report provides 2023-24 evaluation findings for **PFC**. Results are organized into three sections organized around key evaluation questions.

- **Family Characteristics:** What were the demographic characteristics of the individuals that completed the CFSA 2.0 on behalf of their families?

- **Domain Matrix Results (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

Between July 1, 2023, to June 30, 2024, 137 heads of household completed at least one CFSA 2.0 on behalf of their families. Figures 1.1-1.4 provide the demographic characteristics of these individuals using all available data. Valid percentages are reported.
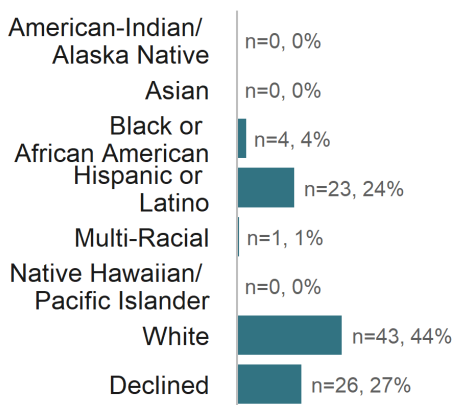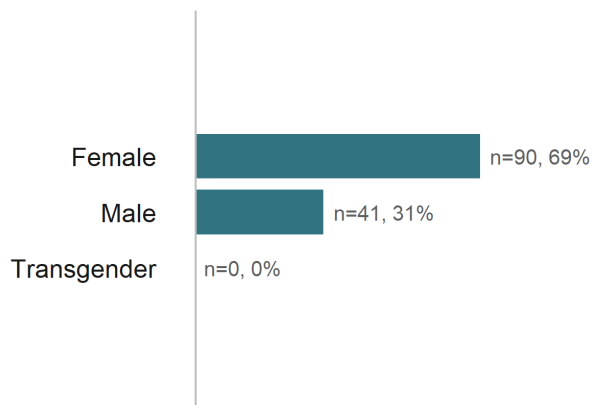
Figure 1.1. Race/Ethnicity

Category	Value
American-Indian/ Alaska Native	n=0, 0%
Asian	n=0, 0%
Black or African American	n=4, 4%
Hispanic or Latino	n=23, 24%
Multi-Racial	n=1, 1%
Native Hawaiian/ Pacific Islander	n=0, 0%
White	n=43, 44%
Declined	n=26, 27%

Figure 1.2 Gender

Category	Value
Female	n=90, 69%
Male	n=41, 31%
Transgender	n=0, 0%

Figure 1.3 Age

Category	Value
18-24	n=4, 3%
25-35	n=22, 17%
36-45	n=23, 18%
46-55	n=23, 18%
56-64	n=30, 23%
65+	n=27, 21%

Figure 1.4 Number of Family Members

Category	Value
1	n=41, 30%
2	n=39, 29%
3	n=19, 14%
4	n=12, 9%
5	n=15, 11%
6	n=7, 5%
7	n=2, 2%
8+	n=2, 2%

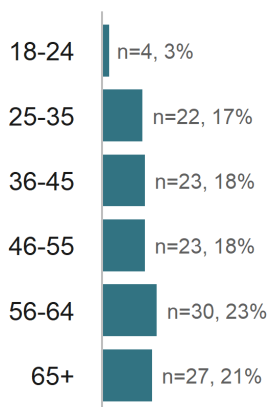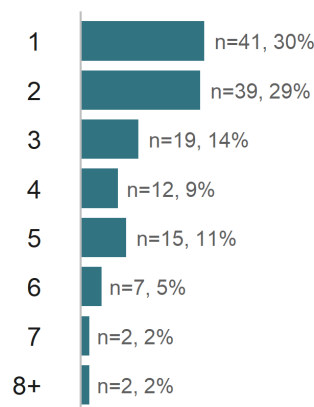*Respondents could select multiple options for race/ethnicity - percentages may exceed 100%.*
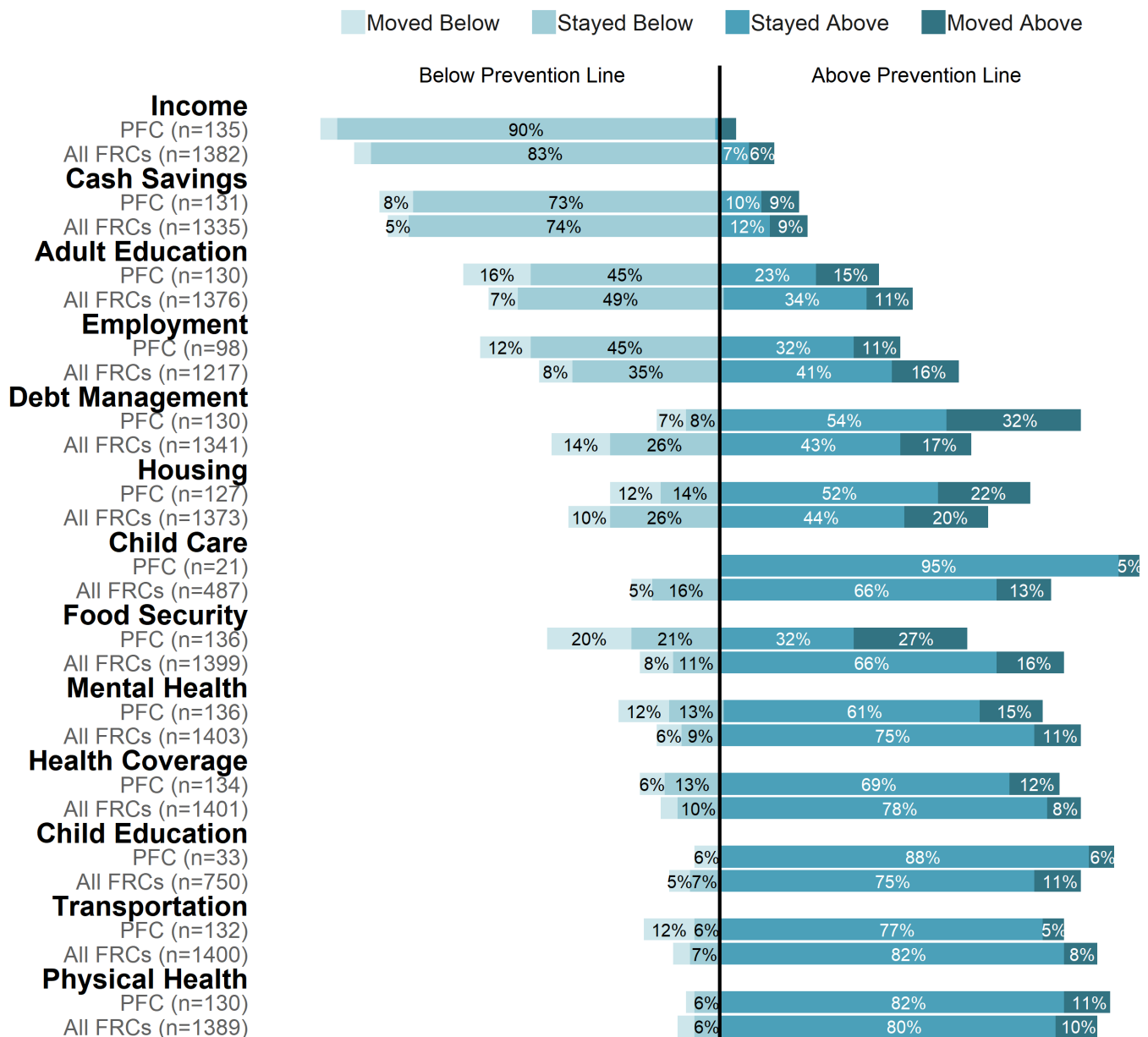
Domain Matrix Results

This section includes findings from 137 families at PFC with a matched CFSA 2.0 baseline and a follow-up assessment in this reporting period.

Changes in CFSA 2.0 Domain Scores Over Time: Movement Across the Prevention Line

On the CFSA, the prevention line is used to distinguish an in-crises or vulnerable situation from one that is safe, stable, or thriving. Figure 2.1 shows how people move above or below the prevention line. Each category captures different experiences for families. Pay special attention to families that moved above the prevention line (indicating movement to safety in that domain) and below the prevention line (indicating movement toward instability and crisis). Results for PFC and for all FRCs are presented. All percentages are reported in Table B1 in Appendix B.

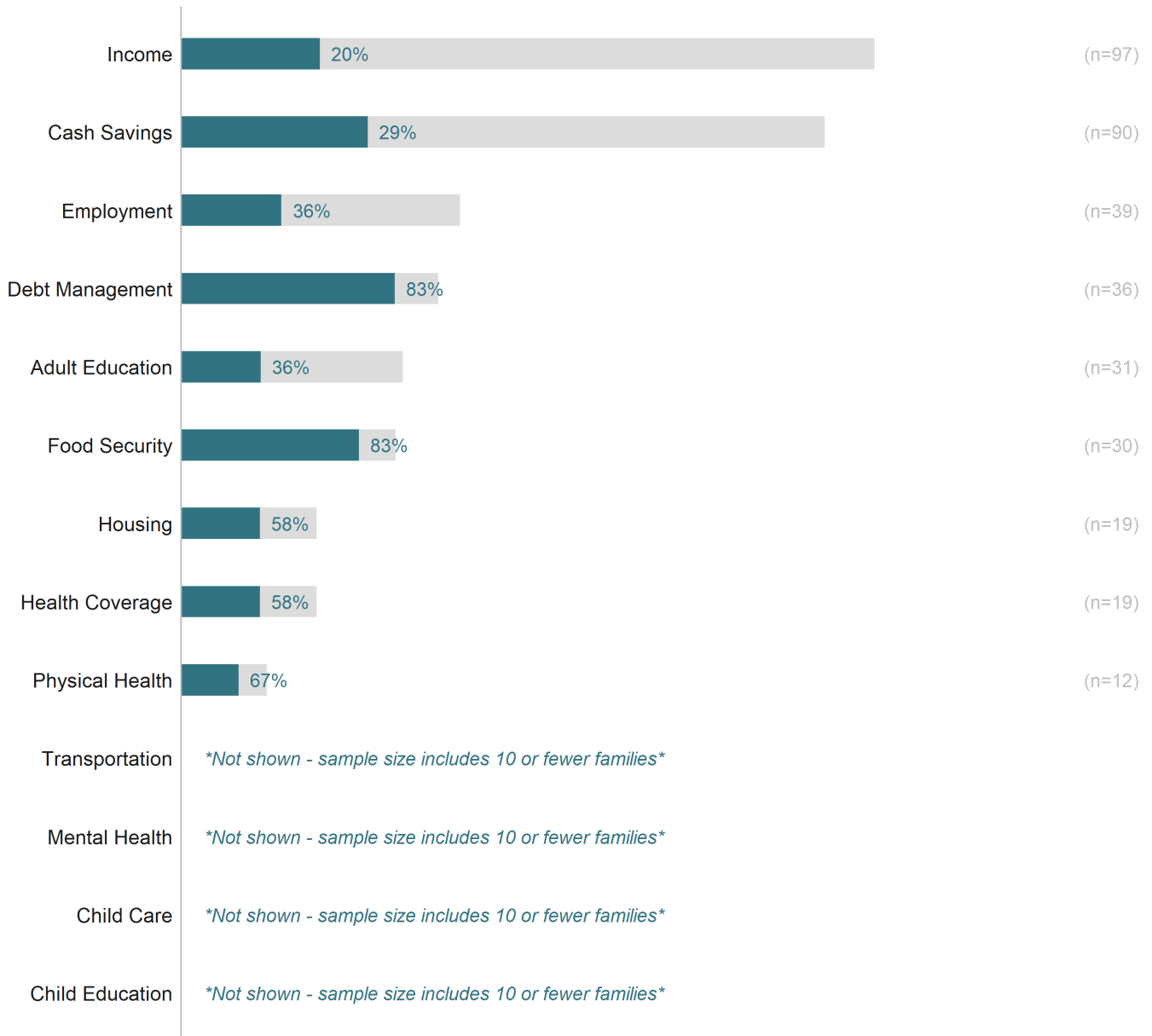**FIGURE 2.1. FAMILY MOVEMENT ABOVE/BELOW PREVENTION LINE FOR PFC AND ALL FRCS**

Percentages less than 5% are not labeled

Movement Out of Crisis

CFSA 2.0 scores indicate whether families are in crisis, vulnerable, safe, stable, or thriving. Figure 2.2 shows the percentage of families who moved out of crisis. Results show the number of families in crisis at baseline for PFC (grey bars) and the proportion of families that subsequently moved out of crisis (teal bars). Sample sizes reflect the number of families in crisis at baseline. See Appendix C for the results for all FRCs.

FIGURE 2.2 FAMILY MOVEMENT OUT OF CRISIS FOR PFC AND ALL FRCS

Income	20%	(n=97)
Cash Savings	29%	(n=90)
Employment	36%	(n=39)
Debt Management	83%	(n=36)
Adult Education	36%	(n=31)
Food Security	83%	(n=30)
Housing	58%	(n=19)
Health Coverage	58%	(n=19)
Physical Health	67%	(n=12)
Transportation	*Not shown - sample size includes 10 or fewer families*	
Mental Health	*Not shown - sample size includes 10 or fewer families*	
Child Care	*Not shown - sample size includes 10 or fewer families*	
Child Education	*Not shown - sample size includes 10 or fewer families*	

Percentages represent percent of families who moved out of crisis.

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 2.3 and 2.4 show the mean scores at baseline and at follow-up for PFC and for all FRCs.

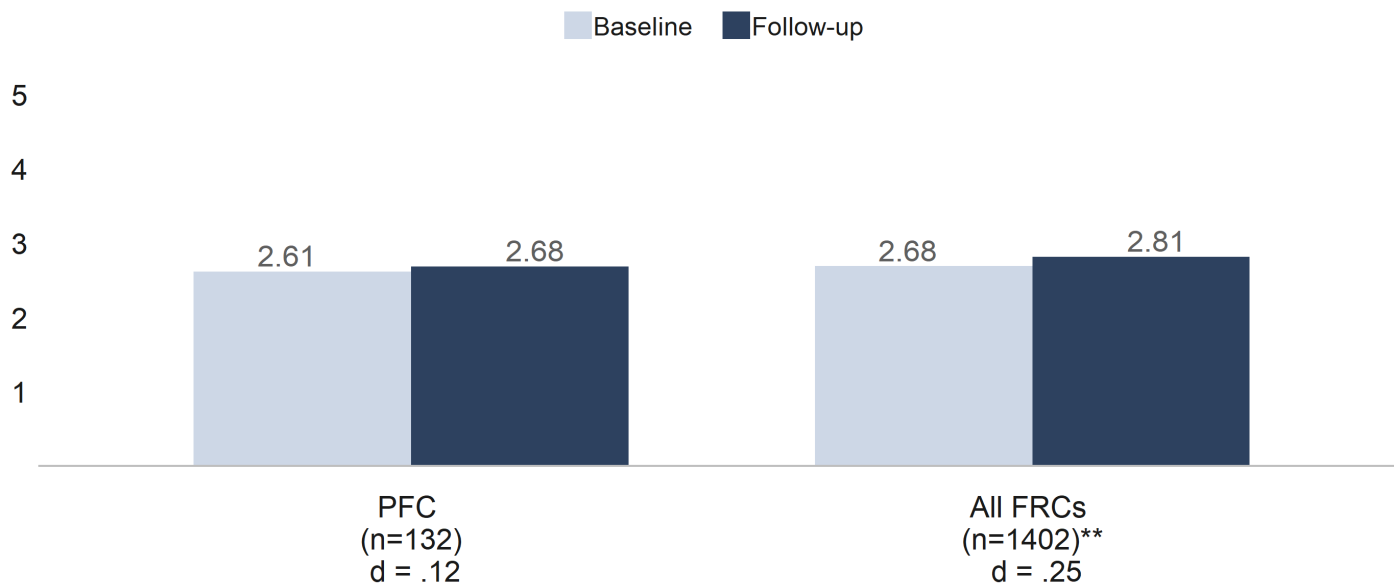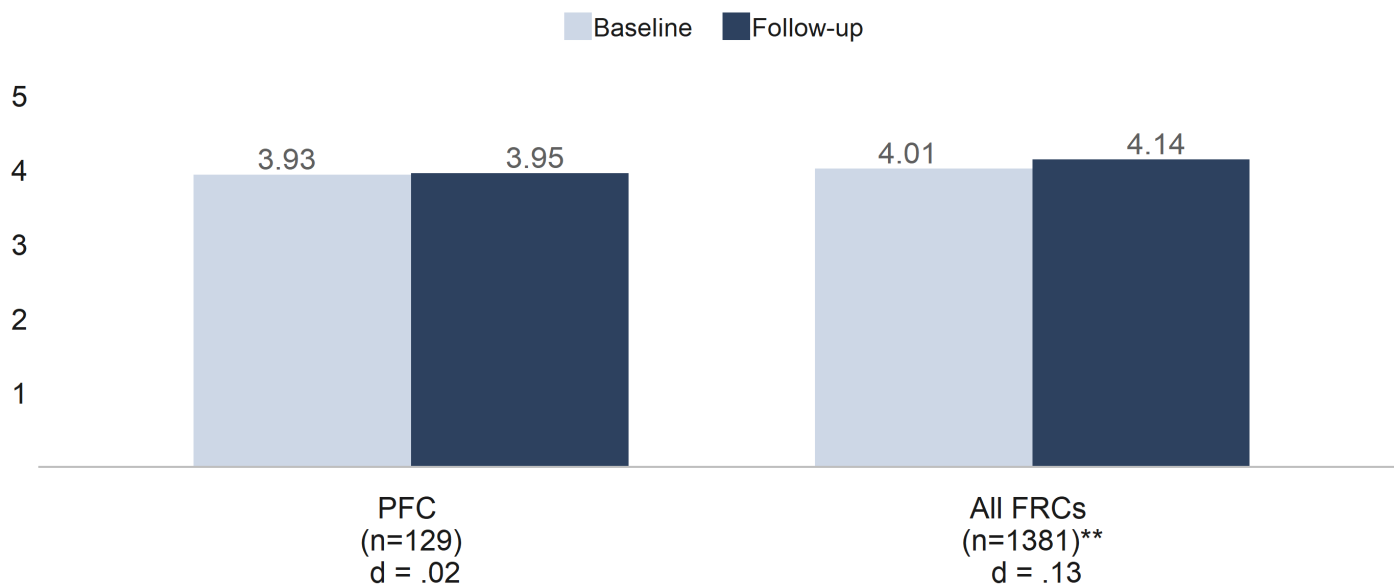**FIGURE 2.3 CHANGES IN ECONOMIC SELF-SUFFICIENCY**

FIGURE 2.4 CHANGES IN HEALTH

High scores indicate higher levels of well-being on each scale. Families with higher baseline scores may not show as much growth.
*p < .05, **p < .01.

When all FRCs were analyzed statistically significant increases in Economic Self-Sufficiency and Health were seen. However, it is important to note that the observed pattern might vary when interpreting results for specific centers, potentially not reaching statistical significance, primarily due to a considerably smaller number of families in the analysis.

Protective Factors Results

Changes in Protective Factors Survey (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 scale scores and the knowledge of individual parenting/child development items, respectively. Results are presented for PFC only.

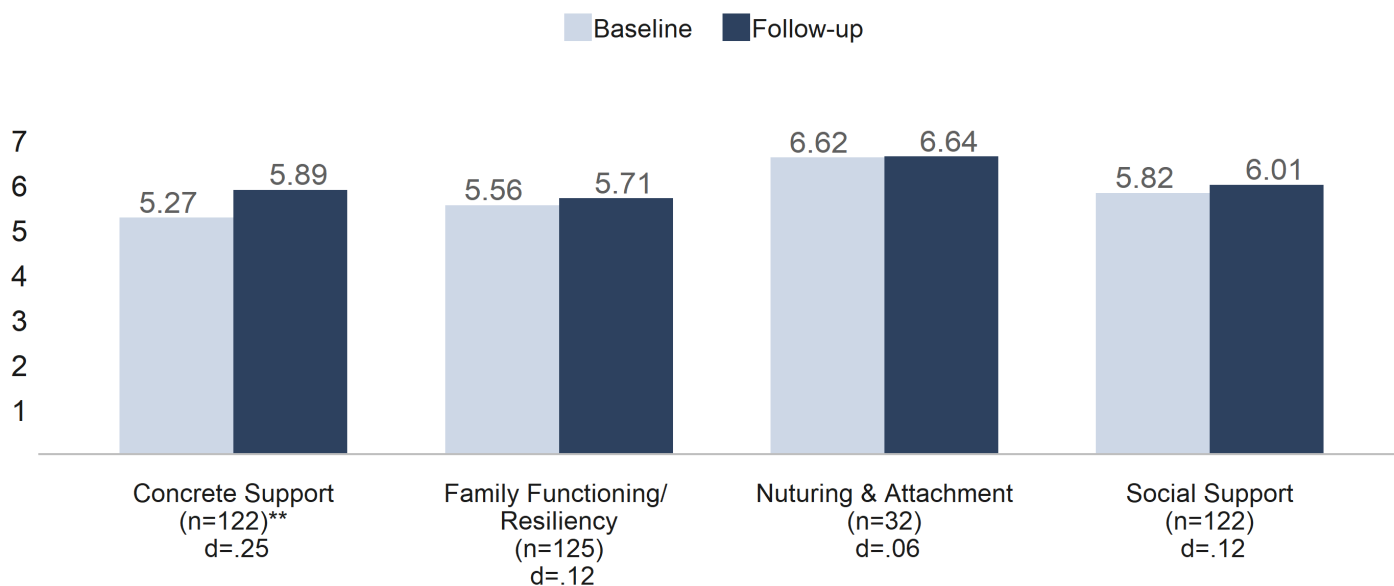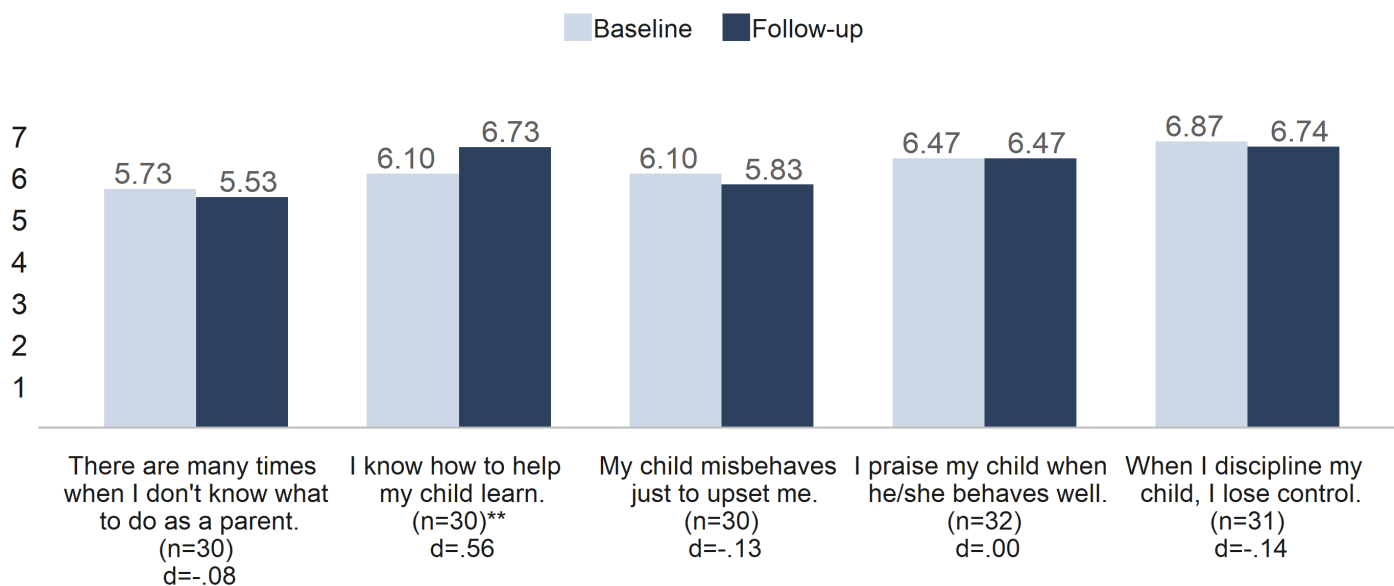**FIGURE 3.1. CHANGES IN PROTECTIVE FACTOR SCALES**

FIGURE 3.2. CHANGES IN KNOWLEDGE OF PROTECTIVE FACTOR ITEMS

Higher scores indicate stronger protective factors *$p < .05,$ **$p < .01.$*

Appendix A

Colorado Family Support Assessment 2.0

The Colorado Family Support Assessment 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[1] 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, Zarcula, 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** comprises of the income, employment, housing, transportation, food security, adult education, cash savings, and health coverage domains; and 2) **Health** comprises 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.

- **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'.

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

Appendix B

TABLE B1. FAMILY MOVEMENT ABOVE/BELOW PREVENTION LINE FOR PFC AND ALL FAMILY RESOURCE CENTERS IN TABULAR FORM

	Below Prevention Line		Above Prevention Line	
	Moved Below	Stayed Below	Moved Above	Stayed Above
Income				
PFC (n=135)	4%	90%	4%	1%
All FRCs (n=1382)	4%	83%	6%	7%
Cash Savings				
PFC (n=131)	8%	73%	9%	10%
All FRCs (n=1335)	5%	74%	9%	12%
Adult Education				
PFC (n=130)	16%	45%	15%	23%
All FRCs (n=1376)	7%	49%	11%	34%
Employment				
PFC (n=98)	12%	45%	11%	32%
All FRCs (n=1217)	8%	35%	16%	41%
Debt Management				
PFC (n=130)	7%	8%	32%	54%
All FRCs (n=1341)	14%	26%	17%	43%
Housing				
PFC (n=127)	12%	14%	22%	52%
All FRCs (n=1373)	10%	26%	20%	44%
Child Care				
PFC (n=21)	0%	0%	5%	95%
All FRCs (n=487)	5%	16%	13%	66%
Food Security				
PFC (n=136)	20%	21%	27%	32%
All FRCs (n=1399)	8%	11%	16%	66%
Mental Health				
PFC (n=136)	12%	13%	15%	61%
All FRCs (n=1403)	6%	9%	11%	75%
Health Coverage				
PFC (n=134)	6%	13%	12%	69%
All FRCs (n=1401)	4%	10%	8%	78%
Child Education				
PFC (n=33)	6%	0%	6%	88%
All FRCs (n=750)	5%	7%	11%	75%
Transportation				
PFC (n=132)	12%	6%	5%	77%
All FRCs (n=1400)	4%	7%	8%	82%
Physical Health				
PFC (n=130)	2%	6%	11%	82%
All FRCs (n=1389)	4%	6%	10%	80%

Appendix C

The graph below shows the number of families in crisis at baseline for all FRCs (grey bars) and the proportion of families that subsequently moved out of crisis (teal bars).

Category	Percentage	n
Income	24%	(n=839)
Cash Savings	30%	(n=791)
Employment	43%	(n=389)
Debt Management	48%	(n=371)
Housing	52%	(n=282)
Adult Education	24%	(n=233)
Transportation	56%	(n=124)
Physical Health	62%	(n=117)
Food Security	75%	(n=103)
Health Coverage	51%	(n=102)
Child Care	53%	(n=74)
Mental Health	74%	(n=53)
Child Education	66%	(n=32)