

While on Level 1, Family Support Specialist's responsibilities include activities such as:

- Offer weekly home visits to the family. One monthly group meeting or one multi-disciplinary visit can be substituted for one FSS home visit per month as long as all requirements per the *Best Practice Standards* are followed.
- Encourage/invite dads/partners/co-parents to participate in home visits, as appropriate.
- Use strategies to build trust and demonstrate caring about the family.
- Observe/discuss and document domains of CHEERS on each visit.
- Foster the growth of secure attachment relationships through use of CHEERS, Reflective Strategies, and other activities.
- Use evidence informed parenting materials during visits to 1) cultivate the growth of nurturing parent-child relationships, 2) promote healthy childhood growth and development, and 3) strengthen parenting capacity using anticipatory guidance.
- Share and document information about child development, parenting, and health and safety including safer sleep, being sensitive to a family's cultural norms.
- Work with family to build their support system.
- Support parent(s) to develop and use stress management skills.
- For younger infants, support parents in meeting infant's needs; for children over the age of one, support parent in using nurturing guidance to set limits.
- During supervision, develop and review the Service Plan. Use the FROG Scale, other assessments, and any newly emerging challenging issues to tailor the Service Plan to each family's needs, implementing components of this plan during home visits to reduce risk factors and build protective factors.
- Support family with their goal development and progress. Review progress on Family Goals in supervision. Help parent(s) develop new Family Goals as previous goals are completed. Celebrate the accomplishment of each step.
- Make referrals as necessary to link families to needed resources.
- Complete required screening tools including ASQ-3 and ASQ: SE-2 and CCI.
- Administer depression screen at least once within three months of birth (when enrolled prenatally) or within 3 months of enrollment (if enrolled postnatally). If elevated, offer services or resources as needed or available, and/or use of FSS activities including parenting materials that address depression or referrals to mental health services. Follow up on services/resources offered to determine if services were accessed.

Completion of Level 1

Items A – K must be met to move to the next level. Items L - M are highly recommended, but not required.

Family Name: _____

Parent(s) Achievements for Transition to Level 2:

Date Reviewed in Supervision

- A. Shows ability to respond sensitively and in a nurturing fashion to baby in 3/6 domains of CHEERS though positive parent-child interaction might not be consistently observed in all home visits. _____
- B. There is no current and active CPS investigation involving focus child. _____
- C. Shows interest in evidence-informed child development/parenting materials and anticipatory guidance. Initiates some play activities with baby. _____
- D. Provides a safe home environment, adequate nutrition, and attention to medical/health needs of the child (e.g., early intervention, etc.) _____
- E. With support from FSS, meets basic needs (e.g., housing, food, clothing) using local services such as food banks, utility assistance, etc. _____
- F. When baby is dysregulated (sick, hurt, scared, etc.) parent helps baby cope some of the time. _____
- G. Uses at least one healthy coping behavior (such as connecting with others, deep breathing, exercising, taking a walk, listening to music, counting to 10, etc.) to manage stress with support from the FSS. _____
- H. Provides for the child's wellness, including nutrition, preventive health care and immunizations (unless with allowable exceptions per BPS). _____
- I. Handles normal infant behaviors most of the time with a nurturing response and/or sets limits with focus child over the age of 1, encouraging cooperation rather than interfering in their activity. _____
- J. Has established at least 1 positive support system beyond the FSS. _____
- K. FSS and parent/caregiver have established a respectful relationship and are in agreement on what is important to work on during visits. _____
- L. *Shows interest in working toward Family Goals.* _____
- M. *Screens negative for depression or, if elevated, is receiving mental health services, (when available and when caregiver is amenable) and risk is mediated, parent has rescreened negative, or parent participates in FSS activities or curriculum designed to address depression.* _____

Date assigned to Level 1 (i.e., date of birth or date of postnatal enrollment): _____

Date Level Change was discussed in Supervision: _____

Date transition to Level 2 discussed with parent(s): _____

Date of transition to Level 2: _____

Supervisor

Date

Family Support Specialist

Date