

THE CHILD AND FAMILY CENTER

at the University of Oregon is offering **free** telehealth services for families with children ages 2-17.

The clinic will use the Family Check-Up Online, an evidenced-based program to support parents, children, and teens. The intervention addresses common parenting and childhood behavioral and emotional problems. The FCU provides customized feedback specific to each family's unique concerns and is adapted based on family need.

The Family Check-Up focuses on the specific needs and strengths of each family.

Therapists use motivational interviewing to help parents identify areas that are strengths for their family and/or areas that might need some attention. An initial interview and a comprehensive, family assessment are used to gather information about a family's needs and strengths, which is completed **online**. The next step is a Feedback Session where the therapist and parents discuss the family's needs, goals, and develop a plan for follow-up services. **The feedback is provided online** with support from the therapist **over the phone or using video conferencing**.

Many common challenges that parents face while raising children are addressed with this intervention, including:

- Depression
- Anxiety
- School failure
- Problem behavior
- Social skills/peer problems
- Parent-child conflict
- Coping skills

Therapists at the Child and Family Center are advanced doctoral students in school and counseling psychology. The clinic operates year-round, including summers.

Contact information:

Please call the clinic at 541-346-4910 to schedule your appointment today! You will be assigned to a therapist who will contact you and set you up with the online materials.

A computer and access to the internet is required to use this program.