

Family Resource Center Association

2023-2024 Annual Impact Evaluation: Executive Summary



Family Resource Center Association supports 32 member Family Resource Centers throughout Colorado—all working toward a vision in which every family thrives.

The Family Resource Center Association (FRCA) has strengthened families through partnership and collaboration for over 25 years. FRCA provides professional development training, practice implementation support, peer exchange, data tools, and a research-informed model called the Family Pathways Framework.© The Framework outlines three ways families receive services from Family Resource Centers (FRCs)- *General Services, Center Services, and Family Development Services*.¹ All FRCA member FRCs across Colorado use the Framework to engage with tens of thousands of families each year across all three service areas. Family Development is a coordinated case management model in which families create and set goals that lead to the identification of referrals or direct services designed to support families in meeting their unique, and often complex, needs. Twenty-five member FRCs currently use a shared data system to track Center Services and Family Development Services, and outcomes for families who engage in Family Development Services. This evaluation includes data about families served by those 25 FRCs from July 2023 through June 2024.

Our Impact: Family Resource Centers support improvements in economic self-sufficiency and health for families across Colorado

Family progress in economic self-sufficiency, health, and protective factors are assessed using the Colorado Family Support Assessment 2.0 (CFSa 2.0), a valid and reliable evidence-based tool for evaluating family functioning and well-being across 14 domains.² These findings are for families who engaged in Family Development Services.

Families demonstrated significant gains in economic self-sufficiency

- On the CFSa 2.0, moving to safety means that the family goes from an in-crisis or vulnerable situation to one that is safe, stable, or thriving. **Families were most likely to move into safety in the areas of housing, debt management, employment, and food security.**
- The areas where the highest number of families were in crisis at baseline were income and cash savings; notably, 24% and 30% of these families had moved out of crisis at follow-up.

Families showed significant improvement in health.

- 74% of families in crisis for mental health moved out of crisis and 62% of families in crisis for physical health moved out of crisis.
- Many families showed strength in areas of health; over 80% of families were safe, stable, or thriving in physical health, health care, and mental health when they first started receiving Family Development Services.

Families improved significantly in areas that protect against child maltreatment.

- Families demonstrated statistically significant increases in concrete support, social support, and family functioning/resiliency – all of which protect against child maltreatment.

¹ For more information on FRCA's model, please see <https://www.cofamilycenters.org>

² For more information on the CFSa 2.0, please see <https://www.cofamilycenters.org/service-delivery-model/>. For more information on its evidence-based rating see the California Evidence-Based Clearinghouse <https://www.cebc4cw.org/assessment-tool/colorado-family-support-assessment-version-2-0/>

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How we serve: Family Resource Centers met the needs of individuals and families by providing services and referrals.

FRCs served **9,924 individuals in 7,476 families** through the Center Services and Family Development pathways.



70% received services to help **meet basic needs**



9% received services to support **early childhood education**



17% received services to foster **high-quality parenting**



6% received services to cultivate **healthy living**



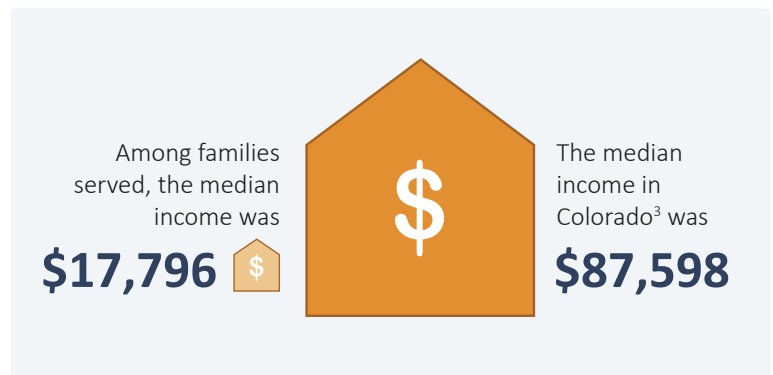
11% received services to further **adult education**



6% received services supporting **health coverage**

A Closer Look: Economic Conditions

Families entering Family Resource Centers (FRCs) face many barriers to economic security. The majority of families (54%) lacked full-time employment at Family Resource Center entry, and their median income was substantially lower than it is for Colorado at large.³ Our evaluation examined needs, services, and outcomes for families engaged in Family Development Services based on the Federal Poverty Line, which considers income and family size to determine eligibility for programs such as Medicaid and the Children's Health Insurance Program.



- **Lack of employment is one of the greatest challenges for families served by FRCs, and it is most widespread for those in the most economically difficult situations.** The majority (65%) of families who were at or below 138% of the Federal Poverty Line were most likely to have an unmet need in employment when they first began working with an FRC; among those living within 139-185% of the Federal Poverty Line, employment was also the most reported unmet need, though it was not as pervasive (32%). Among those at or above 186% of the Federal Poverty Line, it was the second greatest unmet need (21%), behind health coverage (23%).
- **Those who were in the most economically difficult situations (185% of the Federal Poverty Line or lower) experienced significant improvements in economic self-sufficiency.** These statistically significant improvements were observed between their baseline and most recent follow-up CFSA 2.0 assessment.

³ Median household income from 2018-2022, in 2022 dollars. United States Census Bureau. (2021). QuickFacts: Colorado. Census.gov. <https://www.census.gov/quickfacts/fact/table/CO#>