



Our Mission

The Child and Family Center is dedicated to understanding and promoting mental health and resilience in families in all cultural communities. CFC uses evidence-based practices that support social-emotional skills development from infancy through adolescence and strives toward innovation in assessment, prevention, and intervention services for children and families. CFC seeks to collaborate with local, tribal, state, national, and international organizations and researchers engaged in similar efforts to understand and promote mental health in children and families.

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Family Center*
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Child and Family Center

CLINIC

Mental Health Services for Children and Families

The Child and Family Center uses an evidence-based, family-centered approach to improving mental health for young children, adolescents, and families.

We provide a variety of low-cost services to help children and families improve their mental health and wellness. These services include the Family Check-Up, parenting groups, individual child counseling, adolescent counseling, and family therapy.

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Services at the CFC

The Child and Family Center is a training clinic at the University of Oregon. The clinic is housed in the Prevention Science Institute, which is focused on research and practice to improve the lives of children and families by preventing problem behavior, depression, substance use, and school failure.

The Child and Family Center clinic offers the following services for children ages 2–18:

- Family assessment (for example, the Family Check-Up)
- Parenting skills training
- Family therapy
- Child and adolescent counseling services
- Child intellectual assessment (for example, learning disabilities, reading failure)
- Child diagnostic assessment (for example, ADHD, anxiety, depression)
- Risk assessment

Many common challenges that parents face while raising their children and adolescents can be addressed at the Child and Family Center. They include:

- ADHD
- Behavior problems
- Substance use/abuse
- School failure
- Attendance problems
- Peer problems
- Parent–child conflict
- Depression/anxiety

Therapists at the CFC are doctoral students in the Counseling and School Psychology program at the



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University of Oregon College of Education. The CFC operates year round, including during the summer.

What will services involve?

Families who receive services at the clinic participate in the Family Check-Up, an evidence-based assessment that is designed to be tailored and adapted to their needs, strengths, and challenges.

- The Family Check-Up is a structured intake procedure that typically takes two to three sessions to complete. It involves the following steps:
 - An initial intake to gather information about your child and your family's functioning.
 - An observation session to gather more information about how family members interact with one another.
 - A feedback session to discuss family strengths and challenges.
 - Finally, all the family's strengths and areas of concern identified during the check-up process will be shared during a feedback session.
 - At the feedback session, you will be presented with a menu of service options. You can then decide what services or referrals would be best suited for your family. Examples include evidence-based treatments such as parenting skills training, adolescent cognitive-behavioral therapy, and family therapy.

How much will it cost?

The fees for our services are on a sliding scale based on your income and your ability to pay. Families are never denied

services because of income level. At this time, we are unable to take insurance of any kind.

The Family Check-Up costs from \$5 to \$100 for the entire assessment process. After the check-up, fees are \$1–\$40 per session.

Appointments

Scheduling of appointments is done with your therapist. Your therapist will provide you with a phone number for cancellations. We do request that you give at least 24-hour notice. If you are giving less than 24-hour notice, please call the intake line at 541-346-4910.

If you are in crisis and need immediate assistance, please call one of the following numbers:

Whitebird Crisis Line: 1-800-422-7558

Crisis Response Program: 1-888-989-9990

or in an emergency, dial 911



Childcare

Childcare is generally available during evening appointment times. You must give advance notice to your therapist if you need childcare.

Contact Information

If you need more information about our services, please call 541-346-4910. We are available to set up an appointment for you and rarely have a wait list for services.