

Suggested Data Collection Tools for Family-Run Organizations

In today's world, it is important for family-run organizations to gather data to demonstrate their positive impact. This helps show that a family-driven approach, led by these organizations, is effective. While stories and anecdotes are great, they are not enough on their own. Funders and the public need to see data to increase their support and ensure the sustainability of family-run organizations and their family peer specialists.

Collecting data can help influence policy, secure additional funding from grants and contracts, and continuously improve the support provided to families. Some families might not be able to speak publicly, but they can still participate by filling out surveys, polls, and answering questions.

Here are some suggested tools for collecting data to help your organization get started.

For more assistance, feel free to contact the [National Family Support Technical Assistance Center \(NFSTAC\)](#). They can guide you on your data collection journey.

Pre- And Post-Surveys of Programs and Training



Strongly Disagree **Disagree** **Undecided** **Agree** **Strongly Agree**

It usually involves a Likert Scale. Here is an example:

1) My parenting responsibilities overwhelms me.

Strongly Disagree **Disagree** **Undecided** **Agree** **Strongly Agree**

2) I feel safe expressing my feelings about parenting.

Strongly Disagree **Disagree** **Undecided** **Agree** **Strongly Agree**

3) I feel good about working with _____ (include organization name).

Strongly Disagree **Disagree** **Undecided** **Agree** **Strongly Agree**

4) I feel comfortable talking with my child about concerns related to mental health and or substance use.

Strongly Disagree **Disagree** **Undecided** **Agree** **Strongly Agree**

5) I feel comfortable reaching out to both natural supports and service providers.

Strongly Disagree **Disagree** **Undecided** **Agree** **Strongly Agree**

Focus Groups

A diverse group of people gathered to participate in a guided discussion about a particular topic to provide insight and feedback to requestor.

It is recommended that the questions be standardized and asked exactly in the same way if you are planning on having several small focus groups assessing the same topic.



CANS (Child and Adolescent Strengths and Needs)

The CANS assessment tool is designed to give a profile of the specific current support required for the child and caregivers. It also assesses the strengths of the child/adolescent and caregiver(s). The CANS will provide important information to those responsible for supporting the child and family and to assist with the person-centered care plan.

[Learn more here](#)

FANS (Family Assessment of Needs and Strengths)

A subset of items from the CANS that focus on strengths / needs of the family rather than the individual.

- FANS is the parent documentation of their individual strengths and needs.
- FANS is not the Family Peer Advocate's impression of Parent strengths and needs or what others believe the parent needs to change.



If a parent/caregiver believes they are a 0, 1, 2 or 3 on a question than that is what they are until they say otherwise. It is important to meet parents where they are today, not where others think they are or should be.

[FANS - Families Together in New York: Director of Statewide Training](#)

Family Empowerment Scale

A scale measuring the level of empowerment of a caregiver in addressing the needs of his/her family.

The Family Empowerment Scale (FES; Koren, DeChillo, & Friesen, 1992) is a 34-item scale designed to assess empowerment in parents and other family caretakers whose children have emotional disabilities. The questionnaire is based on a two-dimensional conceptual framework of empowerment derived from the literature.

[Learn more here](#)



Caregiver Strain Questionnaire

A brief questionnaire that assesses the level of stress experienced by a parent or caregiver of a child/youth with emotional, behavioral, or mental health challenges.

The score is determined by adding up the “Yes” answers. A score of 7 or greater indicates a high level of stress. If score is 7 or greater – discuss, develop and prioritize support strategies with Carer.

[Learn more here](#)



CAFAS (Child and Adolescent Functional Assessment Scale)

A scale assessing the level of functioning of an individual child.

[Learn more here](#)



Protective Factors Survey (PFS)

Protective Factors Survey in Family Peer Support - Nebraska Federation of Families for Children's Mental Health.

[Learn more here](#)



Family Journey Assessment (FJA)

The Family Journey Assessment is designed in partnership with families. It is administrated by the Family Peer Specialist in collaboration with the family members and is a way to help track the progress of the work together.

[Learn more here](#)

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