

The Ecocultural Family Interview (EFI)

Building upon a community-based home visiting program's demonstration of improved birth outcomes by enhancing family care planning

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Empowering Families of Milwaukee (EFM)

- An evidence-based, comprehensive home visitation program
- Implemented in 2006 to address startling racial disparities in healthy birth outcomes and infant mortality in Milwaukee, WI
- Focused within an eight zip-code, high-risk target area with the highest incidence of these disparities.

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EFM

- Long-term: Families can be visited from pregnancy until the child's fifth birthday
- Family-Centered, Strength-Based intervention
- Community-based and Culturally Competent
- Intensive Case-Management Services
- Parents as Teachers Curriculum

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EFM

Triad Structure

Families receive services from a Public Health Nurse,
Social Worker, and Community Health Worker



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Goals of EFM

- Improve Birth Outcomes
- Enhance Family Functioning
- Support Child Health, Safety and Development
- Prevent Child Abuse and Neglect

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EFM Assessment Tools

- Prenatal Assessment
- Nutrition Assessment
- Tobacco Use Screening
- AODA Screening
- Postpartum Assessment
- Infant Assessment
- HOME Inventory
- Child Care Coordination Assessment

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EFM Assessment Tools

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- Ages and Stages Questionnaires are given at 4, 8, 16, and 24 months of age, then every three months until the child's 5th birthday
- Ages and Stages – Social/Emotional Questionnaires are given every six months
- Home Safety Assessments are given every six months

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EFM Outcomes

- Serviced over 365 women and their families
- Completed over 5,000 home visits each year
- Demonstrated a 75% retention rate for families who received more than one year of service
- Demonstrated a statistically significant impact on birth outcomes
 - EFM participants are 2.5 times more likely to have a healthy birth outcome than those who do not participate in the same target area.

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Continuous Quality Improvement

*How can we improve on our
current successes?*

- In 2008, an opportunity arose to implement the Eco-Cultural Family Interview (EFI) Project
- The purpose of EFI was to use a new method of gathering information from participants to enhance the care planning process

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Ecocultural Family Interview (EFI) Project

- A three-year mixed-methods study of daily family routines
- Embedded within the Empowering Families of Milwaukee (EFM) program
- In partnership with UCLA's Center for Culture and Health and UW-Madison School of Social Work

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Who is Involved?

- Dr. Thomas Weisner, Professor of Anthropology from UCLA and developer of the EFI
- Dr. Eli Lieber, Research Psychologist and Professor at UCLA and developer of the EthnoNotes Database
- Dr. Katherine Magnuson, Assistant Professor in the School of Social Work at UW-Madison

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What is the EFI?

- An informal yet directed conversation with parents or caretakers about their daily routines
- A mix of casual conversation, probing questions by the interviewer, and preplanned, structured questions
- A way of gaining information about family adaptation through conversation
- Not an assessment form or questionnaire

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Why is it Called the Ecocultural Family Interview?

- Ecology: Resources (Strengths) and Constraints (Barriers)
- Culture: Beliefs and Values

The interaction between a family's ecology and culture determines how and why a certain daily routine is created

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Why are Daily Routines Important?

- The developers have found that it is daily routines that have the largest impact on children's lives
- The structure of the family routine is the best indicator of family well-being
- Ecocultural theory states that the main adaptive challenge families encounter is the creation of a daily routine

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Why are Daily Routines Important?

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- Use of the EFI reveals patterns in how a family organizes their daily routines: how they plan, create, change, and sustain family activities
- This, in turn, uncovers the strengths and barriers to family functioning, something useful when care planning with families

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The Goals of the Ecocultural Family Interview Project

- To use the EFI as an assessment to better identify the needs and strengths of families
- To use the information gathered in these interviews to modify care plans and improve social service delivery.
- To inform program systems and services for quality improvement in serving and coordinating care for high-risk families in the community

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EFI Research Objectives

- Clients who receive the enhanced care plans through the EFI will be compared to a control group of clients who receive only the standard care planning process.
- Client outcomes to be measured include:
 - Increased utilization of services and resources
 - Improved psychosocial markers
 - Attainment of more care plan goals

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Implementation of the EFI Project in the EFM Program

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EFI Tool Development

Using known social determinants of health, a culturally-appropriate EFI tool has been adapted to fit the EFM population

- Socioeconomic level
- Stress
- Early life
- Social exclusion
- Work
- Unemployment
- Social Support
- Addiction
- Food
- Transportation

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Dimensions of the EFI Interview

- Access to Basic Needs
- Health
- Work and Education
- Social Supports
- Parenting skills and beliefs
- Structural Inequalities

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Administering the EFI

- 70 families were randomly chosen to participate in five one-hour interviews over three years
- Families receive an incentive for participation in each interview
- Feedback is given to the triad members regarding interview content and follow-up is suggested for care planning purposes

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Administering the EFI

-continued-

- All interviews are recorded and transcribed
- Transcriptions are uploaded to the EthnoNotes database
- Statements in the transcriptions are coded by dimension and rated by acuity
- Data from EthnoNotes will be analyzed and used to inform program development and public policy

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EFI Outcomes to Date

- Interviewers learned new and valuable information about families that they had been home visiting for years
- Interviewers who did not know the participants previously found that establishing rapport was quite easy
- Participant feedback has been overwhelmingly positive

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EFI Challenges to Date

- Interviewers found it difficult to change the way they provide services
- Interviewers found it difficult to interview clients without giving feedback or trying to solve problems
- Staff attrition from the EFM Program

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EFI Case Studies

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Case Study #1

- 29-year-old mother of five, in EFM 2 years
- One EFI revealed this participant had:
 - Numerous symptoms of untreated depression
 - A history of suicidal ideations and attempts; one attempt two months prior to the interview
 - Untreated medical conditions that affect quality of life
 - A history of severe domestic violence in previous relationships, which led to injury and miscarriage

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Case Study #1 - continued -

- This EFI interview also found that:
 - She had successfully completed her GED at age 27 and was enrolled in college
 - She has a long work history, and typically works full time to support her family
 - She has an excellent support system through her partner and his extended family

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Case Study #2

- 20-year-old mother of four; in EFM 3 years
- One EFI revealed that this participant had experienced recurring problems with public benefits that led her to:
 - Drop out of high school for lack of child care
 - Miss important medical appointments due to HMO transportation problems
 - Not be able to receive necessary dental care for years due to a lack of available providers

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Case Study #2

- continued -

- This EFI also found that:
 - The man that repeatedly sexually abused her as a child was recently released from prison and had come to her home multiple times. She had not told anyone because it was “not healthy” to “hold a grudge forever”
 - She has not followed up with mental health treatment because she is only comfortable with an African American therapist but is afraid to ask for fear of being racist

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How the EFI is Improving Home Visitation Practice

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How the EFI is Improving Home Visitation Practice

- It is much easier for people to talk about what they do – their daily activities – rather than what they think or feel about a subject
- It can then be left up to the worker to gauge the level of a participant's well-being

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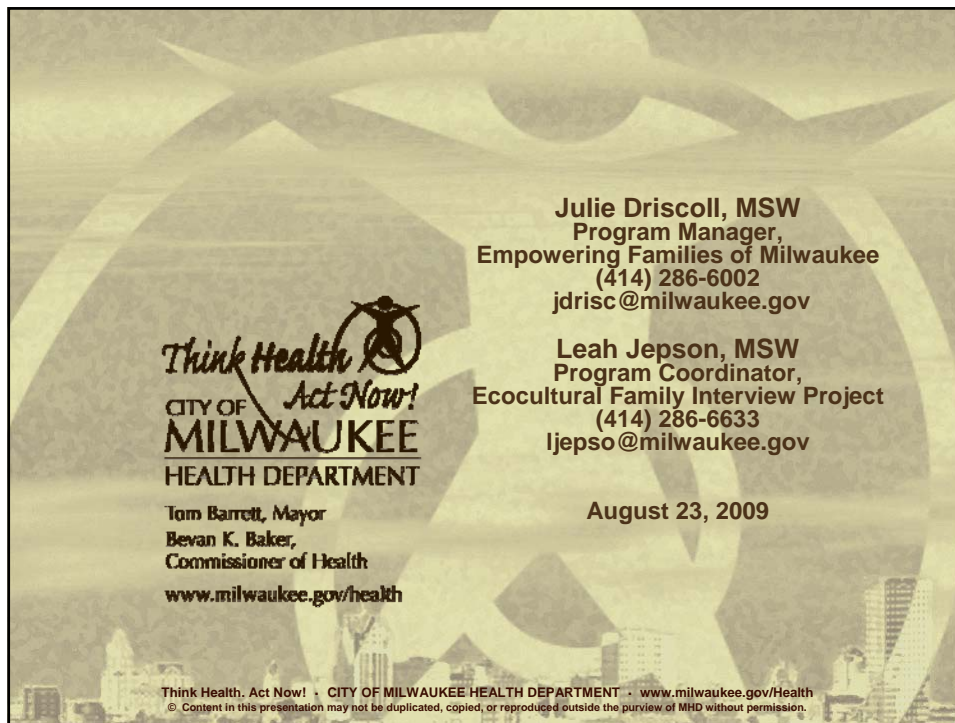


How the EFI is Improving Home Visitation Practice

- The EFI gives families an opportunity to tell their story in the way they are most comfortable
- Families can speak openly and naturally about what is important to them
- The EFI operates from a strengths-based perspective
- It gives information that is not typically disclosed using conventional interview methods

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