

## An Overview of The FDC™ Course

- 90 hours of interactive instruction, based on the text, *Empowerment Skills for Family Workers*, a strengths-based family support curriculum developed by Cornell University.
- Classes offered by community-based instructors trained and supported by their state FDC system.
- An experiential and supportive adult learning environment that promotes discussion and reflection.
- Development of a Skills Portfolio documenting knowledge and skills with guidance of a trained portfolio advisor.
- With successful completion of the FDC Course, an approved portfolio, and passing a standardized exam, workers earn the nationally recognized and respected FDC Credential.

## Core Competencies of the FDC™ Course (Chapters)

1. *Family Development: A Sustainable Route to Healthy Self-Reliance*
2. *Communicating with Skill and Heart*
3. *Presence and Mindfulness: Cornerstones of Healthy Relationships*
4. *Taking Good Care of Yourself*
5. *Our Diverse World*
6. *Strength-Based Assessment*
7. *Helping Families Set and Reach Their Own Goals*
8. *Helping Families Access Specialized Services*
9. *Home Visiting*
10. *Collaboration and Community Support*

## What Happens during Family Development?

1. The family develops *a partnership* with a family development worker.
2. A family development worker *helps the family assess* its needs and strengths-an ongoing process.
3. *The family sets its own major goal* (such as getting off welfare or providing health care for a family member) and interim goals working toward the major goal, then identifies ideas for reaching them.
4. The family development worker *helps the family make a written plan* for pursuing goals. Some tasks are the family's responsibility; some are the worker's. Accomplishments are celebrated; the plan is continually updated.
5. The family *learns and practices skills* needed to become self-reliant.
6. *The family uses services as stepping stones* to reach its goals.
7. The family's sense of responsibility is restored. *The family (and each individual within the family) is strengthened by the family development process* so becomes better able to handle future challenges.

For more information about enrolling in the next FDC course, please contact:

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## The Family Development Credential® Program



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# FDC: Transforming the Way



## Agencies Work with Families

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## Strengths-based family support training for frontline family workers

### What is the Family Development Credential Program?

The FDC Program at UConn is a professional development course and credentialing program for frontline family workers to learn and practice skills of strength-based family support with families.

FDC courses are offered to frontline family workers from a wide range of government, private, and not-for-profit agencies as well as business and large corporations.

Family development staff members work with families across the life span including families with young children, teen parents, retired people, people with disabilities, and many other groups.

To earn the FDC™, a worker must:

- complete 90 hours of interactive classroom instruction based on the *Empowerment Skills for Family Workers* curriculum
- prepare a **Skills Portfolio** with support of a portfolio advisor, and
- pass a state credentialing exam

FDC courses are offered through interagency partnerships by community-based instructors and portfolio advisors who are trained by their state's credentialing organization.

The FDC was established in 1996 through an interagency collaboration of fifteen major state agencies and the New York State Council on Children and Families. The New York State Department of State selected Cornell to develop the FDC curriculum and administer the program.

In August 2010, the Family Development Credential® Program moved to University of Connecticut's Center for the Study of Culture, Health & Human Development (CHHD), which issued the credential and administratively oversaw the program.

In 2014, National FDC joined UConn's Dept. of Allied Health Sciences, where the Family Development Credential is jointly issued by CHHD and the Center for Environmental Health & Health Promotion (CEHHP).

**FDC Outcomes:** *What the research shows*  
Research conducted on the outcomes of FDC training revealed that workers:

- used family development skills in their professional and personal lives.
  - enhanced skills in helping families develop their own goals of self-reliance.
- Agency supervisors reported FDC training:
- increased effectiveness in helping workers work with families.
  - improved communication among workers.

#### FDC™ for agency leaders:

In 2002, a leadership component was added to the FDC curriculum. *Empowerment Skills for Leaders* (Leader's Handbook and Facilitator's Manual).

FDC leadership instructors offer this 30-hour community-based series and credentialing program to agency leaders interested in using principles and practices of family development within their agencies.

*Join the nationwide family development movement...*

Currently, the FDC is offered in 17 states nationwide (Arizona, California, Colorado, Connecticut, District of Columbia, Florida, Maine, Maryland, Massachusetts, Minnesota, Missouri, New Jersey, New York, Ohio, Oklahoma, Texas, and Washington).

In some states, workers are eligible to apply the FDC credential toward college credit and/or contact hours.

To order any of the *Empowerment Skills* publications, contact:

University Press of New England  
800-421-1561  
603-448-9429 (fax)  
University.press@dartmouth.edu

*Praise for the Empowerment Skills for Family Workers curriculum from frontline family workers:*

"It helped me remember why I went into this work in the first place!"

"I have a renewed attitude toward the families I work with. This course showed me what it's like to be on the other side of the desk."

"Now, I'm looking for strengths. Last year I never thought about how important that step is when working with families."

"I'm more patient and communicate better with families. I look at situations differently now."

"This class should be a prerequisite for every family worker!"