

## BRIEF PROGRAM DESCRIPTION

The Strengthening Families Program: For Parents and Youth 10–14 (SFP 10–14) is a video-based prevention intervention designed to reduce adolescent substance use and other problematic behaviors in youth 10 to 14 years of age. The program is delivered within parent/caregivers, youth and family sessions using narrated DVDs that portray typical youth and parent situations. In the first hour parents/caregivers learn ways to build parenting skills while the youth learn appropriate life skills. In the second hour parents/caregivers and youth come together for family activities. Sessions are highly interactive and include roleplaying, discussions, learning games and family projects.

## SPECIFIC OUTCOMES

**Parent Outcomes:** Increased ability to set appropriate limits and show affection to and support for their children.

### Youth Outcomes:

- 26 percent to 56 percent relative reduction in “ever use” of substances at four-year follow-up, depending on the substance.
- 32 percent to 77 percent relative reduction in conduct problems at four-year follow-up, depending on the behavior.
- Delayed onset of other problematic behaviors.
- Increased resistance to peer pressure.

## SPECIFIC TOBACCO CONTROL LESSONS AND OUTCOMES:

- **Specific Lessons:** Parents: Session 6 – Protecting Against Substance Abuse; Youth: Session 5 – Handling Peer Pressure, Family; Session 6 – Reaching Our Goals
- **Tobacco Control Outcomes:** 33 percent of students who received the intervention reported having ever smoked cigarettes, compared with 50 percent of control group students, representing a relative reduction of 34.8 percent ( $p < .01$ ).

## AUDIENCE CHARACTERISTICS

**Age Range:** 10-14

**Grades:** Grades 4-8

**Gender:** Male and Female



## PROGRAM DETAILS

**Type of Program:** Prevention

**Audience Size:** Five to 12 families

**Number of Program Lessons:** Seven sessions (one per week)

**Minimum Lessons required to Achieve Fidelity:** Seven

**Length of Each Lesson:** Two hours, plus 30 minutes prior to the session for a meal

**Frequency of Implementation:** Weekly for seven weeks

**Duration of Implementation:** Seven weeks

**Recommended Intervention Site(s):** Community

## HOW IT WORKS

Seven two-hour sessions are held in the evenings or on weekends. During the first hour parents/caregivers and youth meet in separate groups to build skills and practice new behaviors. During the second hour, parents/caregivers and youth meet together as families, practicing family communication and problem solving, playing learning games and doing projects designed to strengthen family bonding and positive values.

- **Methods:** Video materials are used in all parent/caregiver sessions and several youth and family sessions. The curriculum is highly interactive, with group discussions, role plays, projects and learning games.
- **Content:** Parent/caregiver topics center on preventing antisocial behavior in youth by teaching parents/caregivers to use appropriate limit-setting and youth behavior management, while also providing nurturing support.



Youth topics include having goals and dreams for the future, appreciating parents, dealing with stress, following rules and handling peer pressure.

Four two-hour booster sessions are designed to reinforce skills learned in the first seven sessions.

## IMPLEMENTATION ESSENTIALS

### To Replicate with Fidelity:

- At least two rooms are required for each session (one for youth and one for parents/caregivers), with family sessions taking place in the larger of the two rooms. An additional room may be needed for childcare for younger children.
- Program planning and family recruitment should begin at least two months prior to the seven-week program. Some communities have found it helpful to hire a community member who knows the families to help in one-on-one outreach.
- Three facilitators are needed – one for the parent/caregiver sessions and two for the youth sessions. Facilitators lead activities and discussions from the manual during youth, parent, and family sessions.
- During the family session each facilitator does the activities with the same families each week.
- Facilitators for SFP 10-14 should have strong presentation and facilitation skills and experience working with parents or youth. They must attend a three-day training by a certified ISU trainer, which includes participating in all activities of the program. Facilitators are to be recertified every three years.
- Typically, facilitators require one to two hours of additional preparation for each weekly session; they teach youth or parent sessions and facilitate the family sessions during weeks 1 through 7.
- For most sessions, one TV/DVD or computer and projector is required; for two sessions, two sets are needed. A flip chart with markers is used in both the parent and youth sessions.

**Program Evaluation Tools Available?** Yes, included with curriculum

## MATERIALS AND TRAINING

### Required Materials:

- Facilitator Manual: \$195
- DVD Set: \$298
- Poster Set: \$55
- Love and Limit Magnet Clip: \$2.50/family

### Optional Materials and Cost:

- What It's All About Promo DVD: \$17
- Informational Brochures in English or Spanish: \$20/packet of 50
- Sticky notepads: \$27.50/packet of 25
- Pens: \$55 for box of 50
- Flyers and posters also available

Prices are subject to change and do not include shipping/handling. A complete list of materials is available on the website. [extension.iastate.edu/sfp10-14/content/ordering-information](http://extension.iastate.edu/sfp10-14/content/ordering-information).

### Training (Required):

- Training Cost: No cost for VFHY grantees
- Training Duration: Three days
- Min/Max Number of training participants: 6-20

**Availability in Spanish:** Yes – Familias Fuertes, developed with the Pan American Health Organization, is available from our website and training is provided by Iowa State University-certified Master Trainers.

## PROGRAM REPLICATIONS CONTACT INFORMATION

Marisol Morales  
SCAN (Stop Child Abuse Now) of Northern Virginia  
205 S. Whiting Street, Suite 205  
Alexandria, VA 22304  
(703) 820-9001  
[mmorales@scanva.org](mailto:mmorales@scanva.org)

Lainie Morgan  
Arlington Department of Human Services  
2100 Washington Blvd, 3rd Floor  
Arlington, VA 22204  
(703) 228-1529  
[lmorgan@arlingtonva.us](mailto:lmorgan@arlingtonva.us)

# Strengthening Families Program (SFP 10-14)



Mary Ann Demi  
EPIS Center Prevention Research Center/Penn State  
403 S. Allen Street, No. 206  
State College, PA 16801  
(814) 863-2221

## PROGRAM CONTACT

### For program information, contact:

Cathy Hockaday  
Iowa State University  
68 LeBaron, 626 Morrill Rd.  
Ames, IA 50011  
(515) 294-7601  
[hockaday@iastate.edu](mailto:hockaday@iastate.edu)

### For materials information, contact:

ISU Extension Distribution Center  
119 Printing and Publications Bldg  
Ames, IA 50011  
(515) 294-5247  
[extstore@iastate.edu](mailto:extstore@iastate.edu)  
[store.extension.iastate.edu/Topic/Home-and-Family/  
Strengthening-Families-Program-For-Parents-and-  
Youth-10-14](http://store.extension.iastate.edu/Topic/Home-and-Family/Strengthening-Families-Program-For-Parents-and-Youth-10-14)

### For training, contact:

Charlie McLaughlin  
Virginia Foundation for Healthy Youth  
701 E. Franklin St., Suite 500  
Richmond, VA 23219  
Phone: (804) 786-2279 (office)  
Mobile: (757) 334-5370  
[cmclaughlin@vfhy.org](mailto:cmclaughlin@vfhy.org)

## ADDITIONAL INFORMATION

**Website:** [extension.iastate.edu/sfp10-14](http://extension.iastate.edu/sfp10-14)

### SAMHSA's National Registry of Evidence-Based Programs & Practices (NREPP) Review Documents:

[legacy.nreppadmin.net/ViewIntervention.aspx?id=63](http://legacy.nreppadmin.net/ViewIntervention.aspx?id=63)