

BRIEF PROGRAM DESCRIPTION

The Strengthening Families Program (SFP) involves school-age children ages 6-11 or 12-16 and their families in 14 family training sessions using family systems and cognitive behavioral approaches to increase resilience and reduce risk factors. The program consists of three life-skills courses – parenting skills, youth social/life skills and family life skills. Families attend 14 weekly sessions, beginning with a meal, followed by separate parent and youth groups and ending with a family group. Personal disclosure is not required and importance is placed on new skills offering more options rather than criticizing old skills or past behavior.

SPECIFIC OUTCOMES

Parent Outcomes:

- Increased parenting efficacy, parenting skills, parental supervision and positive parenting.
- Decreased stress, depression and alcohol and drug use.

Youth Outcomes:

- Decreased depression, conduct disorders and aggression.
- Increased cooperation, number of pro-social friends, social competencies.

Family Level Outcomes:

- Improved family communication, family organization, family resilience and family cohesion.

SPECIFIC TOBACCO CONTROL LESSONS AND OUTCOMES:

- **Specific Lessons:** Session 8 specifically addresses parental communication, values and supervision of ATOD abstinence
- **Tobacco Control Outcomes:** Decreased tobacco, alcohol or drug use through parent/child bonding and communication, parental supervision, child social-skills development and peer-refusal skills.

AUDIENCE CHARACTERISTICS

Age Range: 6-11 and 12-16

Grades: K-11

Gender: Male and Female

PROGRAM DETAILS

Type of Program: Prevention

Audience Size: 8-12 families

Number of Program Lessons: 14



Minimum Lessons Required to Achieve Fidelity: 10

Length of Each Lesson: Two hours, plus 30 minutes for a meal

Frequency of Implementation: Weekly for 14 weeks, or twice a week for 7 weeks

Duration of Implementation: 14 weeks or seven weeks

Recommended Intervention Site(s): School, community, faith-based

HOW IT WORKS

The SFP 6-11/12-16 curriculum is a 14-session behavioral skills training program of two hours each. Parents meet separately with two group leaders for an hour to learn to increase desired behaviors in children by increasing attention and rewards for positive behaviors. They also learn about clear communication, effective discipline, substance-use prevention, problem-solving and limit-setting. Children meet separately with two facilitators for an hour to learn how to understand feelings, control their anger, resist peer pressure, comply with parental rules, solve problems and communicate effectively. Children also develop their social skills and learn about the consequences of substance use. During the second hour of the session, families engage in structured family activities, conduct family meetings, learn communication skills and plan family activities.

Families leave each week with specific home practice assignments that ensure that knowledge of new skills is translated into practice. New skills are built in easy steps supported by coaching and encouragement by group leaders.

IMPLEMENTATION ESSENTIALS

To Replicate with Fidelity:

- All 14 sessions should be delivered in sequence, with families attending programs from beginning to end.
- A staff of four group leaders and one site coordinator is required.
- A meal is provided at each session.
- The site must provide one large room for the meal, two separate rooms for parent and child skills groups and one room for childcare.
- Childcare, small rewards for participation, transportation and a graduation.
- Staff must complete training.
- There is no clinical, licensure or experience requirement for staff.

Program Evaluation Tools Available? Yes (contact vendor for tool and evaluation design)

MATERIALS AND TRAINING

Required Materials:

- Curriculum CD: \$450/age variant (includes agency rights for duplication of materials and use)

Training (Required):

- Two-day training required for group leaders and site coordinator.
- Training Cost: \$4,350 plus travel for two trainers for up to 35 participants OR \$3,350 plus travel for one trainer for up to 20 participants.
- Training Duration: Two days
- Min/Max Number of Training Participants: Maximum 35 training participants

Availability in Spanish: Yes

PROGRAM REPLICATIONS CONTACT INFORMATION

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ADDITIONAL INFORMATION

Website: strengtheningfamiliesprogram.org

SAMHSA's National Registry of Evidence-Based

Programs & Practices (NREPP) Review Documents:

legacy.nreppadmin.net/ViewIntervention.aspx?id=44