

Strengthening Families (SFP 10-14)



BRIEF PROGRAM DESCRIPTION

The Strengthening Families Program for Parents and Youth 10–14 (SFP 10–14) is a video-based 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, youth, and family sessions using narrated videos that portray typical youth and parent situations. In the first hour, parents learn ways to build parenting skills while the youth learn appropriate life skills. In the second hour, parents and children come together for family activities. Sessions are highly interactive and include role-playing, discussions, learning games, and family projects.

SPECIFIC OUTCOMES

Among youth:

- 26% to 56% relative reduction in “ever use” of substances at 4-year follow-up, depending on the substance.
- 32% to 77% relative reduction in conduct problems at 4-year follow-up, depending on the behavior.
- Delayed onset of other problematic behaviors
- Increased resistance to peer pressure.

Among parents:

- Increased ability to set appropriate limits and show affection to and support for their children.

AUDIENCE CHARACTERISTICS

<i>Age Range</i>	Families with children between the ages of 10 – 14
<i>Grade</i>	Grades 5 – 8
<i>Gender</i>	Both Male and Female

PROGRAM DETAILS

<i>Type of Program</i>	Prevention
<i>Audience Size</i>	Minimum of 7 Families / Maximum of 10 Families
<i># of Lessons</i>	7 (one per week)
<i>Length of Sessions</i>	2 hours
<i>Startup Time</i>	Recruitment should begin two months before implementation begins
<i>Duration of Implementation</i>	Seven weeks
<i>Training</i>	Required

HOW IT WORKS

Seven two-hour sessions are held in the evenings. During the first hour, parents and youth meet in separate groups to build skills and practice new behaviors. During the second hour, parents 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: Videotapes are used in all parent sessions and several youth and family sessions. The curriculum is highly interactive with group discussions, role plays, projects, and learning games.

Content: Parent topics center around preventing antisocial behavior in youth by teaching parents to use appropriate limit-setting and child management, while also providing nurturing support.

Youth topics include having goals and dreams for the future, appreciating parents, delaying 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), 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 2 months prior to the 7-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 group leaders are needed: one for the parent sessions and two for the youth sessions. Group leaders teach from materials provided during youth, parent, and family sessions. During family sessions, group leaders engage in less teaching as their role changes to facilitator and coach. Each group leader is responsible for three or four families and works with the same families each week.
- Group leaders for SFP 10-14 should have strong presentation and facilitation skills and experience working with parents or youth. They must attend a 2-day or 3-day training that includes participating in nearly all activities of the program.
- Typically, group leaders require 1 to 2 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/VCR is required; for two sessions, two sets are needed. A flip chart with markers is used in both the parent and youth sessions. Miscellaneous materials are needed that may be borrowed or donated, including a camera or camcorder, film, blindfolds, string, kitchen timer, baseball caps,

dice, fabric strips, pencils, clothespins, glue, tape, candy, etc.

MATERIALS AND TRAINING

Required Materials

Teacher's manual - \$175 plus shipping
Nine videos - \$298 plus shipping
Booster sessions manual - \$50 plus shipping
Videos for booster sessions - \$50 plus shipping

Optional Materials

Love and Limits magnets - \$1.50 each plus shipping
Promotional Brochure- \$15.00 per package plus shipping
Promotional Video - \$10 plus shipping
Supplemental Spanish manual for use without videos for parent sessions to use with Hispanic groups - \$75 plus shipping
Posters - \$50.00 plus shipping

Training (Required)

Implementation training is offered free of charge to VFHY grantees by VFHY staff.

PROGRAM CONTACT

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ADDITIONAL INFORMATION

Website: <http://www.extension.iastate.edu/sfp>

[Program Information Worksheet](#)

[SAMHSA's National Registry of Evidence-Based Program & Practices \(NREPP\) Review Documents](#)