

Strengthening Families Program for Parents and Youth 10-14

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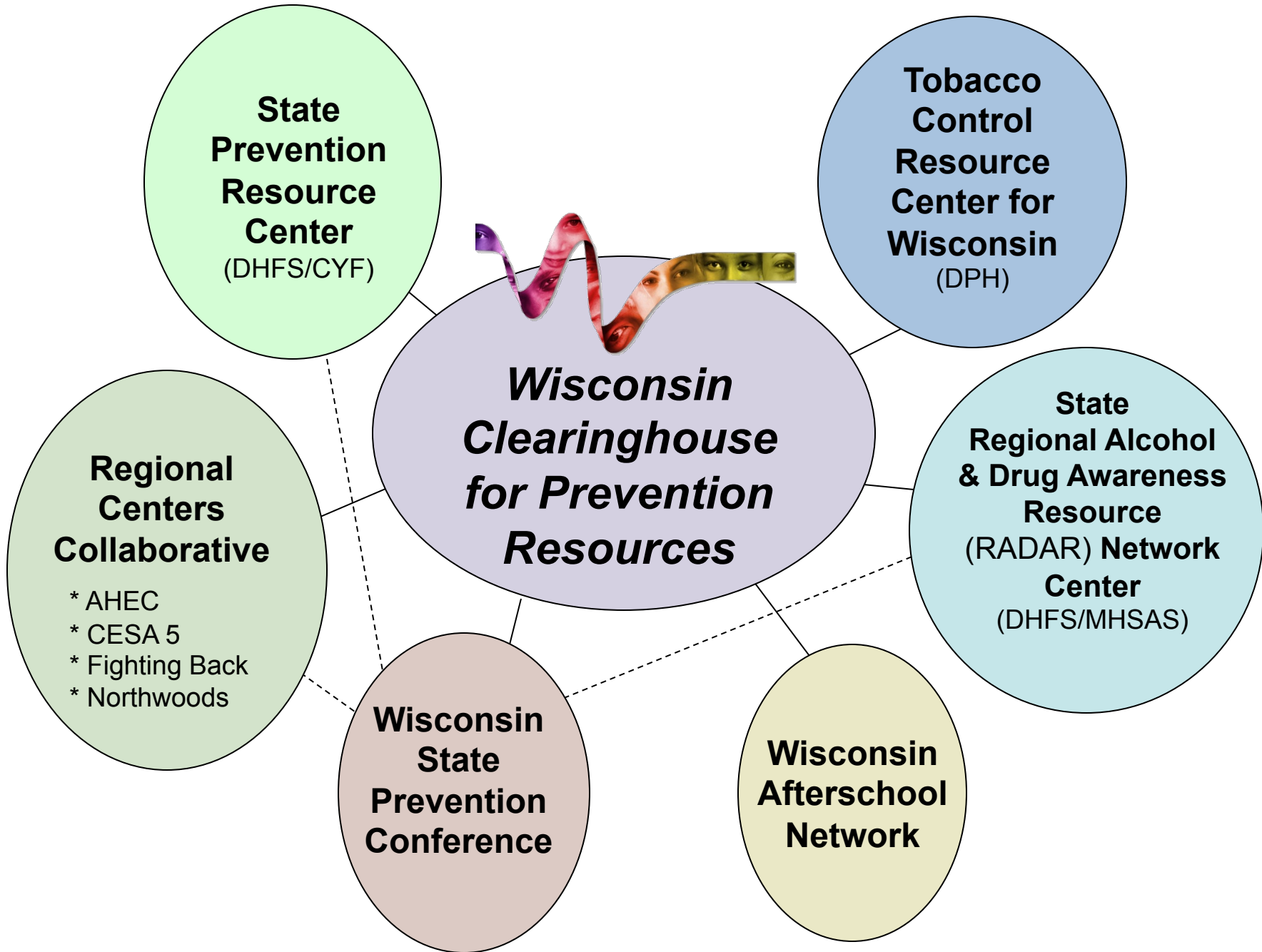
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Wisconsin Clearinghouse for Prevention
Resources

UW-Extension Mission

Bringing university research
to the people of Wisconsin





Evidence-Based Programs and Practices

Research has demonstrated that specific approaches and strategies can reduce problem behaviors & enhance positive developmental outcomes

The most effective programs and practices are termed “evidence-based”

What makes a program evidence-based?

- Based on a solid scientific theoretical foundation
- Carefully implemented and evaluated using rigorous scientific methods
- Replicated and evaluated in a variety of settings with a range of audiences
- Evaluation findings have been subjected to critical review and published in respected scientific journals
- “Certified” as evidence-based by a federal agency or respected research organization

Strengthening Families Program: For Parents and Youth 10-14

Recognized as exemplary and evidenced based by the following agencies:

- 4-H Program of Distinction
- Blueprints for Violence Prevention
- Center for Substance Abuse Prevention
- National Institute on Drug Abuse
- Office of Juvenile Justice and Delinquency Prevention
- Substance Abuse in Mental Health Services Administration
- US Department of Education

Strengthening Families Program: For Parents and Youth 10-14

A parent, youth, and family skills-building curriculum designed to:

- Prevent teen substance abuse and other behavior problems
- Strengthen parenting skills
- Build family strengths

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PROGRAM
For Parents and Youth 10-14

Strengthening Families Program for Parents and Youth 10-14

- Special Features of the Program
 - Timing: the transition to the teen years
 - Parents and youth learn together
 - Videos portray parent-child interaction
 - User friendly materials
 - Fun, interactive projects and activities
 - Families eat meal together
 - Child care provided
 - Rigorously evaluated

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Strengthening Families Program for Parents and Youth 10-14

Program Format

- Developed for parents and youth 10-14
- Designed for 7-10 families per series
- Seven two-hour sessions with graduation
- Four booster sessions to be held 3-12 months later

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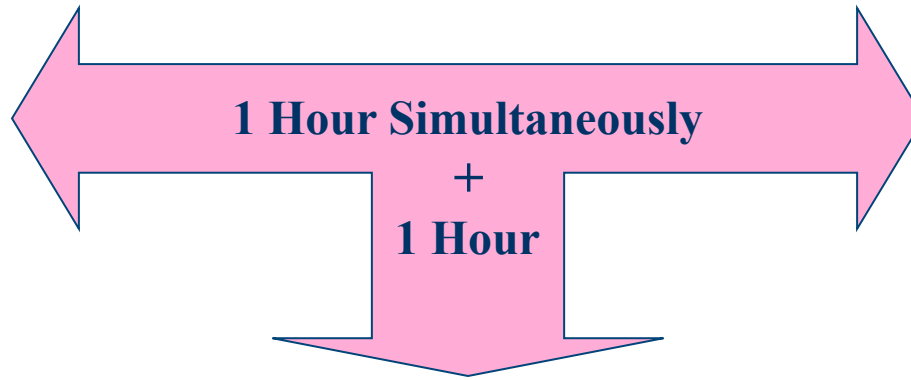
Typical SFP Session



**Family
Meal**



**Youth
Session**



**Parent
Session**



**Family
Session**

Strengthening Families Program for Parents and Youth 10-14

First Hour:

- Parent group – Video based



2/3/04 6:1

Strengthening Families Program for Parents and Youth 10-14

First Hour:

- Youth group



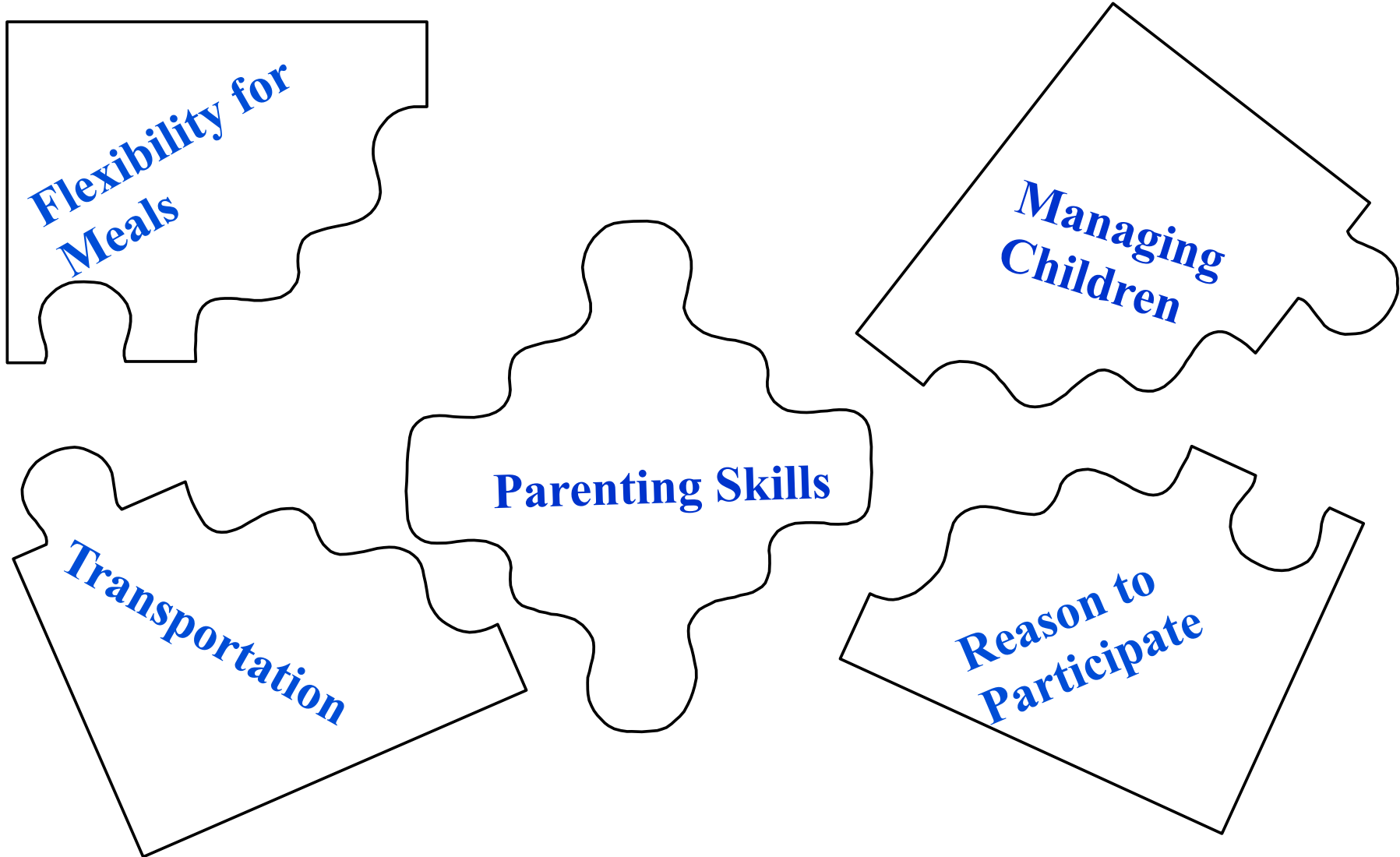
Strengthening Families Program for Parents and Youth 10-14

Second Hour:

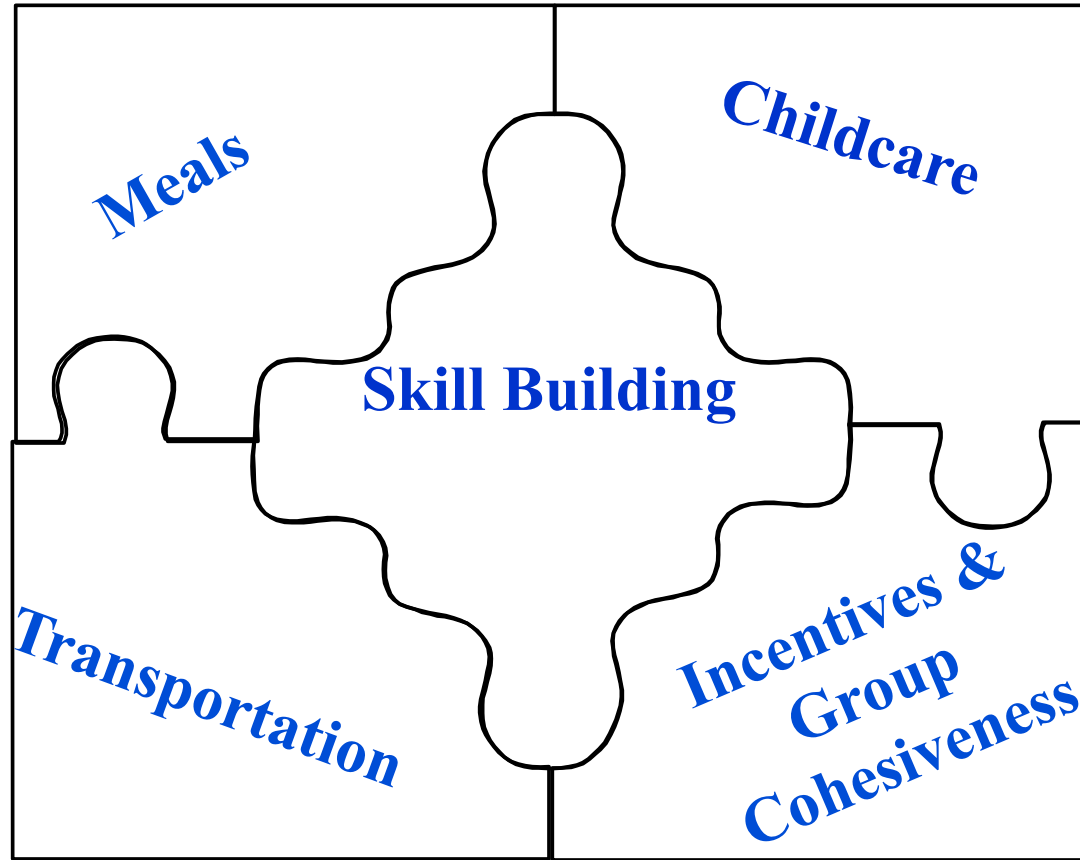
- Parents and youth together



Family Needs



Strengthening Families Program



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Program Activities

- Short lectures
- Videos
- Discussions
- Skills practice
- Learning games
- Family projects

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Core Themes

- Using Love and Limits
- Empathy, Parent → Youth, Youth → Parent
- Rules/Responsibilities to Reach Goals
- Expressing Appreciation to Family Members
- Open and Clear Communication
- Protecting against Substance Abuse

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Program Materials

- 415–page leader guide with masters for handouts
- 215–page leader guide with masters for Booster Sessions 1-4
- 11 DVDs
 - Present information and illustrate skills
 - Actors reflect multi-cultural heritage/ethnicity
 - 6 Parent DVDs
 - 1 youth DVD for 2 sessions
 - 2 family DVDs
- Love and Limits magnets (optional)
- Poster Set (optional)

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SESSION ONE

Parent Session:

- Showing love and setting limits
- Supporting youths' dreams and goals

Youth Session:

- Goal setting

Family Session:

- Connecting as a family



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SESSION TWO

Parent Session:

- What youth this age are like
- Need for house rules
- Communication through “I” statements

Youth Session:

- What’s good and what’s hard about being a youth or a parent
- Why parents are stressed
- Gifts

Family Session:

- Make a family tree together



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SESSION THREE

Parent Session:

- Watching for good things youth do
- Learning a point chart for behavior

Youth Session:

- Understanding stress

Family Session:

- Family meetings



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SESSION FOUR

Parent Session:

- Giving small consequences and staying calm
- Big penalties for big problems

Youth Session:

- Everyone has rules and responsibilities
- Things go better if rules are followed

Family Session:

- Understanding what family values are



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SESSION FIVE

Parent Session:

- Learning to listen to problems
- Listening for feelings
- Meeting basic needs

Youth Session:

- Keeping out of trouble with friends
- Drugs and alcohol hurt
- Practice skills for resisting peer pressure

Family Session:

- Practicing listening to each other
- Joint problem solving



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SESSION SIX

Parent Session:

- Protecting against alcohol, tobacco and drug abuse in youth
- Risk and protective factors
- Supporting youth in school
- Monitoring youth

Youth Session:

- Dealing with peer pressure and friends
- What good friends are like

Family Session:

- Reaching goals
- Parents helping youth with peer pressure
- Sharing refusal skills
- Sharing of parental dreams and expectations



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SESSION SEVEN

Parent Session:

- Stress and family needs
- Getting families the help they might need
- Using community resources

Youth Session:

- Service to others
- Interacting with positive older teen role models

Family Session:

- Celebration and review
- Letters to one another
- Graduation



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- Youth **Risk** Factors
 - Aggressive or withdrawn behavior
 - Negative peer influence
 - Poor school performance
 - Lack of prosocial goals
 - Poor relationship with parents
- Youth **Protective** Factors
 - Positive future orientation
 - Peer pressure resistance skills
 - Prosocial peer relationships
 - Positive management of emotions
 - Empathy with parents

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- Parental **Risk** Factors
 - Demanding and rejecting behavior
 - Poor child management
 - Harsh and inappropriate discipline
 - Poor communication of family rules
- Parental **Protective** Factors
 - Positive parent-child affect
 - Supportive family involvement
 - Age-appropriate expectations
 - Appropriate parental monitoring
 - Clear expectations regarding substance use

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Universal Prevention

- Economically disadvantaged white families*
- African-American families*
- Inner-city racially diverse families
- Court-ordered families
- Families already in family therapy
- Non-English-speaking Hispanic families
- Hmong Families (non video version)

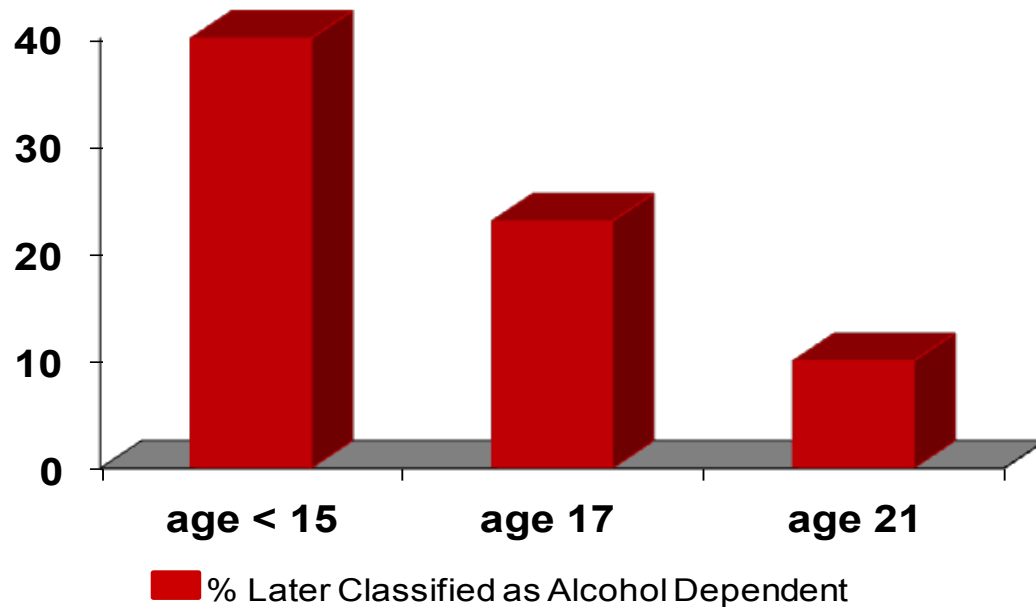
* Scientifically-tested, longitudinal studies

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- Trained facilitators in over 50 WI counties
- Hmong families (Eau Claire)
- Hispanic families (Door & Waukesha Counties)
- American Indian families (Mole Lake, Potawatomi)
- Caucasian families (throughout the state)

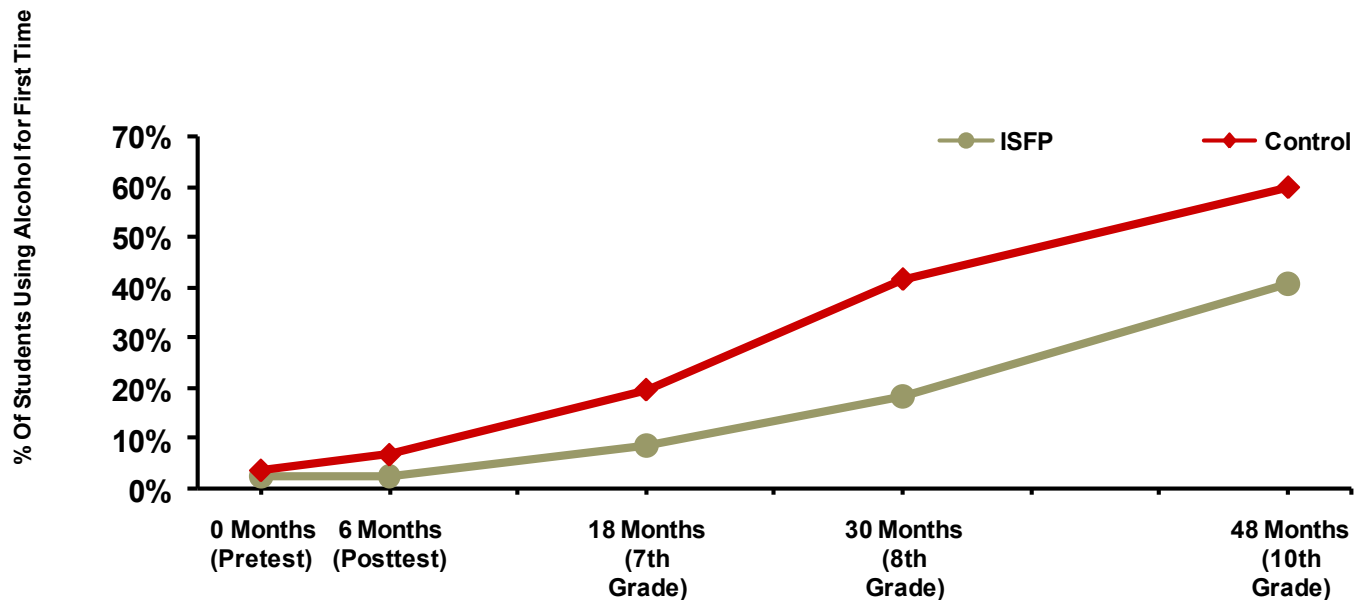
Age of First Use Predicts Alcoholism



National Institutes of Health, News Release, January 1998. www.niaaa.nih.gov

Lifetime Alcohol Use without Parental Permission

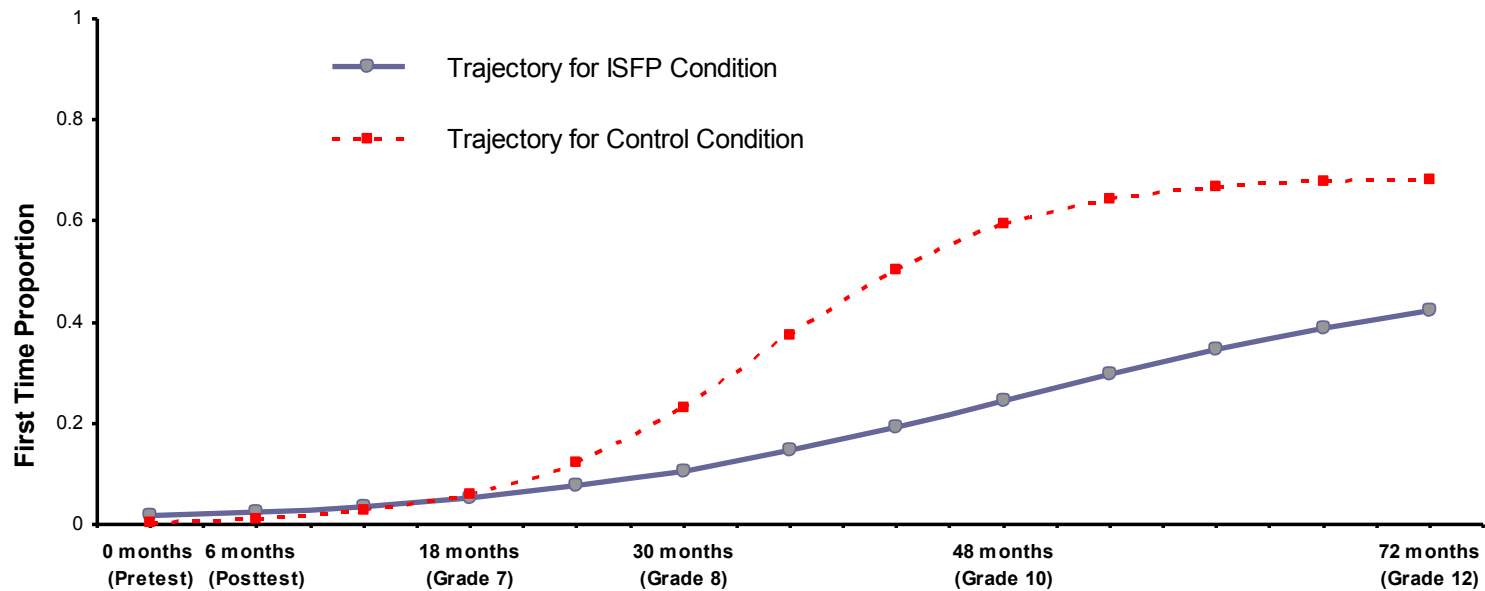
6th grade baseline through 10th grade follow-up of students receiving SFP 10-14 and control group students



At 10th grade, SFP 10-14 students exhibited a 32% relative reduction in alcohol use compared to control group students ($p < .01$).

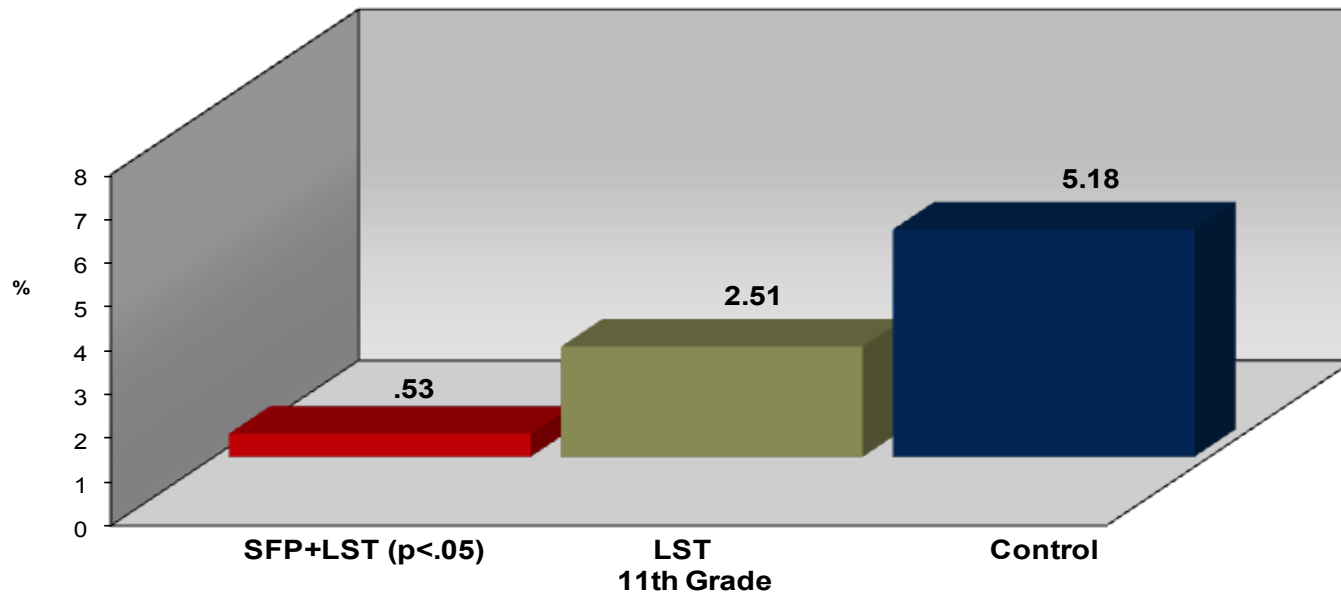
Lifetime Drunkenness by Condition

Lifetime Drunkenness Through 6 Years Past Baseline:
Logistic Growth Curve



Source: Spoth, Redmond, Shin, & Azevedo (2004). Brief family intervention effects on adolescent substance initiation: School-level curvilinear growth curve analyses six years following baseline. *Journal of Consulting and Clinical Psychology*, 72, 535-542.

Meth Initiation Results at 4½ Years Past Baseline



Source: Spoth, R., Clair, S., Shin, C., & Redmond, C. (2006). Long-term effects of universal preventive interventions on methamphetamine use among adolescents. *Archives of Pediatrics and Adolescent Medicine*, 160, 876-882.

Program Effects on Other Substances

	Prevalence Rate	Age	
		Control	ISFP
Lifetime Alcohol Use w/o Parent Permission	40%	14.4	17.0*
Lifetime Drunkenness	35%	15.3	17.5*
Lifetime Cigarette Use	30%	15.7	17.9*
Lifetime Marijuana Use	10%	15.5	17.8

*p < .05 for test of group difference in time from baseline to point at which initiation levels reach the stated levels—approximately half of 12th grade levels—in control group.

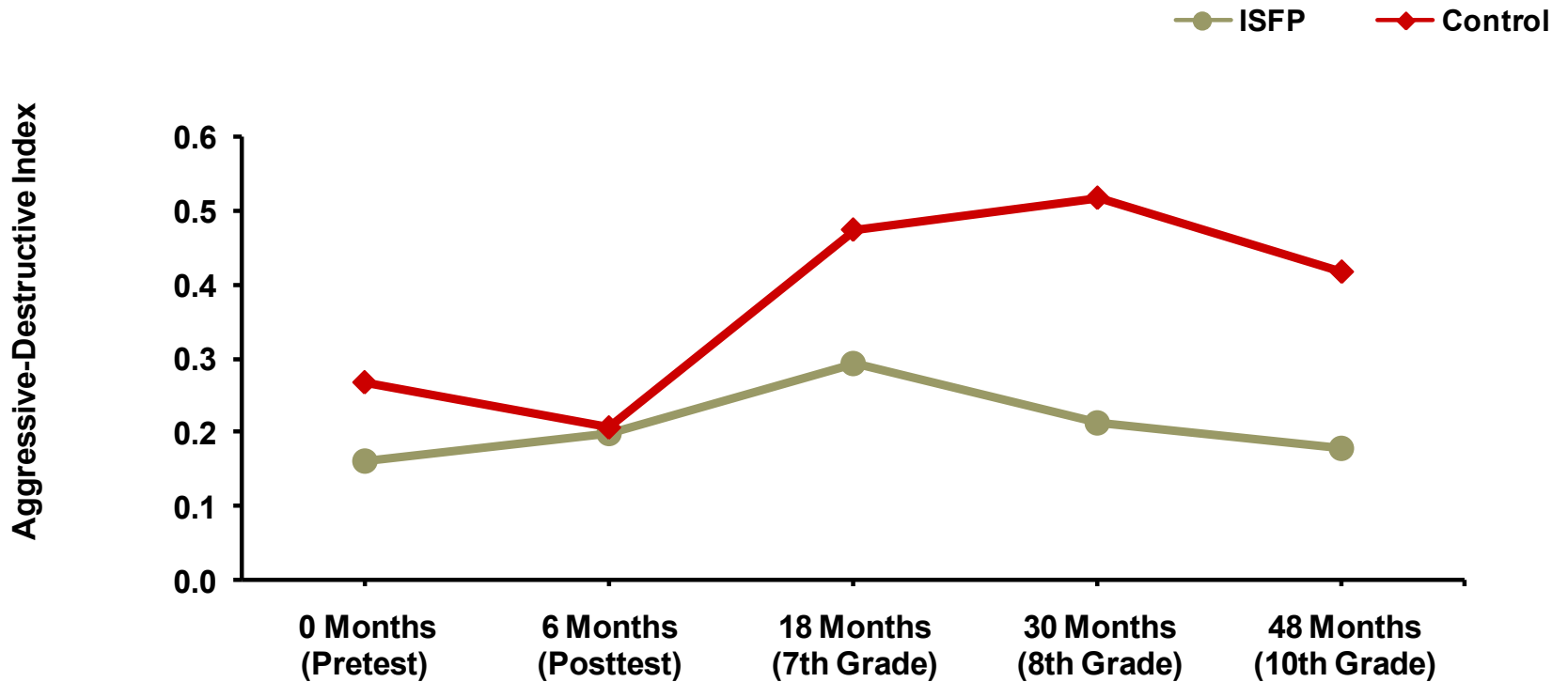
Source: Spoth, Redmond, Shin, & Azevedo (2004). Brief family intervention effects on adolescent substance initiation: School-level curvilinear growth curve analyses six years following baseline. *Journal of Consulting and Clinical Psychology*, 72, 535-542.

Increased School Achievement

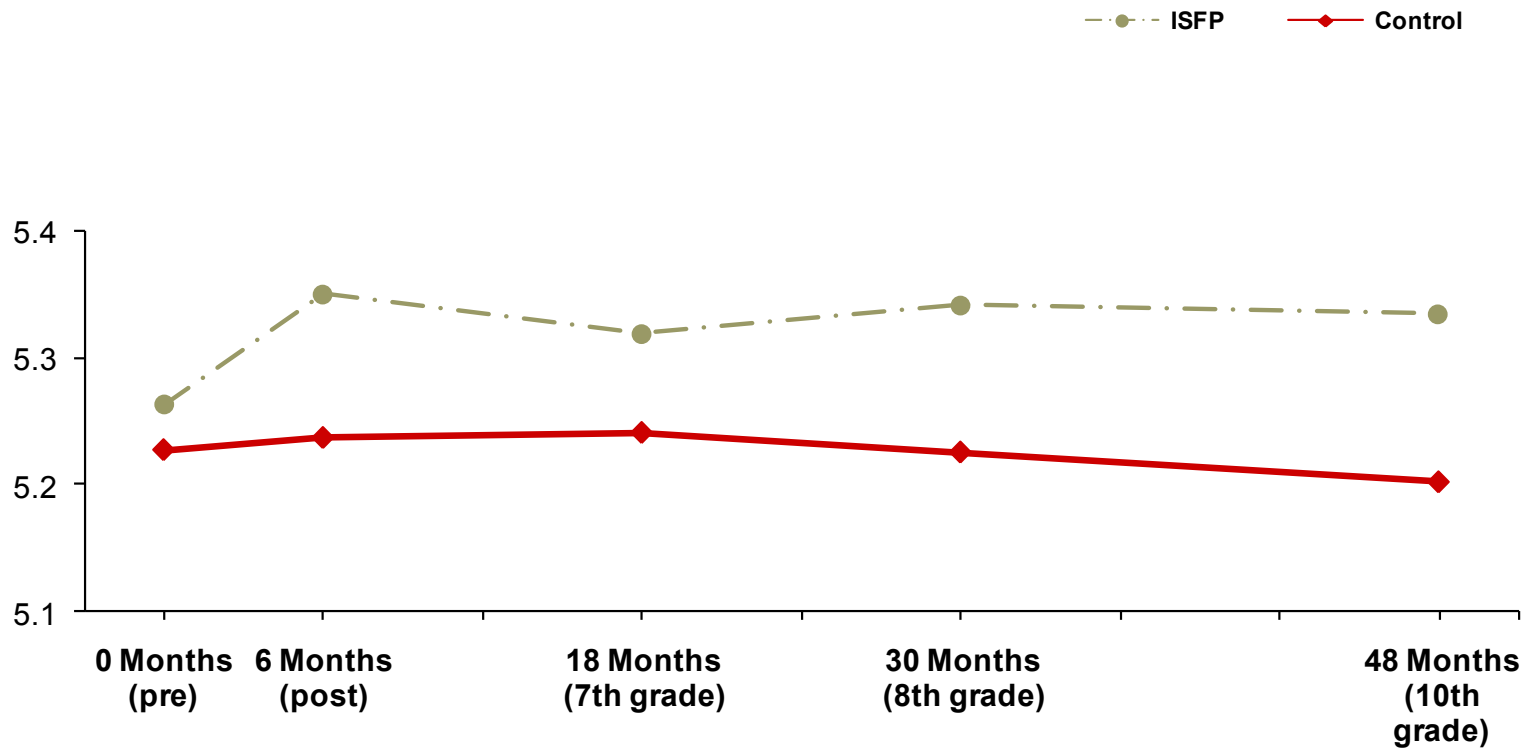


Spoth, R., Randall, G. K., & Shin, C. (2008). Increasing school success through partnership-based family competency training: Experimental study of long-term outcomes. [School Psychology Quarterly](#).

Changes in Aggressive Behavior



Positive Discipline by Parents



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Positive Changes in Parenting Behaviors

(Sustained through the 6 years of study)

- Communicating specific rules and consequences for using substances
- Controlling anger when communicating with the child
- Positive involvement with the child
- Better communication with the child

Spoth, R., Randall, G.K., Shin, C. & Redmond, C. (2005) Randomized study of combined universal family and school preventive interventions: Patterns of long-term effects on initiation, regular use, and weekly drunkenness. *Psychology of Addictive Behaviors*, 19(4), 372-381.

Spoth, R., Redmond, C., Shin, C., & Azevedo, K (2004) Brief family intervention effects on adolescent substance initiation: School-level curvilinear growth curve analyses six years following baseline. *Journal of Consulting and Clinical Psychology*, 72(3), 535-542.

Landmark International Analysis of Family Programs

- Designed to identify effective programs
- Reviewed 6,000 Studies of Programs Designed to Prevent Alcohol Misuse in Young People
- Funded by the World Health Organization
- Conducted by Foxcroft and colleagues, Oxford Brookes University, Oxford, England
- Used strict criteria following the approach of the International Cochrane Collaboration, Drugs and Alcohol Review Group

Conclusion from World Health Organization Sponsored Review

“Disappointing results from school-based programmes have encouraged interest in family interventions. The one with the best track record is the US Strengthening Families Programme, an approach now being tried in Britain.”

David Foxcroft, Oxford Brookes University

(Cochrane Collaboration Systematic Review, 2002)

Foxcroft, Ireland, Lister-Sharp, Lowe and Breen

Strengthening Families Program for Parents and Youth 10-14

- The most valuable thing parents have learned:
 - *“to listen to my child and their feelings”*
 - *“to not criticize my child personally when I’m angry”*
 - *“to set rules and consequences and still show love”*
 - *“reminded to show love and listen with respect to my child”*

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- The most valuable thing youth have learned:
 - *“to deal with peer pressure”*
 - *“that my parents have stress too”*
 - *“how to talk to mom and dad”*
 - *“how to solve problems”*
 - *“do things together more”*
 - *“consequences when I get in trouble”*
 - *“my parents love me”*

Long Term Cost Saving\$ of SFP 10-14

\$

For every \$1 dollar
invested...

\$\$\$ \$\$\$

\$\$ \$[¢]

\$9.60 saved

Getting Started

- Websites
 - <http://fyi.uwex.edu/strengthenfamilies/>
 - www.extension.iastate.edu/sfp
- Partners to teach sessions
- Facility
- Transportation
- Meals, child care
- Incentives
- Costs involved

STRENGTHENING families PROGRAM



for Parents and Youth 10-14

Family Living Programs



We teach, learn, lead and serve, connecting people with the University of Wisconsin, and engaging with them in transforming lives and communities.

Pages

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- [Local Implementation](#)
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Trained Extension Colleagues

County	Contact
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Barron County UW Extension Office	Missy Bablick, Family Living Educator missy.bablick@ces.uwex.edu 715-537-6250
Bayfield County Extension Office	Heidi Ungrodt, Interim Family Living heidi.ungrodt@ces.uwex.edu 715-373-6104 Liz Lexau, Interim Family Living liz.lexau@ces.uwex.edu 715-373-6104

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Summary

A parent, youth, and family skills-building curriculum designed to:

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Questions?

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