Strengthening Families Program for Parents and Youth 10-14

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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
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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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
Typical SFP Session

Family Meal

1 Hour Simultaneously + 1 Hour

Youth Session

Parent Session

Family Session
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First Hour:

- Parent group – Video based
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First Hour:

- Youth group
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Second Hour:

- Parents and youth together
Family Needs

- Flexibility for Meals
- Managing Children
- Parenting Skills
- Transportation
- Reason to Participate
Strengthening Families Program

Meals
Childcare
Transportation
Incentives & Group Cohesiveness
Skill Building
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)
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
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
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

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

Meth Initiation Results at 4½ Years Past Baseline

Program Effects on Other Substances

<table>
<thead>
<tr>
<th></th>
<th>Prevalence Rate</th>
<th>Control</th>
<th>ISFP</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lifetime Alcohol Use w/o Parent Permission</td>
<td>40%</td>
<td>14.4</td>
<td>17.0*</td>
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<tr>
<td>Lifetime Drunkenness</td>
<td>35%</td>
<td>15.3</td>
<td>17.5*</td>
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<td>Lifetime Cigarette Use</td>
<td>30%</td>
<td>15.7</td>
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<td>Lifetime Marijuana Use</td>
<td>10%</td>
<td>15.5</td>
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*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.

## Increased School Achievement

<table>
<thead>
<tr>
<th>6th grade</th>
<th>8th grade</th>
<th>12th grade</th>
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<tbody>
<tr>
<td>Program</td>
<td>School</td>
<td>Academic</td>
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<tr>
<td>Attendance</td>
<td>Engagement</td>
<td>Success</td>
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Changes in Aggressive Behavior

Graph showing changes in Aggressive-Destructive Index from 0 Months (Pretest) to 48 Months (10th Grade), with two lines representing ISFP and Control groups.
Positive Discipline by Parents

- 0 Months (pre)
- 6 Months (post)
- 18 Months (7th grade)
- 30 Months (8th grade)
- 48 Months (10th grade)

Graph showing data points for ISFP and Control groups over time.
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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


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
“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
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- 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
Trained Extension Colleagues

<table>
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<tr>
<th>County</th>
<th>Contact</th>
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<tr>
<td>Adams County UW Extension Office</td>
<td>Mary Ann Olson, Family Living Educator</td>
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<tr>
<td></td>
<td><a href="mailto:maryann.olson@ces.uwex.edu">maryann.olson@ces.uwex.edu</a></td>
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<tr>
<td></td>
<td>608-339-4237</td>
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<td>Ashland County UW Extension Office</td>
<td>Kathy Beeksma, Family Living Educator</td>
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<tr>
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<td>715-682-7017</td>
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<tr>
<td>Barron County UW Extension Office</td>
<td>Missy Bablick, Family Living Educator</td>
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<td></td>
<td><a href="mailto:missy.bablick@ces.uwex.edu">missy.bablick@ces.uwex.edu</a></td>
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<td>715-537-6250</td>
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<td>Bayfield County Extension Office</td>
<td>Heidi Ungrodt, Interim Family Living</td>
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Summary
A parent, youth, and family skills-building curriculum designed to:

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Questions?