

STRENGTHENING

families

PROGRAM

For Parents and Youth 10-14



Iowa State University Families Extension

www.extension.iastate.edu/sfp

Strengthening Families Program: For Parents and Youth 10-14

Recognized 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

Awards:

- Annie E. Casey Foundation Family Strengthening Award

Special Features of the Program

- Transition to the teen years
- Parents and youth learn together
- Videos portray parent-child interaction
- User friendly materials
- Fun, interactive projects and activities
- Culturally-sensitive for African-American and Hispanic families
- Rigorously evaluated

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Universal Preventive Intervention

- * Economically disadvantaged white families
- * African-American families
- Inner-city racially diverse families
- Court-ordered families
- Families already in family therapy
- Non English-speaking families

- * Scientifically-tested, longitudinal studies

Program Format

- Developed for parents and youth 10-14
- Designed for 7-10 families
- Seven two-hour sessions with graduation
- Four Booster Sessions may be held 3-12 months later



Session Format

First Hour:

- Parent Group
- Youth Group

Second Hour:

- Parents and youth together



Facilitators

- 1 for parent sessions
- 2 for youth sessions
- All 3 facilitate the family session

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Program Activities

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



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Parental Risk and Protective Factors Addressed

Risk Factors

- Demanding and rejecting behavior
- Poor child management
- Harsh and inappropriate discipline
- Poor communication of family rules

Protective Factors

- Positive parent-child affect
- Supportive family involvement
- Age-appropriate expectations
- Appropriate parental monitoring
- Clear expectations regarding substance use



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Youth Risk and Protective Factors Addressed

Risk Factors

- Aggressive or withdrawn behavior
- Negative peer influence
- Poor school performance
- Lack of prosocial goals
- Poor relationship with parents



Protective Factors

- Positive future orientation
- Peer pressure resistance skills
- Prosocial peer relationships
- Positive management of emotions
- Empathy with parents

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Core Program 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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The Evidence of the Effectiveness of SFP 10-14

During the last seventeen years, there have been several studies using randomized intervention and control communities.

SFP 10-14 was offered to families of all 6th grade students in intervention communities. Families in control communities did not receive any programming.

Students in both intervention and control communities filled out self-report questionnaires annually until graduating from high school.

Advantages to Using Evidence-Based Programs

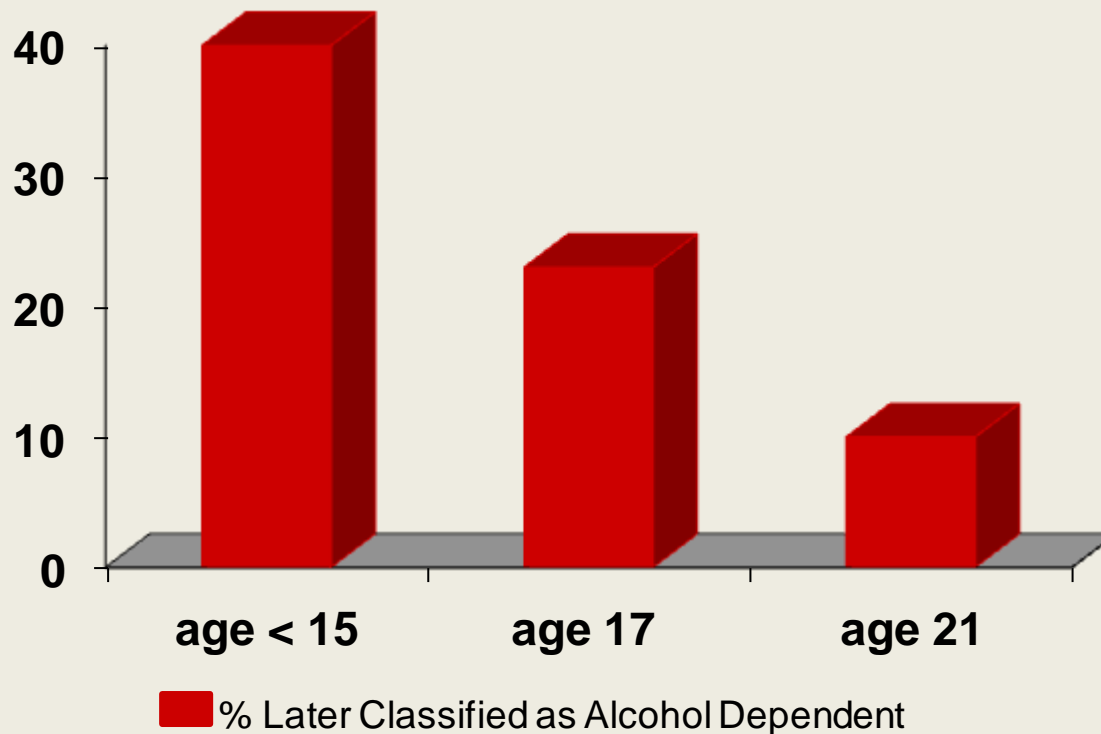
- Positive outcomes and economic benefits more likely for youth and families
- Resources will not be used for ineffective programs—better accountability
- Funding increasingly available primarily for evidence-based programs
- Materials, training and technical assistance are available

Strengthening Families Program: For Parents and Youth 10-14

Results from Longitudinal
Scientific Evaluation

1993 - 2010

Age of First Use Predicts Alcoholism

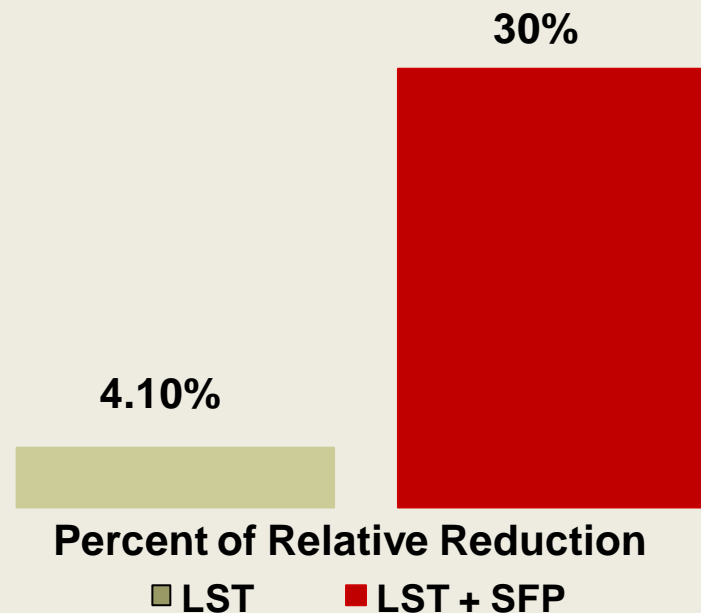


National Institutes of Health, News Release, January 1998. www.niaaa.nih.gov

Relative Reduction Rates for Alcohol Initiation

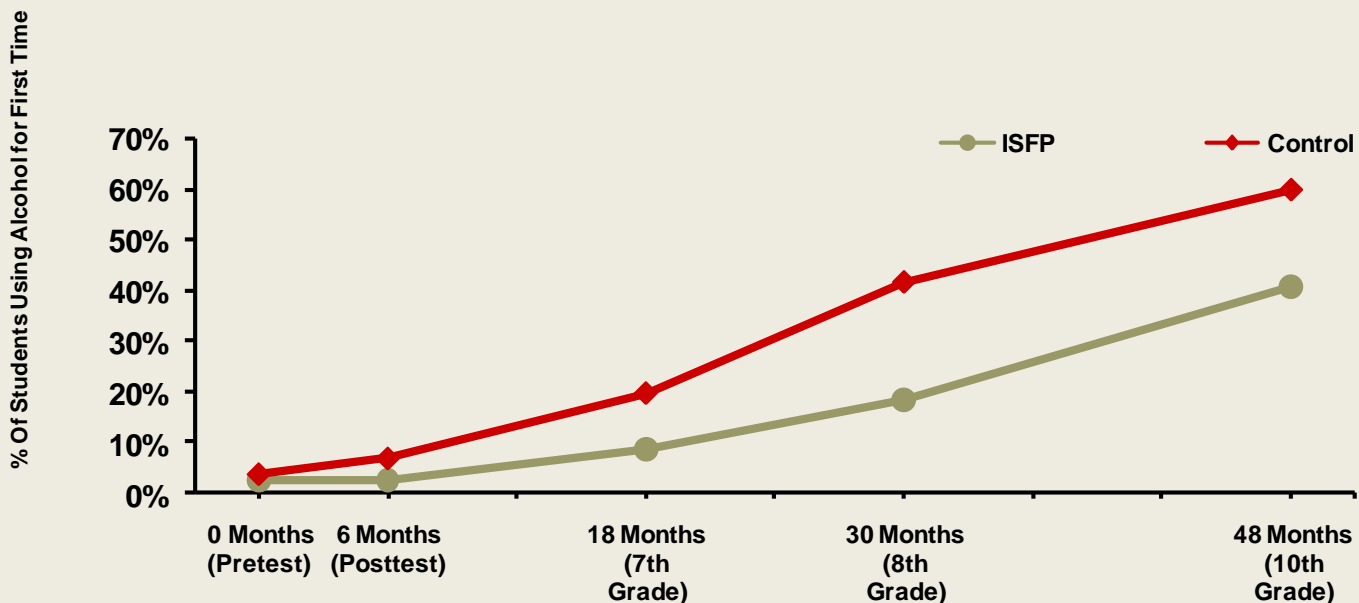
Comparison of School program only with
School and Family combined

1 Year follow up



Lifetime Alcohol Use without Parental Permission

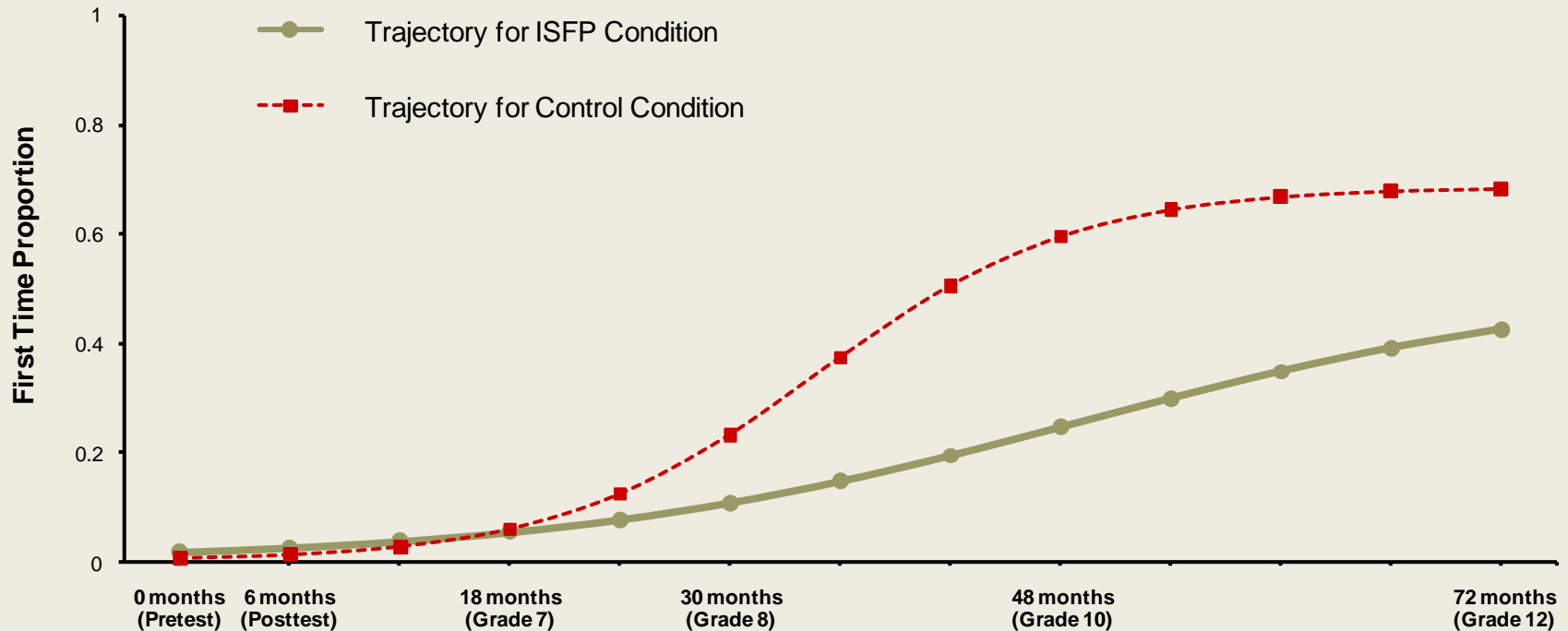
Lifetime alcohol use without parental permission, 6th grade baseline through 10th grade follow-up of students receiving SFP 10-14 and control group students



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

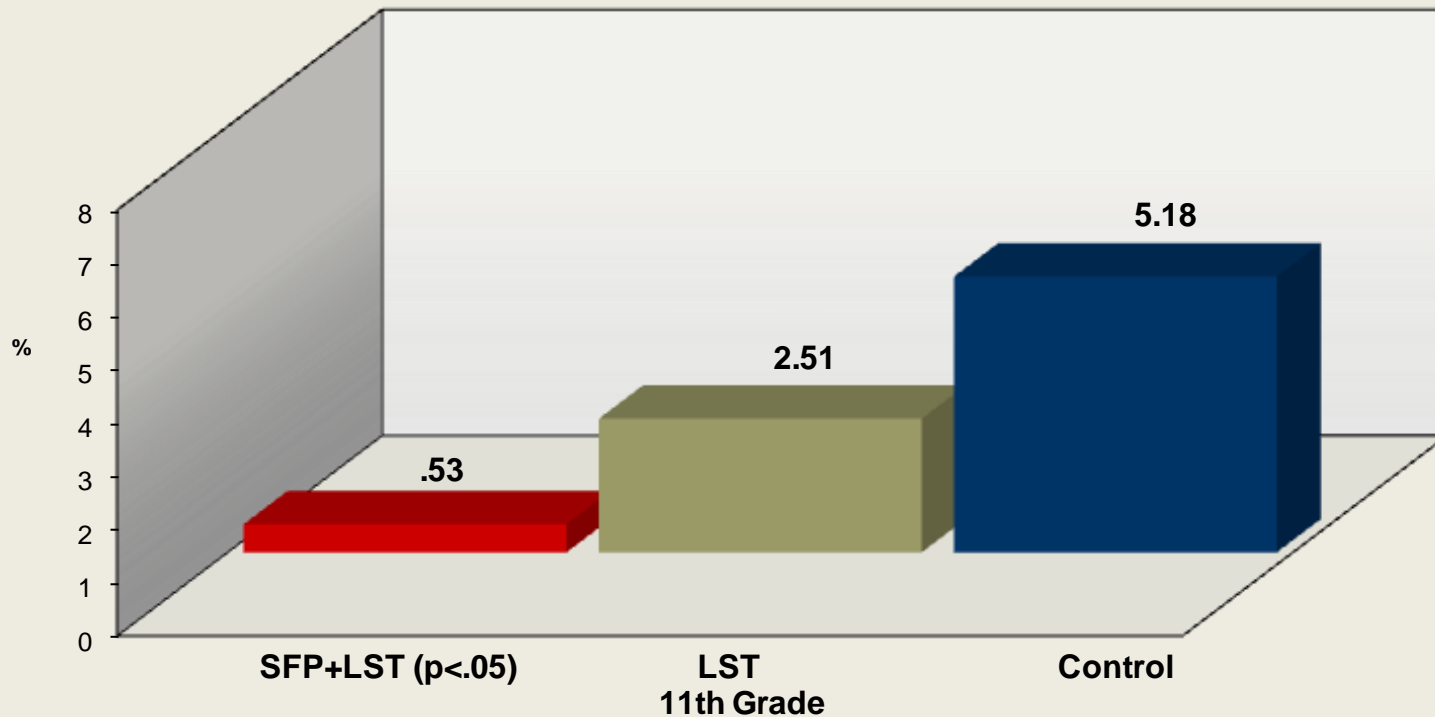
Lifetime Drunkenness by Condition

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.

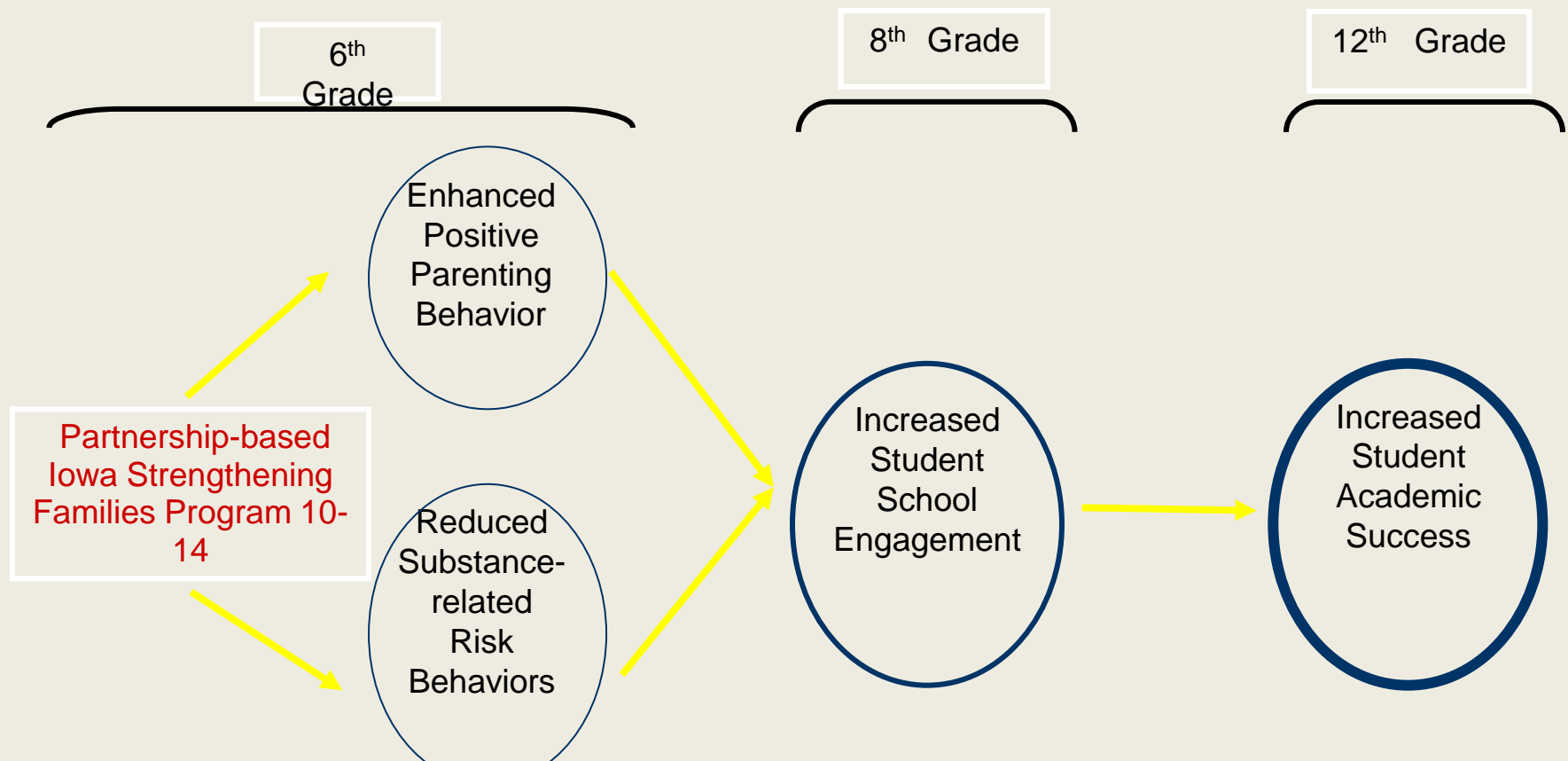
Program Effects on Other Substances

Average age at given prevalence levels	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.

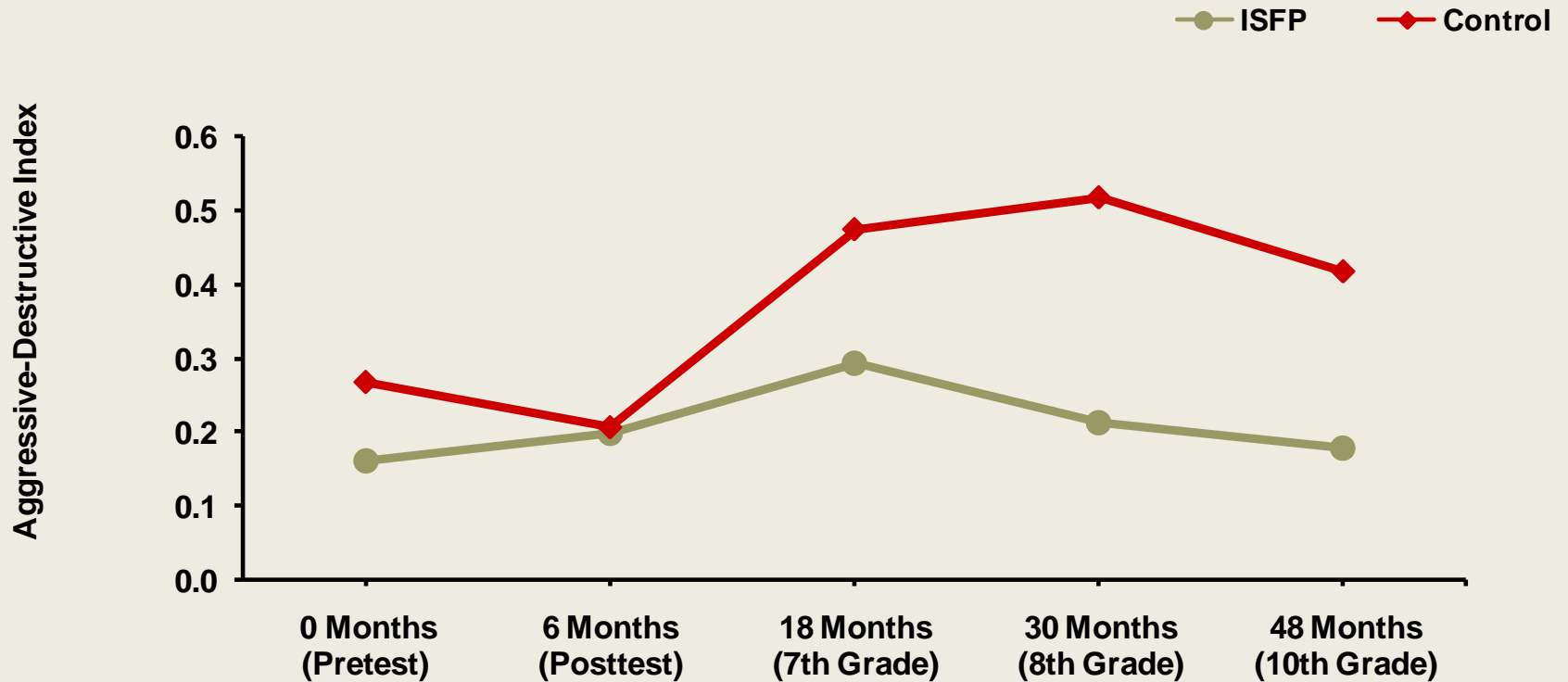
Source: Spoth, Redmond, Shin, & Azevedo (2004). Brief family intervention effects on adolescent substance initiation: School-level curvilinear growth curve analyses six years following baseline. *Journal of Consulting and Clinical Psychology*, 72, 535-542.

Long Term Effects Public Education Partnership Program on Academic Success

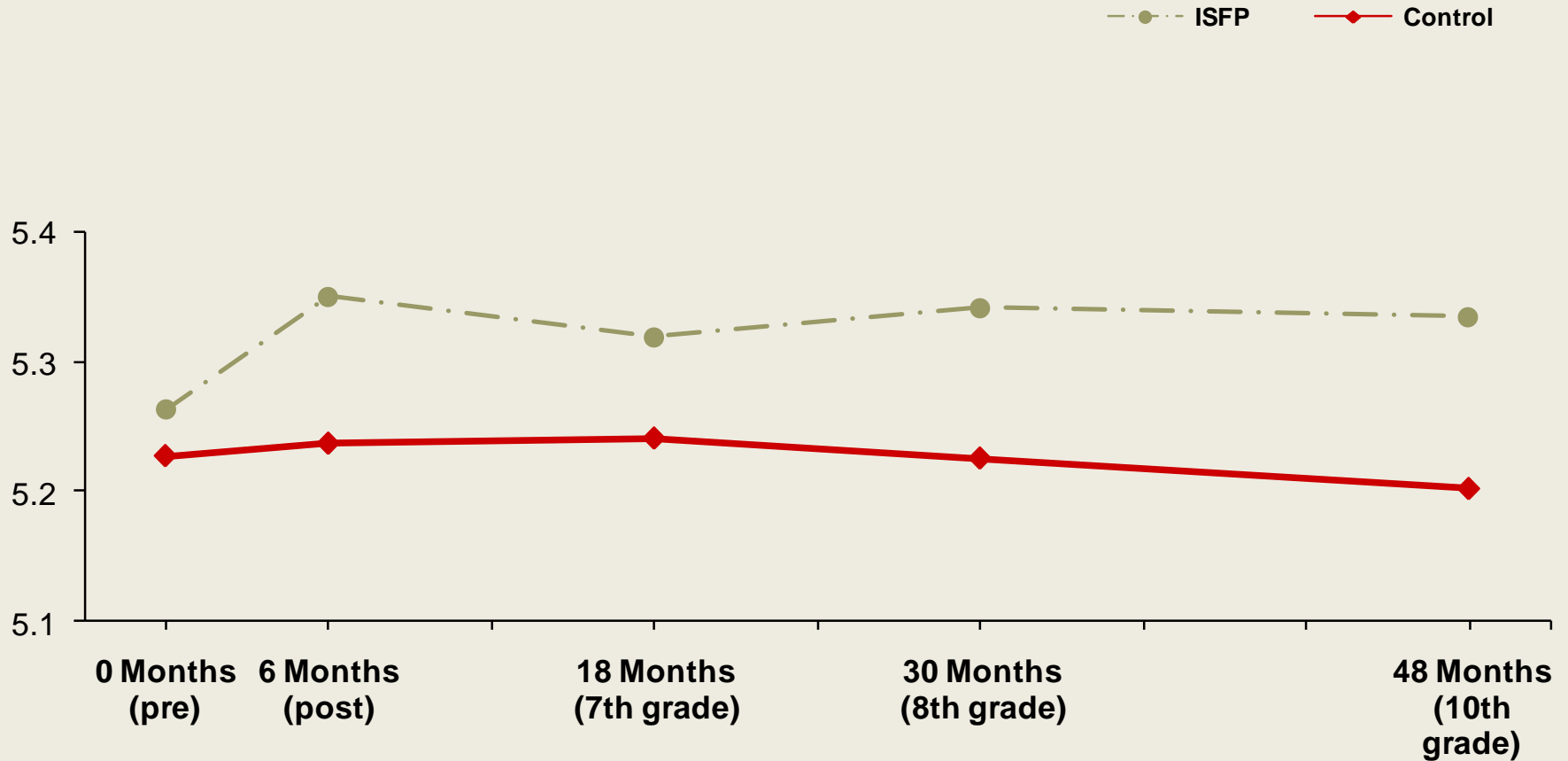


Source: Spoth, R., Randall, K., & Shin, C. (2005). Experimental Support for a Model of Partnership-based Family Intervention Effects on Long-term Academic Success. Under review: *School Psychology Quarterly*.

Changes in Aggressive Behavior

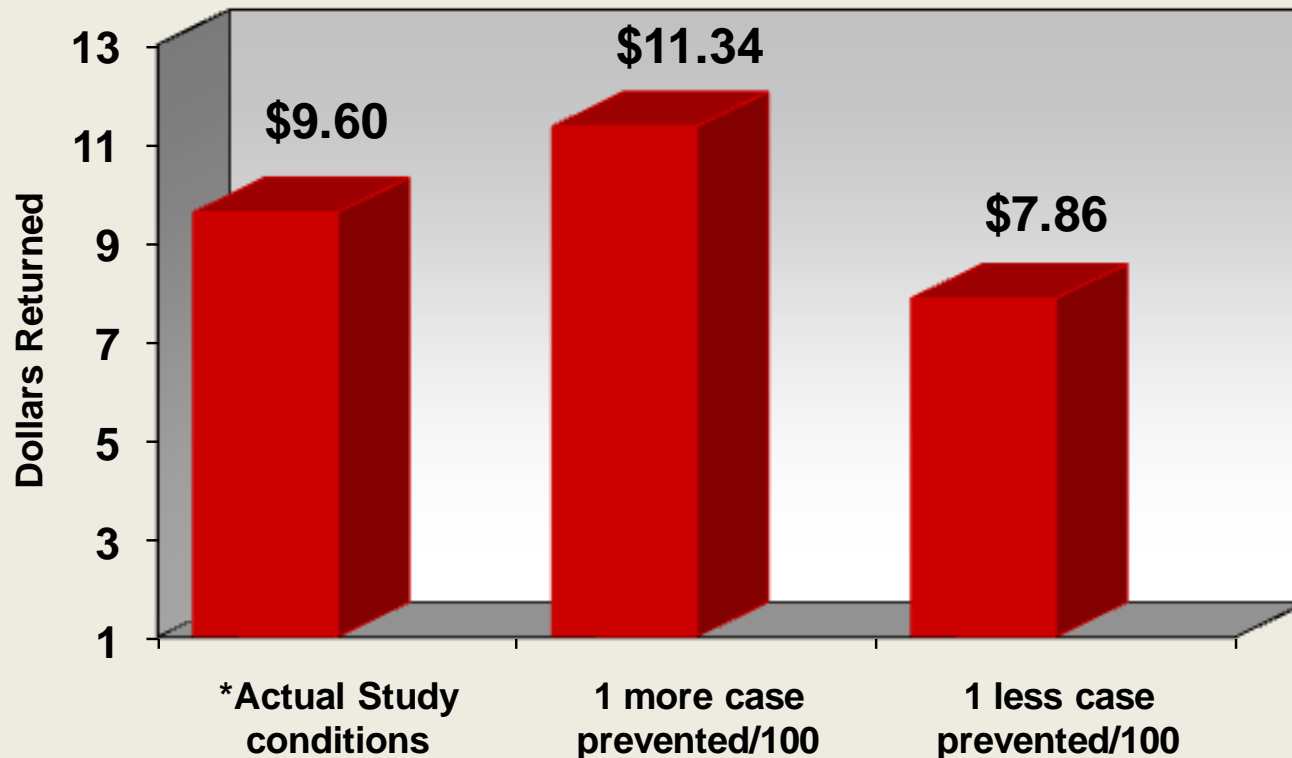


Positive Discipline by Parents



Benefit-Cost Analysis

Partnership-Based Strengthening Families Program: Benefit-Cost Ratios Under Different Assumptions



Source: Spoth, Guyll, & Day (2002). Universal family-focused interventions in alcohol-use disorder prevention: Cost-effectiveness and cost-benefit analyses of two interventions. *Journal of Studies on Alcohol*, 63, 219-228.

Landmark International Analysis of Family Programs

- Designed to identify effective programs
- Reviewed 6000 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: 10-14, an approach now being tried in Britain.”

David Foxcroft, Oxford Brookes University
(Cochrane Collaboration Systematic Review, 2002)
Foxcroft, Ireland, Lister-Sharp, Lowe and Breen

Parents say

“The most valuable thing I learned”

- “to listen to my child and their feelings”
- “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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Youth say

“The most valuable thing I learned”

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

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Versions of the Program

The Strengthening Families Program: 10-14

- U.S. English with videos
- U.S. Non video version for parent sessions (includes role plays and handouts in Spanish)

International Versions

- Spanish version with videos (Funded by the Pan American Health Organization)
- U.K. English with videos
- Swedish with videos
- Swedish without videos
- Spanish (Spain) with videos
- Turkish without videos
- Bosnian without videos

International Versions in Progress

- Greek
- Norwegian
- Polish
- Albania
- Serbia

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