

Program Description

Strengthening Families for Parents and Youth Program

Introduction:

Strengthening Families for Parents and Youth (SFPY) is a 9-week program for youth, ages 12-16, and their parents and other caregivers. SFPY is a shortened, adapted version of the successful 14-week Strengthening Families for the Future program developed by Dr. Karol Kumpfer of the University of Utah.

Background:

SFPY was supported through funds from Health Canada (2009-2011). It was adapted by Parent Action on Drugs as an effective strategy for the prevention of substance abuse in youth by means of improving parenting skills and positive family functioning for families involved with diverse youth serving agencies in Toronto, Ontario. This program was piloted in Corner Brook from October – December 2012 and has continued to be implemented in the Western Region.

Purpose:

The aim of the Strengthening Families for Parents and Youth program is to increase resiliency among at-risk youth, ages 12-16, through family participation in a skill-building family change program.

The **Goals** of the program are to:

- Increase positive parenting practices
- Increase in youth resiliency
- Increase in family functioning
- Increase the likelihood of non-use of illicit drugs by the use of youth participating in the program

Target Audience:

The target population is at-risk youth (age 12-16) and their families. The program is appropriate for youth at risk due to mental health and substance abuse concerns, high levels of family conflict or other environmental factors.

Description of Activities:

The Strengthening Families for Parents and Youth program is presented in nine consecutive weekly sessions. Sessions last about three hours and include a family meal. Parents and youth meet together to share a meal at the beginning of each session. This is followed by separate one-hour sessions for youth and parents. Finally,

families come together where they build on skills they explored in their individual sessions.

Budget:

The budget for delivering this program is less than the Strengthening Families for the Future due to the decrease in length of time to run the program from fourteen to nine weeks. The budget consists of family meals and supplies, transportation, crafts and supplies, program incentives (parent and youth), and volunteer appreciation. Delivering the program within budgetary constraints is possible due to the in-kind contribution of other agencies that may also support clients. Development of a financially sustainable plan is based on financial support from Western Health.

The ability to plan, prepare, and cook the meals also contributes to budgetary savings as the cost of meal preparation is usually the highest expense of running this program (\$160.00 x 9 weeks). Catering is typically more expensive and would require more money in the budget. A higher budget for food is also based on meeting school health food guidelines. A typical budget usually ranges between \$3000-3500.

Past Sample Budget

Item	Estimated Cost
Small honoraria for volunteers	\$250
Supplies (paper plates, napkins, cutlery, garbage bags, foil wrap, plastic wrap, etc.)	\$150
Travel for participants (Gas cards/taxis)	(\$750 in-kind from another source)
Room/space rental	In-kind
Materials (manuals, arts and crafts, and journals)	(Printing of facilitator manual in-kind) \$250 Materials for activities
Food (\$160 per week x 9 sessions)	\$1440
Other program incentives for parents (grocery cards - \$5 each session with a \$20 bonus at completion - \$65 x 12 families)	\$780
Program incentives for youth (ITunes gift cards \$10 x 12)	\$120
Graduation (food and drinks)	\$150
Weekly grocery bag giveaways (\$25 x 9)	\$225
Total	\$3365

Evaluation:

This program has undergone extensive evaluation and has been designated as “best practice”. Parent Action on Drugs contracted Lutra Group to complete a two-year research project consisting of 69 families. This involved implementing & evaluation of the adapted 9-week curriculum in 8 different trials. These trials were evaluated & data analyzed according to standardized measurements used for international applications of

Strengthening Families programs in consultation with the program's originator, Dr. Karol Kumpfer.

Short term outcomes:

- Parenting outcomes: significant improvement shown in parenting skills, supervision, efficacy, parental involvement, depression, and decrease in parental substance use
- Family outcomes: reduction of targeted risk factors of family conflict and positive impacts on communication skills, family strengths and resilience.
- Child behavior outcomes: significant improvements shown in overt aggression, social skills, concentration, depression, covert aggression, social skills, hyperactivity, and overall child cluster.

Long term outcomes:

- Desired outcomes shown for positive parenting, family functioning and youth resiliency. SPFY has also been extremely effective in reducing substance misuse in youth.

Indicators:

To evaluate this program, families complete a mid-program evaluation and final evaluation. The Parenting Relationship Questionnaire is completed at week one and week nine, to be scored by a psychologist and analyzed by Quality Research and Management at Western Health. Facilitator feedback is provided at week nine.

Requirements to Support Staff:

In order to support staff to deliver this program, staff time for training, preparation, and the delivery of this program must be allotted. The Mental Health Promotion Consultant and the Addictions Prevention Consultant are also available for consultation and support throughout planning, facilitator training, recruitment, and running the program.

The plan also includes the availability of other funding sources, such as the Community Addictions Prevention and Mental Health Promotion Fund, to support community-based programming.

Timeline/Action Plan (Sample):

In order to implement this program from beginning to end, the following logistical steps should be taken to ensure the program runs smoothly.

- Step 1: Secure program funding and maintain budget
- Step 2: Develop and distribute promotional materials
- Step 3: Network with community agencies (partners)
- Step 4: Recruit families, volunteers, and facilitators

- Step 5: Secure appropriate location
- Step 6: Develop and deliver facilitator training
- Step 7: Develop program forms
- Step 8: Support family intake
- Step 9: Determine incentives and purchase materials
- Step 10: Arrange for transportation
- Step 11: Assemble resource bins and family incentives
- Step 12: Complete meal planning
- Step 13: Complete program implementation
- Step 12: Complete Evaluation
- Step 13: Consult on program changes

Program Structure

Session One	Introduction
Session Two	Positive Attention/Praise
Session Three	Communication
Session Four	Expectations/Goals
Session Five	Limits, Consequences/Behavior, Choices
Session Six	Stress and Anger
Session Seven	Substance Use
Session Eight	Problem Solving/Getting Support
Session Nine	Making a Commitment to the Future/Graduation/Evaluation