

## What is SFP 10-14? Strengthening Families Program for Parents and Youth 10-14

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## Strengthening Families Program 10-14 Introductory Session

- For those who are unfamiliar with SFP 10-14
- List national agencies that have recognized the program
- Highlight research base
- Explain benefits and unique features
- Show new video clips
- Learn how to purchase curriculum and be fully trained in using it with families

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## Strengthening Families Program 10-14 Recognized by Federal Agencies

- **Program of Distinction:** National 4H Headquarters and Cooperative State Research, Education, and Extension Service
- **Model Program:** Center for Substance Abuse Prevention
- **Model Program:** Substance Abuse & Mental Health Services Administration
- **Universal Program:** National Institute on Drug Abuse
- **Exemplary Program:** US Department of Education
- **Exemplary Program:** Office of Juvenile Justice and Delinquency Prevention

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## Strengthening Families Program 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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## Strengthening Families Program 10-14 Potential Audiences

- 4-H Families
- Foster families
- Inter-generational families
- Blended families
- Diverse families



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## Strengthening Families Program 10-14 Program Format

- For parents and youth ages 10-14
- Seven sessions—each session is two hours
- Designed for groups of 6-12 families
- Three facilitators lead the sessions
- Parents and youth meet separately during the first hour
- Families practice skills and have fun together during the second hour

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### Strengthening Families Program 10-14 Materials

- Teaching manual\*
- VHS or DVD videos
- “Love and Limits” magnets
- Promotional videotape
- Promotional brochures
- Posters
- All materials available in Spanish



\*Manuals include detailed instructions for 33 hours of activities

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### Strengthening Families Program 10-14 Learning Activities

- Video material
- Skill building activities
- Learning games
- Discussions
- Youth/family projects
- Experiential activities
- Practice exercises



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### Strengthening Families Program 10-14 Skills Taught

#### Youth Groups

- Peer resistance skills
- Improved coping skills
- Decisions making skills
- Better understanding of family rules
- Better communication with parents
- Clarification of future goals and aspirations



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### Strengthening Families Program 10-14 Skills Taught

#### Parent Groups

- Better understanding of youth development
- Clarification of family values regarding substances
- Understanding risk and protective factors for youth
- Effective limit setting and monitoring
- Improving family communication

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### Strengthening Families Program 10-14 Youth Risk Factors

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



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### Strengthening Families Program 10-14 Youth Protective Factors

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

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**Strengthening Families Program 10-14**  
**Parental Risk Factors**

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

**Strengthening Families Program 10-14**  
**Parental Protective Factors**

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

**Strengthening Families Program 10-14**  
**Parent Session 1: Love and Limits**



**Strengthening Families Program 10-14**  
**Scientifically Proven Program**

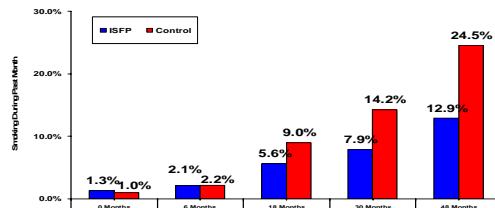
- Evaluated for 12 years by the Institute for Social and Behavioral Research and the Partnership for Prevention Science Institute at Iowa State University
- Tested with several hundred families in Iowa and Pennsylvania
- Participants were randomly assigned and comparisons were made between program participants and control families.

**Strengthening Families Program 10-14**  
**Program Evaluation: Youth Results**

- Youth attending the program had significantly lower rates of tobacco and marijuana use compared to control youth.
- Youth attending the program had significantly fewer conduct behavior problems in school than youth in the control group.
- The differences between program and control youth actually increased over time, indicating that skills learned and strong parent-child relationships continue to have greater and greater influence.

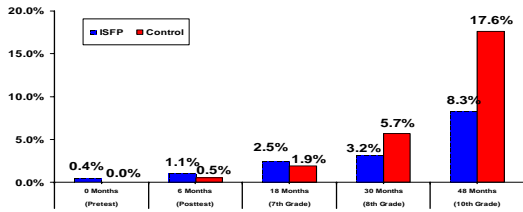
**Strengthening Families Program 10-14**  
**Program Evaluation Results**

Students who participated in SFP: 10-14 while in 6th grade were approximately half as likely as students in the control group to smoke cigarettes at follow-up evaluations two years and four years later.



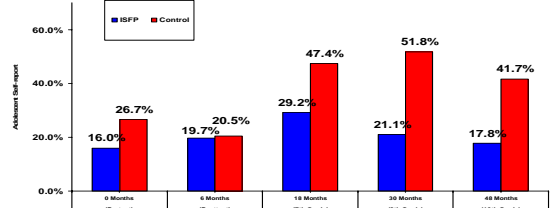
### Strengthening Families Program 10-14 Program Evaluation Results

Students who participated in SFP: 10-14 while in 6th grade were 53% less likely than students in the control group to use marijuana at a follow-up evaluation four years later.



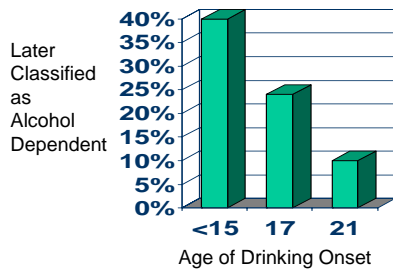
### Strengthening Families Program 10-14 Program Evaluation Results

Students who participated in SFP:10-14 while in 6th grade were 58% less likely than students in the control group to report aggressive behavior at follow-up evaluations two and four years later.



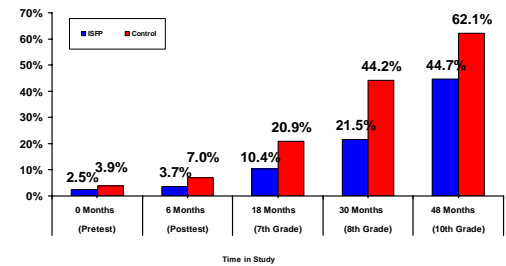
### Strengthening Families Program 10-14 Program Evaluation Results

#### Age of First Use Predicts Alcoholism



### Strengthening Families Program 10-14 Program Evaluation Results

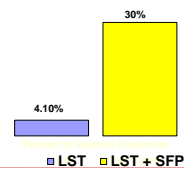
At 8th grade, SFP 10-14 students exhibited a 49% relative reduction in alcohol use and at 10th grade, a 32% relative reduction in alcohol use compared to control group students.



### Strengthening Families Program 10-14 Program Evaluation Results

#### Relative Reduction Rates for Alcohol Initiation

One Year Follow Up



### Strengthening Families Program 10-14 Program Evaluation Youth Results

- 26% fewer youth reported ever drinking alcohol
- 56% fewer youth reported ever smoking marijuana
- 40% fewer youth reported ever having been drunk



**Strengthening Families Program 10-14  
Youth Session 5: Peer Resistance Steps**

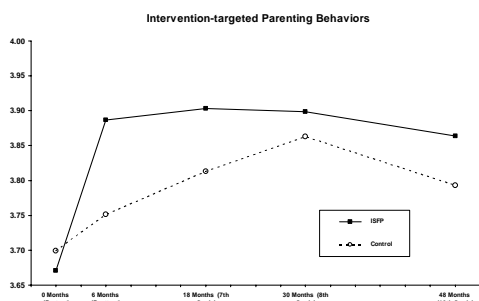


**Strengthening Families Program 10-14  
Program Evaluation Results**

**Parents show significant gains in:**

- Specific parenting skills including setting appropriate limits and building a positive relationship with their youth
- Expressing positive feelings towards their child
- General child management including setting rules and following through with consequences
- General child management such as effectively monitoring youth and having appropriate and consistent discipline.

**Strengthening Families Program 10-14  
Program Evaluation Results**



**Strengthening Families Program 10-14  
Program Evaluation Results**

**Parents reported:**

- Better communication and a more positive relationship with their child
- Increase in positive feelings towards their child
- Gains in general child management:
  - Setting rules and consequences
  - Effective monitoring
  - Appropriate and consistent discipline

**Strengthening Families Program 10-14  
Program Evaluation Results**

**Parents reported:**

- Increased program effects over time, indicating that skills learned and strong parent-child relationships continue to have greater influence on youth
- Significantly fewer problems in school

**Strengthening Families Program 10-14  
Questions and Answers**



**Strengthening Families Program 10-14  
Implementation Discussion**

- Schedule and planning
- Facilities
- Supplies
- Transportation
- Food
- Child care
- Incentives
- Recruitment

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**Strengthening Families Program 10-14  
Questions and Answers**



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**Strengthening Families Program 10-14  
New Version in Spanish**

- Videos
- Teaching manual
- Posters
- Handouts
- Adapted by the  
Pan American Health Organization



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**Strengthening Families Program 10-14**

**Why are evidenced-based interventions so important to our community?**

- Improve the lives of children and families
- Build a community of caring, responsible citizens

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**Strengthening Families Program 10-14**

**SFP 10-14 is needed because:**

- Most prevention programs delivered to families and youth have not been rigorously tested—and most that have been tested have not been shown to be effective
- Even when effective programs are delivered, their public health impact is often reduced because high quality delivery is not sustained over time.

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**Strengthening Families Program 10-14  
Economic Benefits**

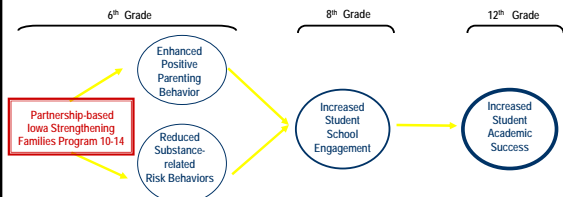
**What successful prevention means to the community:**

- Savings from costs suffered by others (e.g. employers, taxpayers, crime victims)
- Savings from costs borne by disordered person or family (lost wages, medical and legal expenses)
- Savings from funds spent on substance abuse treatment services, special education placement
- **\$9.60 returned for every \$1.00 invested**

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**Strengthening Families Program 10-14  
Tested Model Results**

**Long-term Effects of 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*.

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**Strengthening Families Program 10-14**



*"I learned that it's easier to talk it out than fight and yell."*

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**Strengthening Families Program 10-14**



*"We learned more rules, because we didn't have any."*

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**Strengthening Families Program 10-14**



*"I learned to listen to my child and his feelings."*

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**Strengthening Families Program 10-14**



*"I learned what a fantastic child I have."*

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**Strengthening Families Program 10-14  
Newly Revised Video Materials**

- Real-life situations
- Diversity of families
- Realistic settings



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**Strengthening Families Program 10-14  
Purchasing Materials**

All SFP 10-14 materials are available for purchase at the ISU Extension On-line Store:

[www.extension.iastate.edu/store/](http://www.extension.iastate.edu/store/)



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**Strengthening Families Program 10-14  
Facilitator Training**

For fidelity purposes, facilitator training is required.

Training for both Iowa facilitators and out of state facilitators is posted on the Web site:

[www.extension.iastate.edu/sfp/](http://www.extension.iastate.edu/sfp/)

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**Strengthening Families Program 10-14  
Contact Presenters**

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**Strengthening Families Program 10-14  
More Information**



[www.extension.iastate.edu/sfp/](http://www.extension.iastate.edu/sfp/)

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