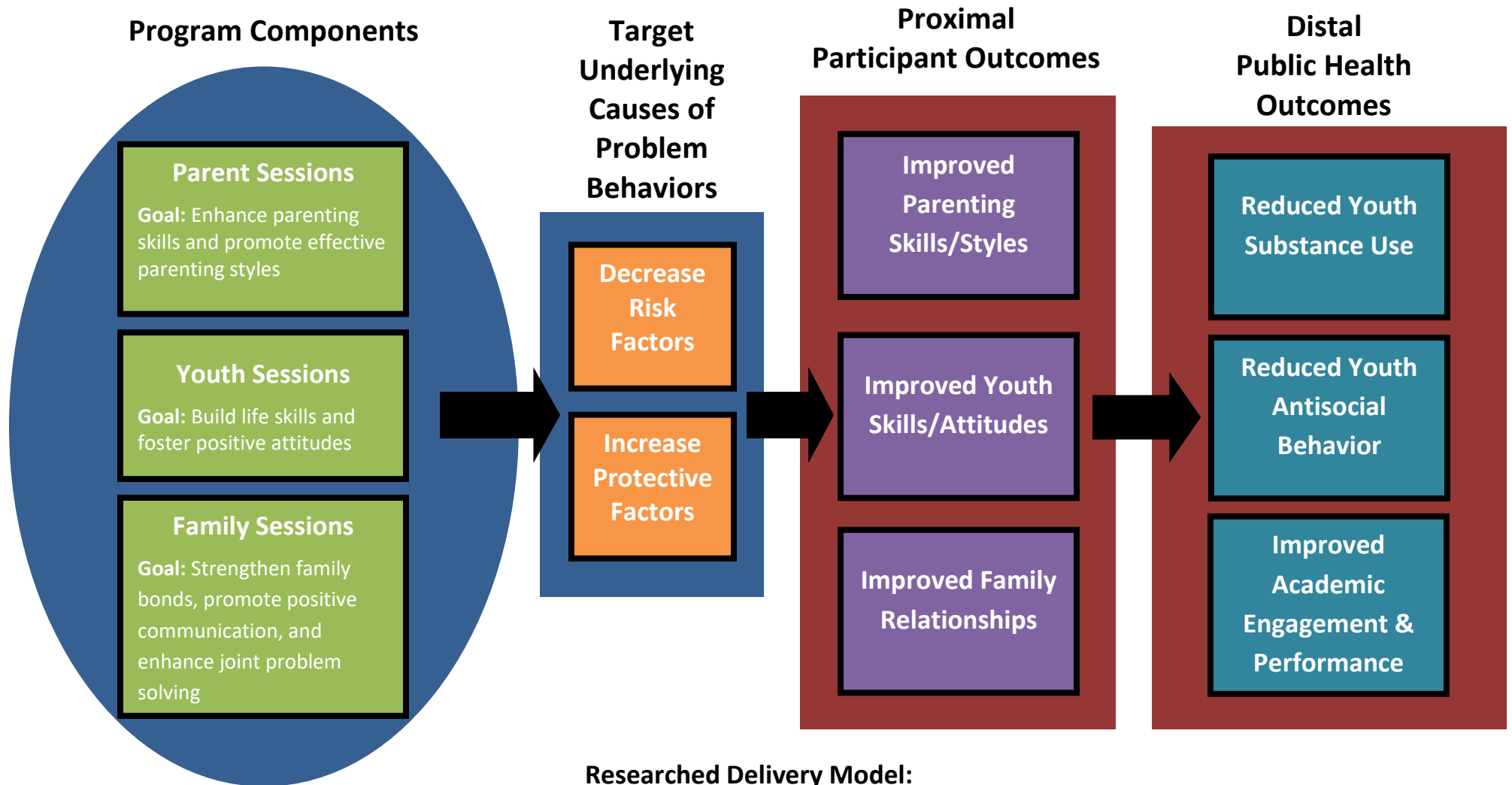


# Strengthening Families Program: For Parents and Youth 10-14 (ISFP or SFP 10-14)

The original version of this program was developed through Project Family by the Social and Behavioral Research Center for Rural Health at Iowa State University.

Logic Model created by the Evidence-based Prevention and Intervention Support Center (EPISCenter) at the Pennsylvania State University



## Researched Delivery Model:

- targets youth ages 10 to 14 and their caregivers
- goal of serving 10 families per program
- delivered once weekly for 7 weeks
- a scripted curriculum with interactive video instruction
- led by three facilitators
- parent and youth sessions run concurrently followed by a joint family session for approximately two hours of instruction
- a family meal is recommended prior to program delivery to promote bonding and facilitator modeling

\$\$ Please visit the Washington State Institute for Public Policy (WSIPP) website for current information regarding the Benefit-Cost Results for SFP 10-14. \$\$  
<http://www.wsipp.wa.gov/BenefitCost?programSearch=Strengthening+families+program+>

**Program Components & Goals**

SFP 10-14 is delivered over 7 weeks. Each week, the youth and parents meet separately and then, together. Targeted goals drive the parent, youth, and family sessions.

**Program Modalities**

Specific strategies, methods, and techniques are used to accomplish the program goals.

**Targeted Risk and Protective Factors**

Risk factors, which increase the likelihood of drug use, delinquency, school dropout, teen pregnancy, and violent behavior, are targeted for a decrease. Protective factors, which exert a positive influence and buffer against negative outcomes, are targeted for an increase.

**Proximal Outcomes**

SFP 10-14 is designed to impact targeted outcomes *immediately following* program completion.

**Distal Outcomes**

Outcomes impacted by the program *months/years following* program completion have been demonstrated through research.

**Component: Parent Sessions**

**Goal:** Enhance parenting skills and promote effective parenting styles

**Component: Youth Sessions**

**Goal:** Build life skills and foster positive attitudes

**Component: Family Sessions**

**Goal:** Strengthen family bonds, promote positive communication, and enhance joint problem solving

- Projects & Games
- Role Play & Skill Practice
- Group Discussions
- Video Portrayal & Modeling
- Group Discussions
- Self-reflection
- Video Portrayal & Modeling
- Family Meal
- Family Games & Projects
- Video Portrayal & Modeling
- Role Play & Skill Practice

**Risk Factors:**

- Negative youth and family management practices: harsh, inappropriate, or inconsistent discipline, indulgence, poor monitoring, demanding/rejecting behavior, and poor communication of rules
- Youth aggressive or withdrawn behavior
- Favorable attitudes toward problem behaviors and substance use
- Negative peer influences
- Poor social/stress management skills
- Family conflict
- Early initiation and persistent antisocial behavior
- Poor school performance

**Protective Factors:**

- Positive youth and family management practices: monitoring, age-appropriate parental expectations, and consistent discipline
- Effective and empathetic parent-child communication
- Promotion of healthy beliefs and clear standards
- Family bonding and supportive family involvement
- Goals/positive future orientation
- Positive parent-child affect
- Emotion management
- Pro-social family values
- Peer pressure refusal skills

**Improved Parent Skills/Styles:**

- Empathy with youth stressors
- Support youth goals & dreams
- Active listening and effective communication
- Understand youth development
- Clear communication of rules and substance use expectations
- Identify and deliver appropriate consequences calmly
- Reward good behavior
- Monitor youth

**Improved Youth Skills/Attitudes:**

- Healthy coping & stress management
- Peer pressure resistance
- Making good decisions/Setting goals for the future
- Empathy & appreciation of parents
- Understanding the value of rules & responsibilities
- Know qualities of good friends
- Understand the harmful impact of problem behavior & substance use

**Improved Family Relationships:**

- Family bonding/Affective quality
- Joint problem solving
- Effective communication
- Identify family strengths & values
- Value time together/family fun

**Reduced Youth Substance Use:**

- Less likely to have ever used alcohol
- More likely to delay initiation of alcohol, cigarette, and marijuana use
- Less likely to have misused prescription drugs
- Less likely to report methamphetamine use
- Less likely to show growth in poly-substance use
- Less likely to report drunkenness or illicit drug use

**Reduced Youth Antisocial Behavior:**

- Less self-reported aggressive & destructive behavior
- More likely to delay onset of problematic behaviors
- Less likely to show growth in internalizing symptoms

**Indirect Impact – Improved Youth Academics:**

- More likely to report improved school engagement
- More likely to report improved academic success