

# STRENGTHENING FAMILIES PROGRAM: FOR PARENTS AND YOUTH 10-14

The Strengthening Families Program: For Parents and Youth 10-14 (SFP 10-14) is designed to reduce adolescent substance abuse and other problematic behaviors in youth 10 to 14 years of age. The video-based program is delivered with-in highly interactive parent, youth, and family sessions.

## Program Content:

SFP 10-14 consists of seven sessions conducted over seven consecutive weeks. During the first half of each session, parents and youth meet separately, but work on similar skills. During the second hour, the youth and parents participate together as families to practice skills, play games, and do family projects. The program focuses on setting appropriate limits, using consequences, protecting against substance abuse, handling peer pressure, reaching out for help, understanding family values, and building family communication. The youth sessions also include topics such as identifying positive goals for the future, appreciating parents, managing stress, following rules, and resisting peer pressure.

The content of the program is designed to:

- Improve parenting skills and teach effective parenting styles
- Build life skills in youth, including stress management, conflict resolution, and communication
- Strengthen family bonds, positive communication, and the ability to solve problems together

## National Recognition:

- Substance Abuse and Mental Health Administration (SAMHSA) Model Program
- National Institute on Drug Abuse (NIDA) Research-Based Prevention Program
- Center for the Study and Prevention of Violence (CSPV) Blueprints for Violence Prevention Model Program
- Office of Juvenile Justice and Delinquency Title V Exemplary Program
- U.S. Surgeon General Promising Program
- Safe, Disciplined, and Drug-Free Schools Exemplary Program
- Strengthening America's Families Exemplary Program
- National 4 H Headquarters & Cooperative State Research, Education, and Extension Service Program of Distinction
- Center for Substance Abuse Prevention Model Program
- U.S. Department of Education Exemplary Program

## Program Effectiveness:

Studies of the SFP 10-14 program show that **YOUTH** participating in the program are significantly less likely to have:

- Ever used alcohol as measured both one year and two years after completing the program
- Initiated use of alcohol, cigarettes or marijuana four years after completing the program
- Reported aggressive and destructive behavior four years after program completion

Participating youth also demonstrate a delayed onset of problematic behaviors and increased resistance to peer pressure.

Participating **PARENTS** demonstrated the following proven results:

- Increased ability to set appropriate limits
- Increased ability to show affection and support for their children
- Less frequent use of alcohol and cigarettes

## Cost Benefits:

- An analysis by researchers from the Partnerships in Prevention Science Institute found a return of \$9.60 for every dollar spent implementing SFP 10-14.
- An analysis by the Washington State Institute for Public Policy found a return of \$7.82 for every dollar spent and a cost benefit of \$5,805 for each youth participating in SFP 10-14.

## Protective Factors

*Targeted for an Increase*

- Child and family management practices, including monitoring and appropriate discipline
- Effective parent-child communication
- Promotion of healthy beliefs and clear standards
- Family bonding
- Opportunities and life skills

## Risk Factors

*Targeted for a Decrease*

- Family management problems
- Favorable attitudes toward problem behaviors and substance use
- Friends who engage in problem behaviors
- Family conflict
- Early initiation of problem behaviors
- Early and persistent antisocial behavior