

Strengthening Families Program

BACKGROUND INFORMATION

Recognizing the resiliency provided to youth from a strong positive parent child relationship and parental guidance, Strengthening Families Program was originally developed in the early 1980s as a family skills-training program for families with children at risk because of substance-abusing parents. Found effective on the original NIDA grant in improving family relations, child behaviors, and parenting skills and reducing substance use, it has since been replicated with similar results for families seeking to increase their ability to parent and develop children prepared to be successful and resist the incumbent challenges they will face in their communities, their families and their overall lives. SFP was designed to educate parents about the importance of positive parental behavior and their role in being the role model, guide and monitor of their child as the child develops their values and choose their behaviors and path in life. *SFP has been selected as the model family program by communities across the United States in their commitment to prevent and reduce substance abuse and other risky behaviors facing youth and their parents, including delinquency, academic performance and child maltreatment.*

PROGRAM DESCRIPTION

SFP is a 14-session resiliency-based family skills training program. What is different from most parenting programs is that parents and children attend sessions together and learn skills that they practice together before going home to implement them. It offers three age-specific developmentally appropriate curriculums for families with children ages 3-5, children ages 6-11 and youth ages 12-16. A typical weekly session includes a ½ hour family meal. Parents and children then meet for one hour in separate classes to learn parenting and social skills. The parent and children then rejoin for one hour to practice together the skills they learned in their separate sessions through fun and creative interactive activities. The skills taught include:

1. **Parent Skills Training Group:** Parents learn to build and increase positive time with children, manage stress, give clear directions, develop behavior change, hold family meetings, and use effective discipline.
2. **Children's Social Skills Training Group:** Children learn communication skills, peer resistance, recognizing feelings, consequences of substance abuse and other risky behavior, anger management, problem solving and dealing with criticism.
3. **Family Skills Training Group:** Parents and children practice together new skills learned in their separate groups such as parent/child bonding, communication, family organization, family management and problem solving.

SFP is recognized by the National Registry of Evidence-Based Practices (NREPP) as an evidence-based prevention program.

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PROVEN EFFECTIVENESS

In multiple replications, SFP reports significant positive outcomes including:

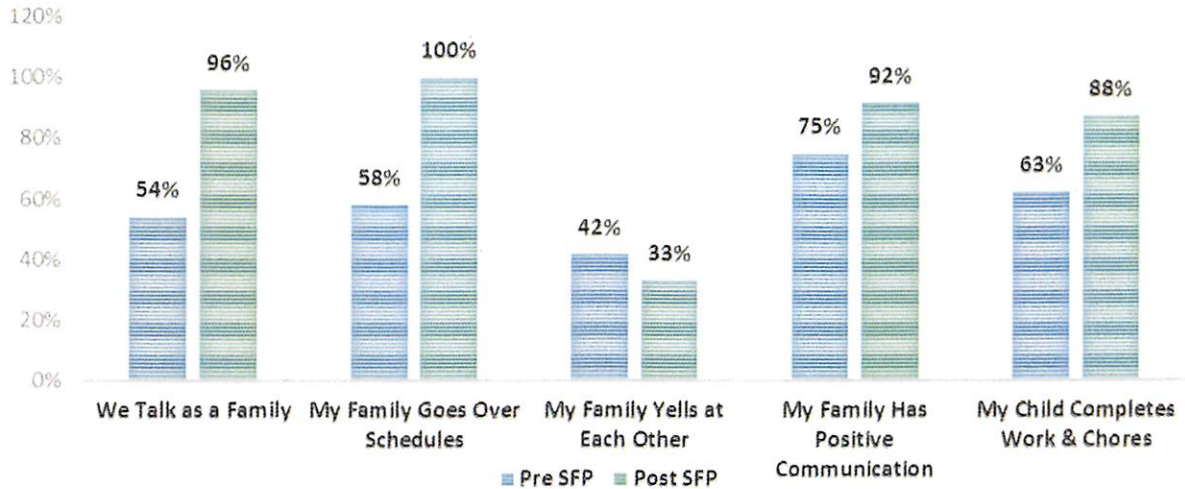
- Increased Positive Parenting
- Increased Parental Supervision
- Increased Parental Involvement
- Decreased Parental Substance Abuse or Misuse
- Decreased Parental & Child Depression
- Increased Child Social Skills
- Reduced Child Covert & Over Aggression
- Reduced Child Concentration Problems
- Reduced Child Hyperactivity
- Increased Family Cohesion
- Reduced Family Conflict
- Increased Family Organization and Order
- Increased Family Communication Skills
- Increased Overall Family Strengths & Resilience

CONTACT INFORMATION

For further details and assistance in implementing and sponsoring SFP in your community contact:

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STRENGTHENING FAMILIES BEAUFORT COUNTY SCHOOLS 2015-2016 EVALUATION RESULTS



July 2015—June 2016

Each family/parent taking part in the program completes an evaluation on their experience with SFP. Listed herein are the results of the 2015-2016 Beaufort County School District evaluations:

- ◆ Only 54% reported talking together as a family before program participation which increased to 96% at program completion
- ◆ Only 58% of participants reported going over family schedules before program participation which increased to 100% at program completion
- ◆ 42% of participants reported yelling at each other as a common means of communication which decreased to 33% at program completion
- ◆ 75% reported positive communication skills which increased to 92% at program completion
- ◆ 63% of participants reported their child regularly completes work and chores which increased to 88% at program completion





Hopeful Horizons

Our Mission

[Ending Abuse. Changing Lives.]

Child Advocacy

- *Child and family friendly facilities*
- *Victim advocacy and support*
- *Multidisciplinary team response in handling child abuse cases*
- *Specialized medical evaluation and treatment*
- *Court preparation and expert witnesses*
- *Training and education for child abuse professionals*
- *Community education and outreach*

Domestic Violence

- *Emergency Shelter*
- *24/7 Crisis Hotline*
- *Legal Assistance and Victim Advocacy*
- *Counseling and Therapy*
- *Case Management*
- *Transitional Housing*
- *Survivor Support Group*

Rape Crisis

- *24/7 crisis hotline*
- *24/7 hospital accompaniment for victims*
- *Victim advocacy and support*
- *Specialized mental health treatment*
- *Court accompaniment*
- *Community education and outreach*
- *Survivor support group*

Hopeful Horizons Prevention and Outreach Program

- *Men of Strength Club (MOST)*
- *Mentors in Violence Prevention (MVP)*
- *Women Inspired by Strength and Empowerment (WISE)*
- *Stewards of Children: Adults Resolving Child Sexual Abuse in Community*
- *Anonymous Reporting, Vulnerable Populations, Hopeful Horizons Services, Bullying, Sexual Harassment, etc.*
- *Family Strengthening Programs*

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