

REACH...



Respect parent roles and their diversity

Engagement, not just involvement

All families want their children to be successful so *Ask* what they need

Curriculum of the home

Help at home with knowledge and skills

Strategy Name: Strengthening Families

Summary of Strategy: Strengthening Families is a parent, youth and family skills-building curriculum designed to prevent teen substance abuse and other behavior problems, strengthen parenting skills, and build family strengths. The program format consists of seven sessions with four booster sessions. Each session is two hours in length. Parents and youth meet separately first, and then families practice skills and have fun together during the second hour. Project Family at the Institute for Social and Behavioral Research at Iowa State University has scientifically evaluated Strengthening Families and determined it was effective. Parent sessions include viewing and discussing videotapes, which portray negative and positive interactions with youth, skill-building activities, and group support. Youth sessions include game-like learning activities, discussions, and skill-building activities. Family sessions include parent-youth discussions, games, projects, skill-building practice and videotape viewing.

REACH Link: *Curriculum of the Home.*

Scientific-based Research Level: Level 4 – Strong Evidence

Website Links: <http://www.extension.iastate.edu/sfp/>

Target Audience of Strategy: Parents and Youth 10 - 14

Training and Follow-up Support for Implementation: Professional training by experienced Strengthening Families trainers is required in order to be certified to teach the Strengthening Families Program: For Parents and Youth 10-14 (SFP 10-14). Training helps ensure program fidelity, making it more likely that there will be positive outcomes for youth and parents. In order for a group to be certified, groups of at least three facilitators per program site must receive training. One facilitator teaches the parent group, two facilitators teach the youth group, and all three facilitators work with families in the family session.

Role of the Educator in Implementation: This program must be conducted by trained facilitators. Educators can become facilitators or can participate by referring families to the program.