

The Strengthening Families Program



Offered by Prevention Connections
A Program Funded by Center for Family Services of Warren
County

What is Strengthening Families?

- The Strengthening Families Program is a 7 session, evidence based parenting skills, children's social skills, and family skills training program.
- Developed specifically for children of parents who struggle with substance use disorder to prevent them from engaging in drug/alcohol use.
- Family centered prevention and intervention curriculum
- Parents and Children participate in SFP , both separately and together.
- Group Leader Manuals contain a complete lesson for every session.
- Parents' and Children's Handouts are also provided every session to follow along and actively participate along with.



History

- SFP was first established in 1982 to aid parents in developing the skills needed to keep their children from using drugs and alcohol.
- The program demonstrated that combining the parenting, children's skills training, and family relationship enhancement program strengthened many more protective factors against substance-abuse.
- The behavioral parenting program of 7 sessions improved the parents' ability to reduce negative, acting-out behaviors in their children and to improve compliance with parent requests.



SFP's Effectiveness

- The 3-component program was more effective in improving predicting variables for later drug use in children of those with substance use disorder.
- Parent Training- reduced children's negative behavior and increased parenting skills.
- Child Training- improved social competencies
- SFP reduced:
 - Children's self-reported alcohol and drug use
 - parent and child pro-drug attitudes
 - children's problem behaviors
- improved
 - emotional status, social skills and peer relations.
 - Parents' knowledge, skills, and agreement on discipline
 - clarity of family cohesion, communication, and clarity of rules.

After taking part in SFP...

PARENTS REPORTED:

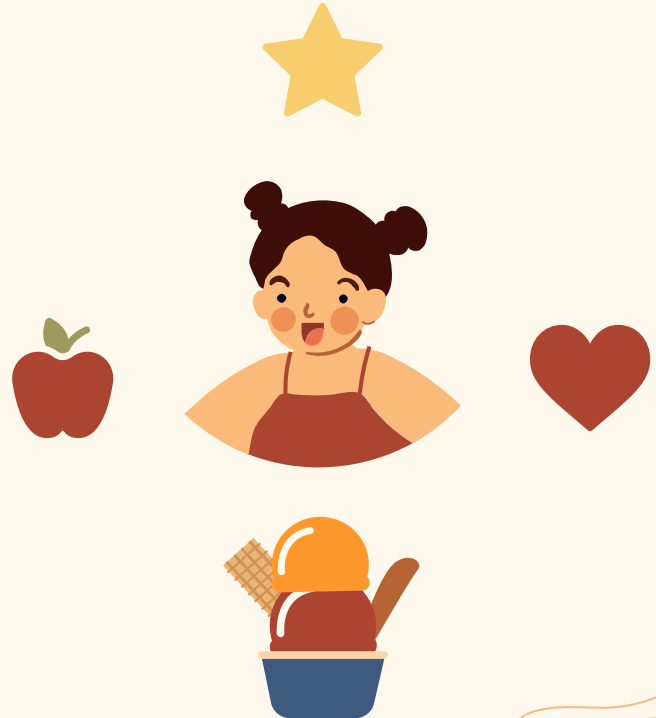
- Increased family unity
- Increased positive communication
- Increased positive parenting skills
- Improved family management and organization
- Improved parent/child relationships
- Decreased family/sibling conflict



After taking part in SFP...

CHILDREN EXPERIENCED:

- Increased social skills, cooperation and prosocial friends
- Improved school performance
- Reduced misconduct and aggression
- Reduced depression and anxiety
- Dramatically reduced tobacco, alcohol, and drug use



Program Structure

- 7 week family skills training program
- 2 sessions a week
- Each session will last 2.5 hours
 - Begins with a half hour of dinner and socializing
 - **The first hour**, parents and children participate in classes separately led by 1-2 group facilitators
 - **The second hour**, parents and children come TOGETHER and participate in family life skills classes led by 3-4 group facilitators



Parent's Skills Training

- Each session begins with a review of the home practice and what was went over the previous week.
- The week's lesson is presented in various ways:
 - Exercises
 - Video Presentations
 - Talks and discussions
 - Role Plays
- Concepts are reviewed and home practice is assigned



Children's Skills Training

- Review of any at home practice and concepts from the previous week
- The week's concepts are presented as such:
 - Exercises
 - Games
 - Handout activities
 - Role plays
 - Puppet shows
 - Discussions
- Concepts are reviewed and home practice is assigned



Family Life Skills Training

- Instruction to experiential and coached practices
 - Executed with age appropriate toys and play equipment for the children
- Each family will receive weekly calls from a group leader who is assigned to them to aid in family practices and individual support



Incentives for Attending

- Catered meals in the beginning of each session
- Small incentive as you enter each session during attendance
- Opportunities for prizes for attending
 - Gift cards to restaurants, grocery stores, etc.





Thank you!

To register for the Strengthening Families Program and for any additional questions, please reach out:

Sarah Lake

Warren Hills Community Coalition Project Facilitator

sarah.lake@centerffs.org

(908)-798-8105

Jessica Szczepanik

Director of Prevention Services- Regional Coalition Coordinator

jessica.szczepanik@centerffs.org

732-672-7689

