

Update on SFP 10-14...

Strengthening Families Program for Parents and Youth 10-14

Virginia Molgaard, Ph.D.
Emerita Associate Professor
Iowa State University

Marilyn Bode, Ph.D.
Extension Family Specialist
Iowa State University



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Strengthening Families Program 10-14 Presentation Topics

- Research studies and new findings
- New awards
- Spanish version
- New video descriptions and clips
- Change in Youth 5 and 6
- International use of SFP 10-14
- The PROSPER study
- Effective recruitment ideas

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Strengthening Families Program 10-14 National Institutes of Health (NIH) Funded Studies

Study 1: Initial Longitudinal Efficacy Trial, 1993--2007
Compares control group with Preparing for the Drug-free Years and Iowa Strengthening Families Program (ISFP)

Teaching manual and videos revised for racial diversity, 1996

Renamed The Strengthening Families Program: For Parents and Youth 10-14 (SFP 10-14)

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Strengthening Families Program 10-14 NIH Funded Studies continued...

- **Study 2:** Harambee: Strengthening Families Program For Parents and Youth 10-14 Replication with African-American families, 1996-1997
- **Study 3:** CaFaY: Capable Families and Youth, 1997-2007
Compares control group with Life Skills Training and with Life Skills Training plus SFP 10-14

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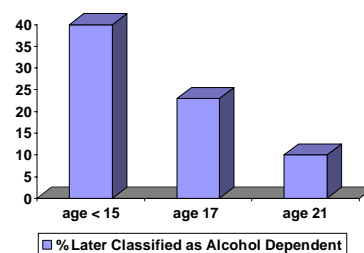
Strengthening Families Program 10-14 NIH Funded Studies continued...

- **Study 4:** PROSPER: PROmoting School-community-university Partnerships to Enhance Resiliency 2001-2007
To promote partnerships among schools, communities and universities in order to facilitate delivery of scientifically-tested interventions

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Strengthening Families Program 10-14 New Findings

Age of First Use Predicts Alcoholism

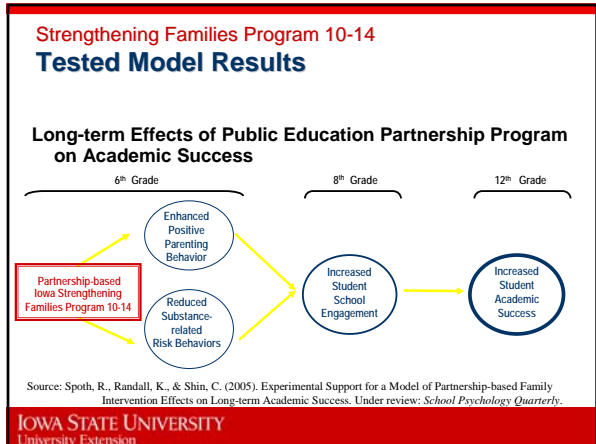
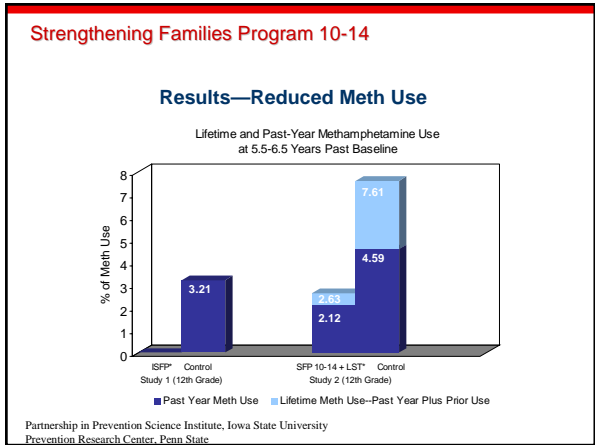
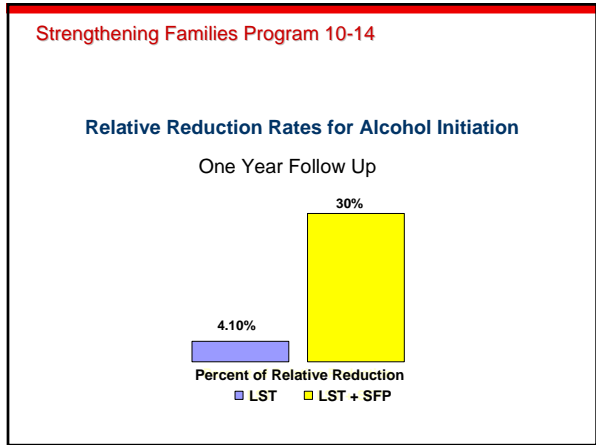
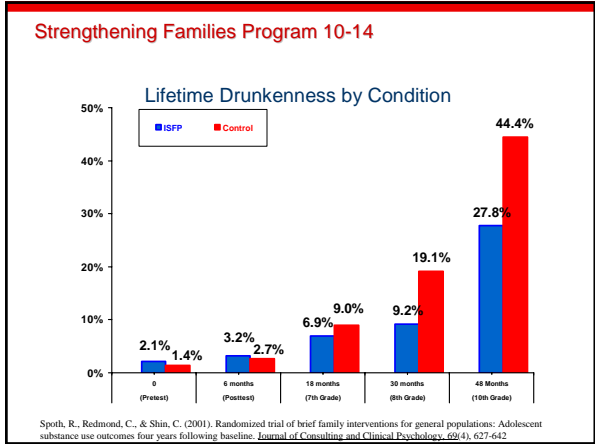


National Institutes of Health, News Release, January 1998.
www.niaaa.nih.gov

Strengthening Families Program 10-14
Main Goal

- To delay use of alcohol and other drugs by teens.
- The earlier young people experiment with alcohol and other drugs, the more likely they are to develop serious substance abuse as older teens and adults.

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Strengthening Families Program 10-14
National 4-H Programs of Distinction

SFP 10-14 and PROSPER now are part of the National 4-H Programs of Distinction database, added in 2006.

Programs of Distinction is a searchable Web-based database containing descriptions of high quality youth development programs in communities across the United States.

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Strengthening Families Program 10-14
Family Strengthening Award

The Annie E. Casey Foundation, through a partnership with the National 4-H Council, rewards programs that **improve outcomes for rural, disadvantaged families** by fostering the social networks, economic opportunities, services and support families need to be successful.

The award sponsors the replication and wider distribution of SFP 10-14.

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Strengthening Families Program 10-14
Spanish Version

- Adapted by the Pan American Health Organization
Used extensively in the US
- Teaching manual in Spanish
(on CD, make copies for your agency only, \$200)
- Video Materials in Spanish
(DVD or VHS format set of 9, \$250)
- Order from vmolgaar@iastate.edu

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Strengthening Families Program 10-14
Changes to Video Material

- Still photos from videos instead seeing narrator
- Real-life backgrounds
- Timing, has smoother flow
- Different format for Youth Sessions 5 and 6
- Correction of some small content issues
- Hispanic mother and father are easy to understand
- More racial diversity (Asian family)

(Words on video not exactly as in manual)

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Strengthening Families Program 10-14
Changes to Youth Session 5

- On-site facilitators take the part of the narrator and the teen role plays

Begins with “Wheel of Fortune” Icebreaker

Round of Compliments and Home Practice Review

Keeping Out of Trouble with Your Friends

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Strengthening Families Program 10-14
Changes to Youth Session 5 continued...

- New intro Activity 5.1: *Special Effects*
- New intro Activity 5.2: *What Youth Sometimes Do to Be Liked*

Active Game

- New intro Activity 5.3: *Situations That Might Get You In Trouble*
- New intro and demonstration for Activity 5.4: *Ask Questions*

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Strengthening Families Program 10-14
Changes to Youth Session 5 continued...

- New intro and demonstration for Activity 5.5:
Name the Problem and Tell What Could Happen

- New intro and demonstration for Activity 5.6:
Suggest Another Route

- Video Role Plays
Practice All the Steps

Closing

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Strengthening Families Program 10-14
Changes to Youth Session 6

- Round of Compliments and Home Practice Review
Dealing with Peer Pressure, Part II
- New intro to Activity 6.1: *Alcohol and Drugs Keep Us From Reaching Goals*
 - Three video scenes from Youth 5, review
 - New Intro and Demonstration for Activity 6.2: *Start on Your Way*
 - New video segment
- Practice

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Strengthening Families Program 10-14
Changes to Youth Session 6 continued...

- New intro and demonstration for Activity 6.3: *Saying Your Friend's Name and "Listen to Me"*
- Additional video role plays
Practice All the Steps
Active Game
Goin' Fishin'
Closing

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Strengthening Families Program 10-14
New Video Materials

This fall, the new video materials will be available in two formats:

- VHS
- DVD

With the video materials, you will receive a CD containing the manual revisions for Youth Sessions 5 and 6 and Family Session 3. These will be PDF files. You may print as many as you need to update your manuals.

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Strengthening Families Program 10-14
Landmark International Meta Analysis

6000 Studies of Programs Designed to Prevent Alcohol Misuse in Young People

- Designed to identify effective programs
- Funded by the World Health Organization
- 2001
- Conducted by Foxcroft and colleagues, Oxford Brookes University, Oxford, England
- Used strict criteria following the approach of the International Cochrane Collaboration, Drugs and Alcohol Review Group

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Strengthening Families Program 10-14
Problems in Reviewed Studies

Poor Quality

- Lack of suitable control groups
- Non random allocation
- Lack of pretest information
- High levels of attrition
- Inappropriate analysis
- Poor quality presentation

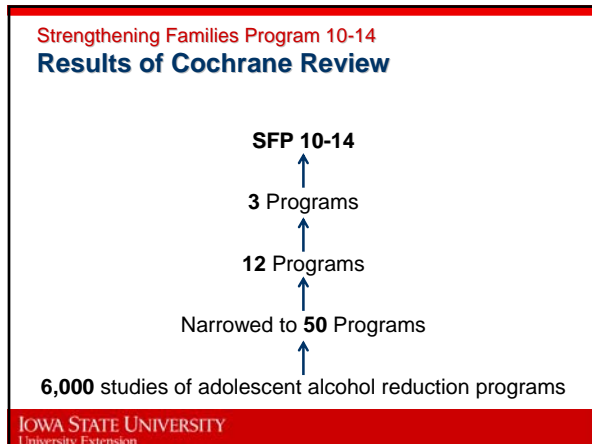
(Cochrane Collaboration Systematic Review, 2002)
Foxcroft, Ireland, Lister-Sharp, Lowe and Breen

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Strengthening Families Program 10-14
Little Evidence of Intervention Effectiveness

- Partial effectiveness not repeated over the long term
- Small effect sizes
- Evidence base does not support continued use

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Strengthening Families Program 10-14
Conclusion from World Health Organization Sponsored Review

“Disappointing results from school-based programmes have encouraged interest in family interventions. The one with the best track record is the US Strengthening Families Programme, an approach now being tried in Britain.”

David Foxcroft, Oxford Brookes University
(Cochrane Collaboration Systematic Review, 2002)
Foxcroft, Ireland, Lister-Sharp, Lowe and Breen

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- Strengthening Families Program 10-14**
Versions of the Program
- U.S. English with videos
 - U.S. Non video version for parent sessions (includes role plays and handouts in Spanish)
- International Versions**
- Spanish version with videos (Funder: Pan American Health Organization)
 - U.K. English with videos
 - Swedish with videos
 - Swedish without videos
 - Spanish (Spain) with videos
 - Turkish without videos
 - Bosnian without videos
- International Versions in Process**
- Greek
 - Norwegian
 - Polish
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Strengthening Families Program 10-14
PROSPER

PROMoting
School-Community-University
Partnerships to
Enhance
Resilience

PROSPER

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- Strengthening Families Program 10-14**
PROSPER
- Practice-Oriented Scientific Research**
- To learn how well the programs implemented through PROSPER partnerships work
 - To learn what factors influence the success of the partnerships
 - To promote the implementation of scientifically-tested prevention programs
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- Strengthening Families Program 10-14**
PROSPER Partners
- Public School System
 - Human Service Agencies
 - Other Community Stakeholders
 - University Extension System
 - University Prevention Scientists
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Strengthening Families Program 10-14
PROSPER Prevention Programs

- Strengthening Families Program: For Parents and Youth 10-14 is offered to families of 6th graders in all intervention communities
- A school-based prevention program is taught to all seventh graders as part of the school curriculum. Communities chose Project Alert, All Stars, or Life Skills Training.
- Both types of programs have booster sessions that are taught in subsequent school years

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Strengthening Families Program 10-14
PROSPER: In what ways does PROSPER work?

- Delivery of effective prevention programs to youth and their parents
- Improving family interactions
- Reducing adolescent substance use
- Enhancing the image of Extension and the community school system

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Strengthening Families Program 10-14
PROSPER: Success in Program Delivery

- High quality delivery of school and family programs – over 90% adherence to program content
- High recruitment rates for family programs– Local PROSPER teams achieved recruitment rates of approximately 17% of all eligible families
- All local teams have been successful in securing funding for program sustainability

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Strengthening Families Program 10-14
PROSPER

- Improved Parenting
 - More Consistent Discipline
 - Less Harsh Discipline
- More Warmth in the Parent-Child Relationship
- More Frequent Parent-Child Activities
- Better Family Cohesion

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Strengthening Families Program 10-14
Quote from Penn State University

“When we began our work with SFP 10-14 in 2002, I was initially wary of family programs that required families to come to multiple evening programs. I doubted that families could be recruited and even if they came once, I doubted that they would come regularly. It was not clear to me that such programs could be effective. However, beginning our first night in our first community I became convinced.

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Strengthening Families Program 10-14
Quote from Penn State University continued...

Once families attended the first SFP 10-14 they almost always came back for each of the seven sessions. It was truly a positive, animating experience for parents and teens. Over 3,000 family members have experienced SFP in our 7 Pennsylvania communities and they are thrilled by the ease of learning new skills and developing closer and more trusting relations with their emerging teens.”

--Mark Greenberg Ph.D.

Director, Prevention Research Center for the Promotion of Human Development Pennsylvania State University

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Strengthening Families Program 10-14

Recruitment: Personal Contacts with Parents

- Fall school registration and open house
- Student orientation
- Parent teacher conferences
- Parent teacher organizations
- Sporting and music events
- Family fun night, picnic, etc.
- Church groups, 4-H, scouts

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Strengthening Families Program 10-14

Recruitment

- Youth organizations—4-H, scouts, church groups
- Give a fun presentation in the classroom
- Offer students a fake check for the amount of the graduation gift
- Have a poster contest and publish a picture of the winning poster
- Sponsor a contest for the classroom with the highest number of youth attending SFP:10-14

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Strengthening Families Program 10-14

Recruitment: Calls to Families

- Call-a-thon to tell families about SFP: 10-14
- Reminder calls to families that have signed up
- Maintain a phone log of who has been contacted

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Strengthening Families Program 10-14

Recruitment: Letters of Invitation

- Send letters home from school with students
- Send letters in the mail
- Include a postage paid card for families to return indicating interest
- Send a letter of confirmation to families who register
- Send another reminder a few days before the start of the session

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Strengthening Families Program 10-14

Recruitment: Published Information

- School newsletters
- Newspaper
- Church bulletins and newsletters
- Extension newsletters
- School event programs such as band concerts

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Recruitment: Media

- Inform media of meetings and events
- Write a news article about SFP 10-14 for the newspaper
- Give a radio interview
- Show an ad at the local movie theater

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Strengthening Families Program 10-14
Recruitment: Good Recruiters

- SFP 10-14 Facilitators
- Families who have attended SFP 10-14
- Youth who attended SFP 10-14 previously and are now in high school

Strengthening Families Program 10-14
Recruitment Tips

- Families need to hear about the program as often as possible
- Personal contact is the most effective recruiting strategy
- If incentives are offered, families must know about them during recruitment

Strengthening Families Program 10-14
Purchasing Materials

All SFP 10-14 materials are available for purchase at the ISU Extension On-line Store:

www.extension.iastate.edu/store/



Strengthening Families Program 10-14
More Information



www.extension.iastate.edu/sfp/