

Strengthening Families Program
 TBSP tool kit for families to build generative factors.

Aims and Objectives

The Strengthening Families Program (SFP) is an evidence-based family skills training program aimed at strengthening family functioning, parenting skills, and parents-child relationships while promoting substance use, child maltreatment, behavioral problems, and other adverse life outcomes.

Implementation Highlights

- SFPs consist of 14 weekly group sessions combining parenting skills, children's social and life skills, and family life skills. Each family member attends a three-hour session.
- Use of Family Member Righting Empowerment groups enables fathers and sons to present all minutes.
- Separate parallel girls groups for parents and children, all minutes.
- Parent/family sessions where parents and children practice new skills together; facilitated by group leaders before implementing at home, all minutes.

At a glance

- Target population:**
 - Substance abusing parents
 - Target countries:
 - USA and Territories (all 5 states), Australia (1 country)
- Interventions offered:**
 - 3 intensive sessions
 - 1 school
 - Low or no-cost options
 - Free home materials
- Objectives:**
 - Improve parents' knowledge and understanding of their children
 - Improve children's conduct and emotional state
 - Reduce family functioning
 - Reduce child maltreatment, substance use, and delinquency rates
- Costs:**
 - Second attendance cost \$100 - free third day class
- Evidence base:**
 - Randomized controlled trials
 - Evidence: Positive impact on Parental substance problem and Behavioral Outcomes
- Scaling up opportunities:**
 - Adapted across countries (e.g., Switzerland, UK)
- Key notes:**
 - Implementer at 14 weeks
 - 10-15 people required

More info, practice for Implementation?

Assess technical assistance:
 Global support available for implementation, translation, and adaptation.

Train-the-facilitators:
 12-hour certification, no professional qualifications required.

Adapt the programme:
 Cultural adaptation is guided through facilitator training and supervised delivery.

Plan implementation costs:
 No recurring fees, expenses for local staffing, material, and logistics.

Use evaluation tools:
 Available on request for support monitoring and implementation.

Key takeaways

- Multifamily approach involving parents and children to enable skills learning
- Strengthen family relationships and parenting skills
- 10+ years of demonstrated effectiveness
- Programme can adapt well to different cultural settings

Supporting policies

Implementation is supported by policies governing family strengthening, positive parenting, child protection, mental health and substance abuse prevention, family reunification, educational success and child readiness, juvenile delinquency and/or criminal drug use prevention, and community engagement. It requires broader policy systems implemented among children, young people, and adolescents.

What makes this a good practice?

Key features

- Rigorous evidence of effectiveness
- Adaptable across diverse cultural contexts
- Focusing focus on intergenerational health
- No technology required for delivery
- Improves the social fabric and its capacity to respond to individual circumstances

Impact does it work?

Evidence:
 SFP has been evaluated in numerous significant outcomes:

- Improved Parenting Skills & Behavior: Improved parents' child awareness, parental confidence, parenting skills, reduced parental stress
- Improved Child Social Skills & Behavior: Stronger children's social competence, and increased self-esteem, as well as reductions in substance use, behavioral problems, and family conflict
- Improved Family Functioning & Organization: Increased family closeness, better communication

Efficacy:
 SFP has been publicly evaluated in numerous studies demonstrating low-to-no direct costs of implementation along with at least one SFP site at average savings of \$100k in a six-month study. At all sites points first follow-up [4].

Robustness:
 SFP has been evaluated by 100+ peer-reviewed research institutions by independent






Strengthening Families Program

Skill training for families to build protective factors

Aims and Objectives

The Strengthening Families Program (SFP) is an evidence-based family skills training programme that strengthens family functioning, parenting skills, and parent–child relationships while preventing substance use, child maltreatment, behavioural problems, and other adverse life outcomes.

Implementation highlights

SFP consists of 14 weekly group sessions combining parenting skills, children's social and life skills, and family life skills. Each weekly session follows a three-part structure:

- Shared Family Meal bringing together families and group leaders where skills are practiced- 30 minutes
- Separate parallel skills groups for parents and children- 60 minutes
- Joint family session where parents and children practise new skills together, coached by group leaders before implementing that at home- 30 minutes

At a glance

 Targeted prevention Univ. Prevention Promotion	
 Target audience • Children/adolescents (0-19 years) and parents / caregivers	 Costs • Digital Curriculum set cost: \$450 - no recurring fees
 Delivery settings • Community <u>centers</u> • Schools • Social Service agencies • Healthcare <u>Centers</u>	 Professionals involved: • Social workers • Education, criminal Justice and Para Professionals • Faithbased and Indigenous Leaders
 Objectives • Strengthen parenting and parent–child relationships • Improve children's social and emotional skills • Enhance family functioning • Prevent child maltreatment, substance use, and behavioural problems	 Leading organization: • Ahearn Greene Associates LLC, LutraGroup, LLC
	 Countries • Implemented in 15 countries worldwide (8 European countries)