

Steering Committee

The West Cork Strengthening Families Committee developed when it was recognised that the members of the Bantry committee had a West Cork remit and that the representation on the committee would not change substantially regardless of the location of a programme in West Cork. Therefore the decision to rename the steering group as West Cork Strengthening Families Committee occurred in the latter part of 2011. The committee was not a closed group and agreed that an invitation to join the committee be extended to any relevant organisation/ agency working in an area where a need for a programme was identified.

The members of the steering committee for the Dunmanway Strengthening Families Programme involved the following agencies and organisations.

- An Garda Síochana
- Dunmanway Family Resource Centre
- HSE Health Promotion Dept
- HSE Social Work Dept
- Le Chéile Mentoring & Youth Justice Support Services
- Southern Regional Drugs Task Force
- West Cork Development Partnership
- Young Person's Probation Services

The role of the committee involved securing funding for the programme and addressing the logistical details such as venue, catering, childcare, advertising among appropriate referral agents etc.

The West Cork Strengthening Families Steering Committee met on the following dates;

Dates of Steering Committee Meetings
18 th November 2011
20 th December 2011

Funding

Funding for Strengthening Families Programme Dunmanway was sourced from;

- HSE Drug & Alcohol Services
- Le Cheile Mentoring & Youth Justice Support Services
- Clonalkilty Lions Club???

As well as direct monetary support for the programme it must be noted that funding is not always clearly visible. It would be remiss not to highlight that staff were released from agencies and organisations to undertake the training for the programme and then to facilitate the programme for 14 weeks which is an expensive resource however it clearly illustrates the regard that the programme is held by these agencies. It is important to acknowledge and commend the successful interagency cooperation which made the programme a positive experience for all individuals and families and allowed the programme to be delivered on a modest budget.

The cost of running this programme in a rural area is greater than in an urban area due to the lack of competitive facilities and services in rural areas. The committee encountered difficulties engaging

The contribution to the travel expenses of families is greater in rural areas as families are travelling from a wide geographic area.

Overview of the Strengthening Families Programme

The Strengthening Families Programme (SFP) is an internationally recognised parenting and family skills initiative for high-risk families. It was developed by Dr. Karol Kumpfer, a Professor of Health Promotion and Education in the University of Utah. Initially, it was designed as a prevention strategy for 6 – 12 year old high risk children of substance abusing parents.

It has now developed as an evidence-based family skills training programme which has been found through research to significantly reduce problem behaviours, delinquency, alcohol and drug abuse in children. It has also been shown to improve the families' social competencies and child's school performance. It reduces the risk of child neglect as parents strengthen the bonds they have with their children and learn more effective parenting skills. The National Institute of Drug Abuse (NIDA) along with fifteen other independent studies have found positive results in the following key areas:

- Improved parenting knowledge and skills,
- Improved family relationships,
- Improved children's social skills and behaviour

Programme Content

The programme comprises of 14 individual sessions which are held on a weekly basis. The sessions focus on developing both the children's and parent's life skills and learning to put the skills into practice within a safe and supportive environment.

SFP sessions include the critical core components of effective evidence-based parenting programs. There is an emphasis on the parent and child incorporating a practice time in the family sessions to strengthen the learning of positive interactions, communication, and effective and appropriate methods of discipline.

Objectives of the Strengthening Families Programme

The major objectives for the Strengthening Families Programme for the family, the parents, and the teens are:

<i>To Improve Family Relations</i>	<i>To Increase Parenting Skills</i>	<i>To Improve Child's Behaviour</i>	<i>To Increase Children's Social Competencies</i>	<i>To Reduce or Prevent Alcohol and Drug Abuse</i>
<ul style="list-style-type: none"> ✓ Improve Family Communications ✓ Improve Family Bonding and Cohesion ✓ Increase Family Organization and Planning ✓ Decrease Family Conflict ✓ Increase Parent/Teen Time Together ✓ Increase Parent's Empathy toward Teen 	<ul style="list-style-type: none"> ✓ Increase Parent Knowledge of Parenting ✓ Increase Parenting Self-Esteem or Efficacy ✓ Increase Positive Attention and Praise ✓ Reduce Physical Punishment ✓ Increase Effective Discipline ✓ Decrease Parenting Stress ✓ Decrease Parent Depression 	<ul style="list-style-type: none"> ✓ Increase Child Compliance ✓ Increase Child's School Bonding and Attachment ✓ Increase Child's School Grades and Performance ✓ Decrease Children's Overt Aggression ✓ Decrease Child's Covert Aggression ✓ Decrease Child's Hyperactivity ✓ Decrease Child's Shyness ✓ Decrease Child's Depression 	<ul style="list-style-type: none"> ✓ Increase Communication Skills ✓ Increase Peer Refusal Skills ✓ Increase Recognition of Feelings ✓ Increase Knowledge of Alcohol and Drugs ✓ Increase Coping Skills for Anger and Criticism ✓ Reduce Future Intentions and Use of Alcohol and Drugs 	<ul style="list-style-type: none"> ✓ Decrease Parent's Alcohol and Drug Use ✓ Prevent Child's Alcohol and Drug Use

The objectives have also been designed to address a variety of issues which are present in many teens' lives such as teen pregnancy, poor life adjustment etc. The programme is designed to decrease children's intermediate risk factors (i.e. behavioural, social, emotional, and school problems) and improve protective factors (i.e. coping, communication, social, and academic skills) by improving family relations and parenting and supervision skills and significantly improving relationship skills.

Format of Weekly Sessions

There are three separate sessions which take place on a weekly basis.

- 1) The Family Meal
- 2) Parents Skill Session & Teenagers Skill Sessions (These sessions run parallel to each other)
- 3) The Family Skills Session.

The programme is strengths based and seeks to build upon the positive/ strong factors within families. This approach is different from other parenting skills programmes which focus on negative issues or poor relationship development within families.

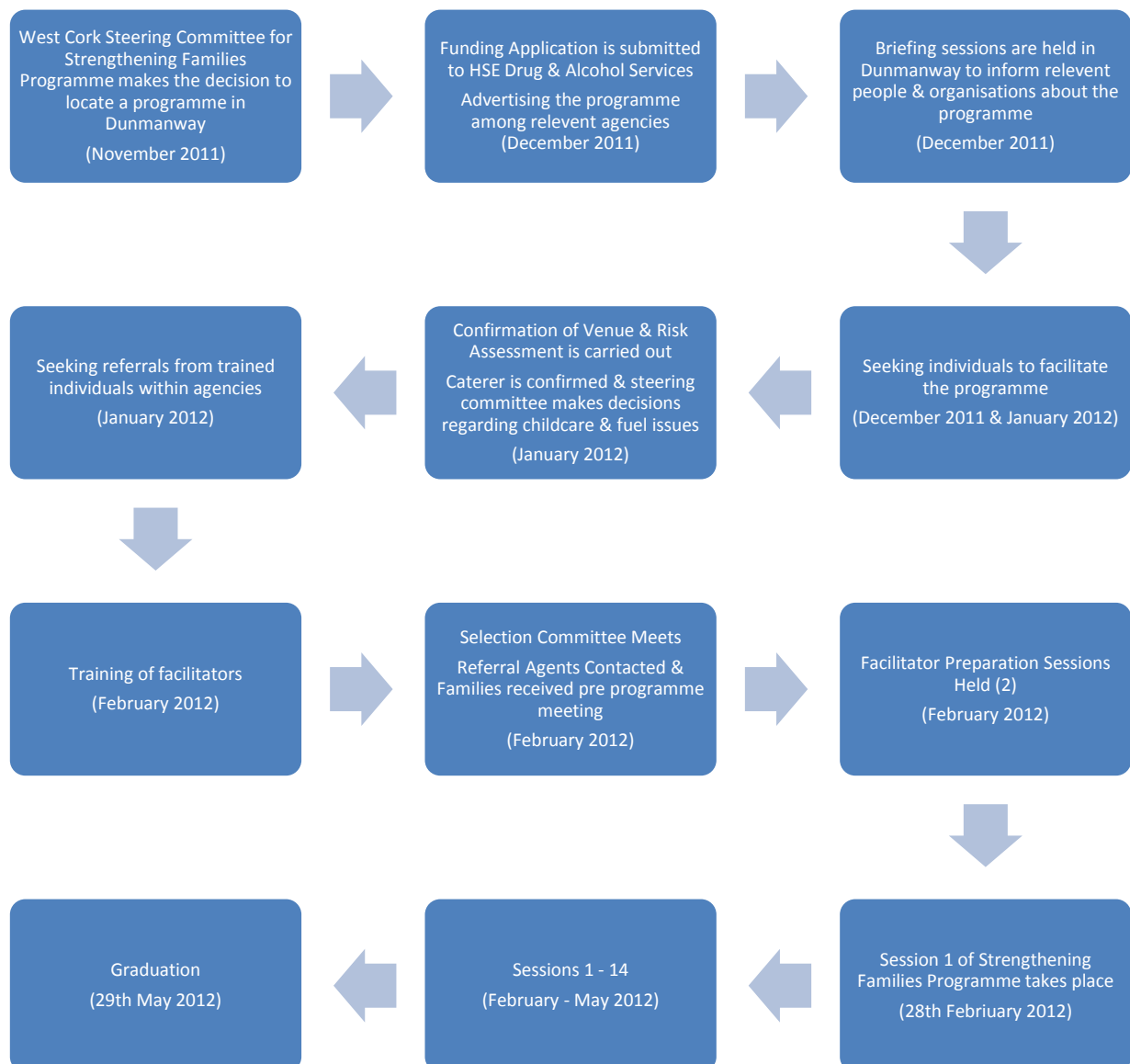
Strengthening Families Programme Content

The following is the breakdown of the topics covered in the weekly sessions within the 3 groups.

<i>Outline of Parent Skills Training Sessions</i>	<i>Outline of Teens Skills Training Sessions</i>	<i>Outline of Family Skills Session</i>
<ol style="list-style-type: none"> 1. Introductions and Group Building 2. What Teens Are Like & How to Manage Stress 3. Encouraging Good Behaviour 4. Goals and Objectives 5. Communication for Better Relationships 6. Communication and Family Meetings 7. Helping Your Teen Handle Peer Pressure 8. Alcohol, Drugs and Families 9. Solving Problems and Giving Directions 10. Relationships, Love and Sexuality 11. Setting Limits I 12. Setting Limits II 13. Contracts for Changing Behaviour 14. Remembering All You Have Learned 	<ol style="list-style-type: none"> 1. Getting Started and Dreams 2. Speaking and Listening 3. Staying Cool in Conflicts 4. Being Who You Want to Be 5. Speaking for Yourself 6. Speaking Up in Your Family 7. Handling Peer Pressure and Temptation 8. Alcohol and Drugs 9. Problem Solving 10. Friends, Dating and Sexuality 11. Managing Emotions 12. Handling Criticism 13. Coping with Anger 14. Resources, Review and Graduation 	<ol style="list-style-type: none"> 1. Introduction and Group Building: 2. Appreciating Family Members 3. Our Time and Rewards 4. Goals and Objectives 5. Communication for Better Relationships 6. Communication and Family Meetings 7. Supporting Teenagers' Resistance 8. Learning From Parents 9. Problem Solving, Giving Directions 10. Relationships, Love and Sexuality 11. Empathy – The other person's shoes 12. Family Values 13. Managing Anger 14. Graduation & Celebration

Timeline of Strengthening Families Programme Dunmanway

The following diagram represents the work of the steering committee over a number of months to ensure the precise planning and implementation of the programme in the Dunmanway area.



Role of the site coordinator

The role of the site coordinator is to ensure that the Strengthening Families Programme is delivered and implemented to the standards set down by the SFP creators. The responsibilities of the SFP Site Coordinator include the following:

- Ensuring that all group leaders are available and prepared for the session
- Ensuring that all families are supported to attend the programme
- Ensuring adequate childcare arrangements are set up/ in place
- Ensuring that the family meal is prepared on time and is of good quality
- Managing difficult situations which may arise as part of the sessions
- Designated Liaison Person for Child Protection in accordance with Children First Guidance
- Facilitating the de-briefing sessions
- Reporting to Steering Committee on progress of Strengthening Families Programme

Each Strengthening Families Programme requires a site coordinator to be on site for the duration of the programme each week. Le Chéile Mentoring & Youth Justice Support Services provided support to the site coordinator when new issues/ situations arose. The site coordinator for the Dunmanway programme had previously carried out the same role during the Bantry programme. The site coordinator was unable to be present for 2 weeks during the programme and the role was filled by an experienced Strengthening Families Programme facilitator who was involved in the Bantry programme.

Referral Agents

The role of the referral agent is very important to the successful journey of their referred family during the programme. It is imperative that the referral agent supports the family that they have referred to the programme for the duration of the programme. As the referral agent has undertaken Strengthening Families Programme training they are empowered to use the manuals on a one to one basis with the families and work on specific topics or refresh topics in the future.

All of the referral agents were provided with information leaflets about programme content, logistical details and their role as referral agents ahead of the programme start date.

The role of the referral agent is:

- Offer support to the referred family as per the weekly feedback from the SFP Site Co-ordinator
- Provide clarification around the programme content that the family is unsure of or which needs further reinforcement.
- Provide Strengthening Family Programme content to their referred family when they have been unavailable to attend a session.
- Continue to support/encourage the family to attend the 14 weeks of the programme.
- Be aware that on completion of the programme, SFP Personnel will no longer have continued weekly contact with the family.
- Be aware of the need to continue supporting the referred family following completion of the programme.
- Be aware that SFP is family skills based programme and is not family therapy.

The partnership between the site coordinator and the referral agent can ensure that the referred family will achieve the greatest experience that is reasonable and practical from the Strengthening Families Programme.

Referrals

In December 2011 flyers and information documents were circulated among agencies to promote the Dunmanway programme.

The following agencies referred families to the programme;

- CAMHS
- HSE Social Work Dept.
- West Cork Traveller Centre
- Young Persons' Probation Services

Selection of Families

A selection panel of four steering committee members was established to consider the referrals to the Dunmanway programme. The selection committee reviewed the referral forms that were completed by the referral agents and families. 11 families were offered a place on the programme and all of these families took up the offer of the place.

The following table presents a breakdown of the families that attended Strengthening Families Programme.

Family No	Parents Attending	Young People Attending	Age of Young Person
1	1 x Female Adult	1 x Male	
2	1 x Female Adult	1 x Male	
3	1 x Male Adult	1 x Female	
4	1 x Male Adult	1 x Male	
5	1 x Female Adult	1 x Male	
6	1 x Female Adult	1 x Male	
7	1 x Male Adult	1 x Male	
8	1 x Female Adult	1 x Male	
9*	1 x Female Adult*	1 x Male *	
10	1 x Female Adult	1 x Male	
11	1 x Female Adult	1 x Male	
Total	11	11	

* Family 9 did not finish the programme and withdrew after week 1.

It is also worth noting that an additional family member supported some families during the course of the programme.

Feedback from Referral Agents

Facilitators

The individuals and agencies involved in the Strengthening Families Programme training in March 2011 were contacted and informed that the programme was commencing in February 2012. Unfortunately there were a few individuals who identified themselves as willing and available to facilitate on the programme.

The steering committee recognised a need for local training as a number of individuals had expressed an interest in being involved in the programme but lacked the relevant training. West Cork Development Partnership hosted the training in Bantry at the beginning of February.

The site coordinator circulated the following role description to the facilitators to ensure that they were aware of their responsibilities for the duration of the programme.

Group Facilitators should:

- Be experienced in the facilitation of parent/teen and/or group work programmes.
- Be able to attend all 14 weeks of the programme.
- Engage well with the families attending the programme.
- Be able to work well alongside your co-facilitator(s).
- Be able to attend the Group Leader orientation session(s) prior to commencement of the SFP.
- Have a good understanding of ice-breakers and energisers used in group work programmes with both Teens and Adults.
- Be trained in and/or have an excellent understanding of Children's First
- Be able to identify your own support needs as regards the facilitation of the programme and make these aware to the Site Co-ordinator and or your own line manager for assistance.
- Have the ability to adjust the weekly session to the needs of the participants
- Understand that the programme cannot be adapted without the permission of the programme creator.
- Have a basic understanding of the principles of evaluating programmes and be able to take instruction from the Site Co-ordinator on how to administrate a questionnaire. Take part in any post programme evaluation exercises.
- Attend briefing and preparation sessions prior to each session with the other facilitators.
- Attend de-brief sessions each evening following the session with the other facilitators.

The development of the team of facilitators for the Strengthening Families Programme in Dunmanway was challenging as two facilitators became unavailable for facilitation the week prior to the programme starting. Two other facilitators became ill during the programme and had to withdraw from the team for health reasons. These changes to the team made the cohesion between the facilitators more difficult to achieve particularly when additional facilitators were recruited to assist on specific weeks of the programme.

The facilitators involved in the Dunmanway Strengthening Families Programme represented the following agencies;

- CAMHS
- Dunmanway Family Resource Centre
- HSE Social Work Dept
- West Cork Development Partnership
- Young Person's Probation Services

Facilitator Preparation

The facilitators met as a group to prepare for the programme for two 2.5 hour sessions prior to the commencement of the programme to ensure that leaders were comfortable with the content of the programme and its approach. The preparation sessions allowed facilitators to get to know one another, develop as a team and work alongside their co facilitator prior to the programme commencing.

In addition to the formal preparation sessions, the facilitators met each week prior to the programme start time to plan the following weeks session and tweak the facilitation plan for the session that evening. These sessions were used to adjust the programme to the needs of the individual groups as the needs of the families participating on the programme were diverse.

Facilitator's Initial Expectations

Ahead of the commencement of the programme the facilitators identified concerns around the time available to them to deliver the sessions each week and the skills based approach used by

the programme which is different to the therapeutic approach that is more frequently encountered.

Effectiveness of Facilitators

The preparation sessions allowed each individual to become familiar with the other facilitators and their strengths. The facilitators maintained a professional approach to the preparation and planning of the sessions throughout the programme. Members of the team felt supported by one another and agreed that they felt everyone in the team was listened to and respected.

The team brought a great diversity of skills and knowledge to the table from their different experiences of working with young people, families and in the community. From the first preparation session, through each session, through to the end of the programme there was great commitment, enthusiasm and laughter among the leaders.

Feedback from Facilitators

Following the programme the site coordinator asked the facilitators to provide some information regarding their experiences of Strengthening Families Programme Dunmanway. Facilitators were asked why they became involved with the programme and what were the benefits of facilitating on the programme.

Interagency Benefits

A variety of organisations were involved in delivery of the programme and they articulated the programme's success as an interagency initiative. The individuals who facilitated on the programme indicated that they now had an increased understanding of the work and ethos of the different organisations.

The following interagency benefits were identified by the agencies and facilitators involved in the programme.

Format of Weekly Sessions

Each weekly session followed the same routine, as outlined by the Best Practise Handbook supplied by Le Chéile Mentoring and Youth Justice Supports.

Time	Action
4.30/5p.m	Facilitators arrive & prepare
6p.m	Families Arrive & Dinner (facilitators and families)
6.30p.m	Session 1 – Teen Session & Parent Session
7.20p.m	Break
7.30p.m	Session 2 –Family Session
8.20p.m	End of Session 2 – Families go home
8.25p.m	Facilitator Debrief
9p.m	Home time!

Strengthening Families Programme Dunmanway

Dates of Dunmanway Strengthening Families Programme Roll Out

	Overview of Content	Day	Date	Time
1	Introduction and Group Building	Tuesday	28 th February 2012	6p.m
2	Developmental Expectancies & Stress Management	Tuesday	6 th March 2012	6p.m
3	<i>CANCELLED</i>			
3	Rewards	Tuesday	20 th March 2012	6p.m
4	Goals and Objectives	Tuesday	27 th March 2012	6p.m
5	Differential Attention/ Charts & Spinners	Tuesday	3 rd April 2012	6p.m
6	Communication 1	Tuesday	10 th April 2012	6p.m
7	Communication 2	Tuesday	17 th April 2012	6p.m
8	Alcohol, Drugs & Families	Tuesday	24 th April 2012	6p.m
9	Problem Solving, Giving Directions	Tuesday	1 st May 2012	6p.m
10	Limit Setting 1	Tuesday	8 th May 2012	6p.m
11	Limit Setting 2	Tuesday	15 th May 2012	6p.m
12	Limit Setting 3	Tuesday	15 th May 2012	6p.m
13	Development/ Implementation of Behaviour Programs	Tuesday	22 nd May 2012	6p.m
14	Generalization & Maintenance	Tuesday	29 th May 2012	6p.m

Due to a death within one of the families participating in the Dunmanway programme and the relationship that a number of families and facilitators had with the family, the steering committee cancelled the week's session as a mark of respect.

This impacted on the delivery of the programme as the programme was one week behind schedule. As a number of the teenagers participating on the programme were involved in state examinations it was decided by the steering committee that it was not feasible to run the programme for an additional week as this would be the night prior to the exams beginning. A number of other families had also made plans for the summer holidays.

The steering committee decided that the best course of action in this particular situation was to run sessions 11 and 12 together as they were most closely linked in topic. The steering committee recognise that this is not recommended nor is it best practise but it was felt that this was the only practical way in which the entire programme could be delivered.

The programme ran for an extended period on 15th May with the format of the evening outlined below.

5.50p.m Family Meal
6.20p.m (Sharp) Session 11 Teens (Managing Emotions) & Parents (Setting Limits 1)
7.00p.m Break (10 minutes)
7.10p.m Session 12 Teens (Dealing with Criticism) & Parents (Setting Limits 2)
7.50p.m Session 11/12 Family Session
8.40p.m Home Time (Families)
8.45p.m Staff Debrief
9.15p.m Home time

Families Attendance at Strengthening Families Programme Bantry

The attendance of each family at the Dunmanway Strengthening Families Programme is outlined below.

% Attendance (Sessions 1-14)	
1.	100%
2.	100%
3.	76%
4.	76%
5.	69%
6.	84%
7.	100%
8.	69%
9.	Did not finish the programme
10.	92%
11.	100%

As mentioned previously 10 of the 11 families who started the programme participated throughout and finished the 14 week programme representing a 90% completion rate.

As shown in the figure above 4 families achieved 100% attendance during the programme. Family 8 were the poorest attendees as they participated in the programme on 9 of the 13 weeks.

Venue

A number of venues were proposed for the programme however the steering committee encountered great difficulty locating a venue for the programme as all the suitable community spaces were occupied during the times at which Strengthening Families would run. A suitable venue was identified within The Square Shopping Centre, Dunmanway which was located in the town centre. The site coordinator performed a site visit to identify any potential risks that may be encountered as part of the programme.

Health & Safety

The Strengthening Families Programme complied with Health & Safety Regulations.

First Aid

The Site Coordinator had completed First Aid Training and SafeTalk Suicide Alertness Training and ASIST (Applied Suicide Intervention Skills Training).

Confidentiality

It was clarified with the families prior to the programme commencing that information that passed between referral agents and the site coordinator would be done with the knowledge of the family.

Child Protection

The Strengthening Families Programme Dunmanway was run within the ethos and guidelines set out in Children First: National Guidance for the Protection and Welfare of Children.

The Site Coordinator for Strengthening Families Programme is the Designated Liaison Person. The Site Coordinator must:

- To ensure that the organisation's child protection policy is implemented
- To establish if reasonable grounds for concern exist
- To consult informally with the Duty Social Worker & make a formal referral
- To inform the person who brought the concern to the attention of the site coordinator
- To maintain confidential records
- To inform parents/ carers if a report is made

The Site Coordinator attended a Children First: National Guidance for the Protection and Welfare of Children which was specific to Strengthening Families Programme in October 2011 to ensure familiarity with the new guidelines.

As part of the weekly debrief, the site coordinator asked all the facilitators if there were any child protection/ welfare concerns.

** Child Protection Concern

Family Meals

The family meal is an important part of the Strengthening Families Programme as it encourages families to sit together and engage with one another. The provision of dinner removes a barrier and provides an additional incentive for families to attend the programme.

Although the facilitators and families reported the family meal setting at a family programme was strange initially as they had never previously seen or heard of such an action. The teenagers sat and ate with their parents each week which was a contrast to the actions of the teenagers involved in the Bantry programme who did not want to eat with their parents, or eat the food.

The site coordinator ensured that the dining area was welcoming and that additional efforts/decorations were available at thematic times of the year i.e Easter, to ensure that families felt valued.

All of the facilitators and families praised the high standard of food provided which strengthened the regard in which families felt they were held.

The facilitators identified the family meal as a useful tool as it allowed them to check in with families on their progress the previous week and gauge where difficulties may have arisen.

Childcare

The Strengthening Families Programme provides childcare arrangements for the families who attend the programme. This ensures the equal participation of families and removes barriers which may prevent attendance at the programme or create stress within a family who are attending the programme.

The steering committee decided that it would not be possible to provide childcare for the families who were selected for the Dunmanway programme due to the broad age range of the children and the lack of suitable on site facilities at the programme venue.

Instead, families were written to by the steering committee and advised to engage private baby sitters. They were provided with the “Guide to Choosing a Babysitter” by Cork County Childcare Committee to assist them with the decision of identifying a suitable and responsible baby sitter..

The cost of the childcare was subsidised and this was received weekly by the families upon their attendance at the programme.

Transport

In the current economic climate the cost of fuel can be a barrier or worry for families when deciding to participate in activities. The Strengthening Families Programme provided transport assistance to families attending the programme to eliminate this obstacle which prevents attendance.

West Cork is a large and unique geographical area and it would be impossible for families to use public transport or taxis to attend the programme as this would be very expensive. A number of families undertook 40 mile round trips to attend the programme with one family travelling a distance of 60 miles round trip each night.

The families were provided with fuel vouchers (from a fuel station near the venue) to assist with the cost of travelling to the programme which they received weekly when they attended the programme.

Incentives

Incentives were provided to the participants in Strengthening Families Programme Dunmanway as a mark of appreciation and thank you for the efforts the families had taken in attending the programme and working on particular topics and home practise assignments.

The incentives were given at the end of the family session on week 2, week 4, week 6 and week 10.

Family Portrait

The family portrait is a representation of the family's efforts at Strengthening Families Programme and also serves as a reminder of their achievements from the programme. The family portrait session was held on week 9. The portraits were taken as families arrived at the venue, prior to the family meal.

A number of teens and parents were daunted by the idea of the family portrait initially however 8 of the 10 families who finished the programme posed for the portraits.

After receiving the family portraits, a number of parents commented on the nice symbolism and good quality of the portraits.

Graduation

The Strengthening Families Programme Graduation Ceremony was held on 29th May 2012. The site coordinator addressed the families at the family session in the weeks 8, 10 and 13 to give them information about the graduation and ask for suggestions on the type of celebrations that were desired.

The families informed the Site Coordinator that they wished to have a party similar to a child's birthday party as part of their Graduation Ceremony and only wished to have their immediate family present at the event.

The site coordinator sent invitations to each of the families on the programme inviting them to the Graduation Night.

The format of the Graduation Night was different to the normal weekly session:

Time	Action
4.30/5p.m	Facilitators arrive & prepare
6.00p.m	Families Arrive
6.15p.m	Session – Teen Session & Parent Session
7.15p.m	Break
7.20p.m	Graduation, Buffet & Karaoke
9.15p.m	Home time

A member of the Steering Committee presented each family with a certificate of completion. Each family was also given a graduation present and their family portrait at the Graduation Ceremony. Parents, teenagers and facilitators enjoyed the remainder of the evening by playing party games such as Charades, Pictionary, Musical Chairs and Musical Statues.

Graduation Packs

The participants of a previous Strengthening Families Programme articulated a need for information on supports and services available in the local area. The steering committee also decided to present a compilation of these resources to the families participating on the Dunmanway programme.

The graduation packs were distributed to each family prior to the Graduation Ceremony. These packs contained information about a variety of issues; parenting, money management, contacts in the community, mental health, alcohol and drugs etc.

The site coordinator contacted the referral agents with the list of publications within the pack in advance of the distribution of the packs to ensure that the information was appropriate to the families' situations and experiences.

The following is a list of the publications that were contained in the graduation packs.

- Look After Yourself, Look After Your Mental Health
- Adult Personal Stories of Recovery Towards Mental Health
- Safetalk
- Recovery Inc
- Signposting Community Supports and Services
- Deliberate Self Harm –Information for Young People
- Deliberate Self Harm – Information for Parents
- Legal or Illegal Highs Can Cause Serious Health Problems
- Know the Facts about Drugs
- Parents – Tips for Talking to Older Teenagers about Relationships & Sex
- Youth Health Service
- Sexually Transmitted Infections
- Positive Options
- West Cork Further Education

- MABS
- Make Sure To Make The Switch – Digital Switchover
- Citizens Information
- Future West Cork
- Care Ring Telephone Service
- Cancer Connect – Transport to Cork Hospitals (West Cork Rural Transport)

A number of these publications are available on www.healthpromotion.ie

In the weeks following the Strengthening Families Programme a number of agencies involved in the programme requested a sample of the graduation packs to have the information on file also.

Closure of Facilitation Team

Upon the completion of the full programmer, all facilitators met in a debrief meeting to officially end the facilitation team. It was made clear to all of the facilitators that their role in working with the families had ended and the families would continue to be supported by the referral agents including using the Strengthening Families Programme manuals as a one to one resource with their clients in the future, if needed.

What Was the Impact of the Strengthening Families Programme?

Following the qualitative information gathered as part of report on the Bantry programme, the steering committee decided to issue the same questionnaire to the participants of the Dunmanway programme. It was the intention of the steering committee that the qualitative experiences of the families who attended Strengthening Families Programme should be captured and used to provide a more vivid description of their experiences.

The confidential questionnaire was distributed to the adults in each family at session 13 and collected on week 14. 9 of the 10 families who finished the programme completed the questionnaire representing a 90% completion rate.