

## Family Support

Throughout the running of the programme families will link in on a weekly basis with their referring agent in order to receive support and guidance around the content of the programme for that week.

With follow up sessions after the completion of the SFP it gives families an opportunity to reflect on the programmes impact on their lives, receive assistance in content areas unclear and problematic, to receive new educational or family skill building, participate in programme evaluation and, moreover, reinforce the positive bonds they built with each other in the programme.



## The Strengthening Families Programme

*Build skills and learn new ones in a positive family environment*



The Strengthening Families Programme (SFP) is a 14-session family skills training programme for families developed by Dr. Karol L. Kumpfer and associates at the University of Utah in 1982.

SFP has been proven to help build communication skills, family and behavior management and have fun in the process! The Strengthening Families Programme is designed to allow parents and their children build new, healthy parent/child communication skills that build up positive relationships within families. These new skills assist and reduce high risk behaviors that may lead to substance misuse, depression, violence and aggression, involvement in crime and school failure in the 12-17 year old children.



The SFP includes 3 courses which include parent skills training, teens/children skills training and family life skills training taught in 14 two hour periods.

All the groups are run by facilitators who have trained in SFP and has experience of working with children and families in the community.

## How Does it operate

- The once a week group will meet for 2 1/2 hours.
- Families will meet for the first half hour for a community dinner to meet and socialize with group leaders and other members of the group.
- Following dinner, for the first hour families will separate into two groups for parents / guardians and for children.
- In the second hour, families will join together to discuss and practice skills as a whole group.

### Parents Skills Training

Parents learn new skills to increase desired behaviours in children using:

- Attention
- Rewards
- Clear Communication
- Substance Use Education
- Problem Solving
- Limit Setting

### Teen Skills Training

In the teen group skills are presented on how to:

- Communicate Positively
- Understand Feelings
- Cope with Criticism
- Manage Stress
- Develop Social Skills
- Learn Problem Solving
- Resist Peer Pressure
- Understanding the consequences of substance abuse
- How short term consequences affect long term dreams and goals

## Benefits for Families

- Increased family quality time
- Learn effective communication
- Coping with anger and criticism
- Stress Management
- Resisting Peer Pressure
- Preventing substance abuse, conduct disorders and depression in children and parents.
- Improve parenting skills and family relationships
- Incentives for attendance, positive participation, homework completion and graduation!



### The Strengthening Families Programme

To find out more about SFP please contact your referring agent: