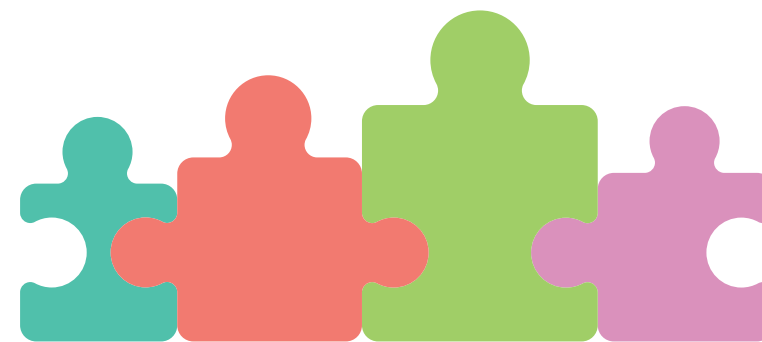


What is required from your organisation/agencies?

- To release one or two people to attend 2 FULL days FREE SFP training
- Individuals must be available to contribute to the delivery of a 14 week SFP.
- Need to ensure that the person/s trained are in a position to deliver the course in line with expectations which are as follows:
 1. Actual SFP delivery will be 2.5 hours per week for 14 weeks.
 2. In addition, facilitators will be required to do some preparation for SFP delivery and this may require a further 2 hours on the evening of the programme.
 3. Be available to co-facilitate in no less than one programme within two years of attending the SFP training.
- Recruit families for SFP and complete necessary referral forms and support families throughout the 14 week programme.
- Commit to working in partnership with the public and voluntary sector in delivery.
- Comply with various support, monitoring and evaluation mechanisms.
- Agencies are asked to view SFP as an integral part of their service and therefore agency policy in relation to time off in Lieu should be negotiated between staff and management.

SFP 12-16 is for families with teens between 12-16 years. Childcare facilities are available for younger family members. We can also provide transport to and from the venue and the teenagers will receive incentives as part of their continued attendance on the programme.

If you have any further queries on the programme please contact **Strengthening Families Co-ordinator: Leona Scott** Tel: **028 7161 1384** or **07403050507** or email **Leona@derryhc.com**



Strengthening Families Programme For Your Organisation



What is Strengthening Families Programme?

The Strengthening Families Programme (SFP) is being introduced to the WHSCT area through the CAWT Time IVA Change Border Region Alcohol Project and Derry Healthy Cities.

- It is a 14-week family skills programme specifically designed for vulnerable families with an international evidence base.
- A recognised early intervention programme.
- It emphasises the critical role of families in prevention and reducing risk to children.
- Proven to deliver multiple benefits to vulnerable families including better health outcomes.
- Parents and children participate in SFP, both separately in the teen and parent sessions and together in the family sessions.

Benefits of the Strengthening Families Programme for Families?

Evidenced outcomes of the programme include;

1. Increased family strengths and resilience
2. Reduced risk factors for problem behaviours in high risk children.
3. Improved family relationships, parenting skills, and young people's social/life skills.

Benefits of the Strengthening Families Programme for Organisations

- Access to an evidence based programme to complement/enhance existing work.
- Facilitates greater working on an interagency basis.
- Up skilling and professional development of staff regarding family intervention.
- Ability to enhance existing agency work for vulnerable families.
- FREE training programme.

What topics are covered during the 14 weeks?

Examples of the weekly sessions:

Teenagers:

Speaking and Listening
Being Who You Want to Be
Speaking for Yourself

Parents:

How to Manage Stress
Encouraging Good Behaviour
Communication for Better Relationships

Families:

Family Session (Bringing the Teen and Parents together)
Communication and Family Meetings
Empathy: The Other Person's Shoes
Family Values

How can your organisation get involved?

If your organisations works with vulnerable families and you would like to adopt SFP as part of your current and future service delivery, appropriately skilled member(s) of staff are required to complete 2 days training. Identified individuals should be in direct contact with families and are in the best position to maintain regular communication with families. They may also be required to facilitate group sessions.

SFP trainers can take one or two roles;

- Referral agent/link person
- Facilitator.

The link person will refer the family to the programme, and maintain contact throughout the 14-weeks to ensure the family are supported outside the weekly sessions.

SFP is purely dependent on interagency work.



Agencies who have participated in previous training and continue to assist in the facilitation of the programme include: Health; Housing; Education; PSNI; Community and Voluntary and many more.

