



### **Programme Background:**

The Strengthen Families Programme (SFP) was introduced to the WHSCT area through the CAWT Time IVA Change Border Region Alcohol Project. This intervention is internationally evidenced, specifically developed for vulnerable families and ideal for families at level 2/3 on the Hardiker Model. SFP is;

1. A recognised 14 week early intervention programme aimed at empowering the families and promotes ownership
2. Focussed on the critical role of families in prevention and reducing risk to children
3. SFP is found to significantly reduce problem behaviours, delinquency, and alcohol and drug abuse in children and to improve social competencies and school performance

### **About the Strengthening Families Programme**

SFP works with the whole family and builds on protective factors by improving family relationships, parental bonds, parenting skills and improving young people's social and life skills. It reduces the risk factors for behavioural, emotional, alcohol and drug, academic and social problems and focuses on developing resilience. SFP is proven to mitigate against risk factors for children and families in Hidden Harm and other contexts. It is a voluntary participation programme that 1 night per week over 14 weeks facilitates the family through 14 different learning modules relevant to cohesive family life. We also support travel, subsistence and childcare related to attending the programme.

### **Benefits to Families**

- Proven to deliver multiple benefits to vulnerable families including better health outcomes, increased family strength and resilience, better communication, reduced risk factors and problem behaviours and improved whole family relationship and dynamic.
- Parents and children participate both separately and together in SFP, either in the teens group (12-16 years) or child group (6-11 years) and the parents group. They also work together in family sessions each evening. Childcare is provided on site for younger children.
- Promotes home practice by integrating the skills learned through SFP into daily family life.

### **Benefits to your Organisation:**

- Access to an evidenced based programme to complement / enhance existing work
- Facilitates greater working on an inter agency basis
- Up skilling and professional development of staff regarding family intervention
- Proven to reduce family reliance on support staff

**To find out more or refer a family - Contact Emmett Lynch:**

**0740 3050 507 or e-mail [emmett@derryhc.com](mailto:emmett@derryhc.com)**