

**Strong African American Families  
(SAAF):  
*Program Insights, Evolutions, and  
Dissemination Considerations***

2014 Blueprints for  
Healthy Youth Development Conference

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# Information available via email

- Blueprints presentation
- Related research articles
- SAAF Program and Training FAQ
- SAAF brochure
- SAAF budget sheet
- Sample materials
- SAAF informational DVD

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# This presentation will include:

- An overview of SAAF's development and structure
- Brief summary of research findings
- Discussion of new SAAF innovations
- Information regarding monitoring and evaluation
- Considerations for implementing SAAF – lessons from the field.

# CFR Promotional DVD



# SAAF Mission Statement

The goal of SAAF is to build on the strengths of African American families that make their children less likely to get involved in problems, particularly alcohol and substance use, that face today's youth.



# SAAF Development

- Based on 12+ years of basic research with African American families in rural communities
- Approaches utilize a focus on competencies
- Adapted from SFP-14
- Piloted in rural African American communities
- Revised and re-piloted (2007-2008)



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# SAAF Core Values

SAAF's Core Values guide all training and implementation efforts

- Strength Orientation
- Collectivism
- Ownership
- Social Justice



# Randomized Prevention Trial

- Rural Georgia communities
- 667 African American families
  - mothers
  - 11-year old youth
- 369 participant families
- 298 control families



# Randomized Prevention Trial



- Assessments
  - Pretest
  - Posttest
    - 3 months after intervention ended
  - Follow-up
    - 24 months after intervention ended
  - Data collection
    - in-home using laptop computers

# SAAF Intervention: Implementation

- Weekly meetings
  - 7 consecutive weeks
  - held at community facilities
  - two separate, concurrent, 1-hr sessions
    - Caregivers
    - Youth
  - joint caregivers-youth session, 1 hr

# SAAF Session Content

	<u>Caregiver Sessions</u>	<u>Youth Sessions</u>	<u>Family Sessions</u>
1.	Supporting Our Children	Goals for the Future	Family Support for Youth Goals
2.	Making and Enforcing Rules	Who Am I?	Sharing Youth and Family Goals
3.	Everyday Parenting	Dealing with Temptation for Early Sex	Supporting Youth Development and Concerns
4.	Helping Children Succeed in School	Staying True to My Values	Understanding Each Other
5.	Protecting Against Dangerous Behaviors	Handling Peer Pressure and Understanding Parents	Parents and Youth Working Together
6.	Encouraging Racial Pride	Dealing with Unfair Situations	Encouraging Racial Pride
7.	Staying Connected with Youth	What is a Good Friend?	Expressing Appreciation

## DIFFERENT WAYS OF RESPONDING TO RACISM



### *Don't Rock the Boat*

- \* Ignore a situation involving racism.
- \* Want to look and act like mainstream society.
- \* Think others make too big a deal about racism.



## DIFFERENT WAYS OF RESPONDING TO RACISM



### *Stick to our Own*

- \* See the world as racist and unfair.
- \* Try to stay separate from other races.
- \* Don't trust people outside of their race.



## DIFFERENT WAYS OF RESPONDING TO RACISM



### *Stand Up*

- \* Have pride in being African American.
- \* Understand that racism and discrimination still exist.
- \* Act strong and assertive when dealing with racism.
- \* Emphasize dealing without being discouraged.



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# CLOSING CIRCLE PHRASE

## *Family 6*



**PARENTS / CAREGIVERS:**

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**"One strength our  
family has is ..."**



**YOUTH:**

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**"Another strength our  
family has is ..."**





# CAREGIVER CREED



**African American  
parents and caregivers  
are caring and strong.**

**We show love and  
set limits.**

**We are helping our  
children become  
responsible young adults.**



# YOUTH CREED



**We are strong, young  
African Americans.**

**We are making  
good decisions so  
we reach our goals.**



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# FAMILY CREED



**African American  
families care about  
each other and have  
fun together.**

**We are making a  
difference in the world.**



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# SAAF Findings

- Effective for decreasing conduct problems and delaying sex initiation
- Effects for substance use endure 5 years after the initial participation in SAAF.
- Other outcomes affected by families' participation in SAAF:
  - Maternal depression
  - Racial identity

# Who Can Implement SAAF?

## Primary Qualifications of Facilitators

1. Trained on SAAF curriculum by Center for Family Research Master Trainers
2. Member of a trained implementation team
3. Enjoys working with youth and families
4. Clear written and oral communication skills
5. Ability to adopt a strength-based orientation
6. Comfort discussing race-related issues and ability to help others feel comfortable

# SAAF Facilitator Training

- Three days – 8-5pm
- Intense curriculum learning
- Day #3 – Teach back
- Training Evaluations
- Considerations
  - Materials (e.g., manuals), meals, plans for implementation



# Post Training Support

- SAAF Site Resource Manual
  - SAAF logic model
  - Recommendations for implementation preparation
  - Process evaluation tools
- Fidelity Manual
- Technical Assistance
- Site Visit

# Resources for Evaluating SAAF's “Fit” for Your Agency

- SAAF Estimated Budget
- SAAF Agency Readiness Assessment
- SAAF Logic Model
- SAAF Frequently Asked Questions (FAQ)



# Readiness Assessment

- Does my agency have access to African American families with children between the ages of 10-14?
- Can SAAF be integrated into to my agency's existing structure and culture?
- Does my agency have adequate spaces to implement SAAF?
- Can we effectively recruit and engage families?
- Do we have the approval from organizational leadership to fund the training, recruit potential facilitators, and implement SAAF?

# Readiness Assessment Cont.

- Is there funding to print all of the materials?
- Does my agency have access to at least three staff available to serve as facilitators?
- Does my organization have staff who will implement SAAF with fidelity to the curriculum?
- Is my staff comfortable working with families?
- Is my staff comfortable discussing race and related issues?

# INNOVATION - Times are CHANGING!

- Technology as a tool for...
  - Initially learning about SAAF
  - Providing technical support that complements in-person site visits
  - Potentially providing “boosters”
  - Supporting evaluation and CQI efforts



# SAAF TDM

The SAAF Technology Dissemination Model (SAAF TDM) is a study aimed to test the utilization of a technology-based platform to provide SAAF trainings to facilitators in rural communities.

# SAAF TDM

Primary Research Question:

Can fidelity be maintained utilizing a web-based model in a manner parallel to the original SAAF research trial fidelity outcomes?

# SAAF TDM Strategies

- Training a site “coordinator” to be the “hands” during the training
- Meetings to “set up” the training (webcam)
- Basics about facilitation
- Interactive training platform
- “Live” teach back
- Implementation supervision



# Web-based Facilitator Training: Sample



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# Strong African American Families Technology Dissemination Model (SAAF-TDM)

## TRAINING QUIZ

# Monitoring and Evaluation

At the beginning of every evaluation

I know our  
project works



No,  
you don't



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# Types of Evaluation

## Context

- How the project works in its social, economic, and political environment

## Process

- The evolution of the project, the planning, how initiatives are implemented

## Outcome

- Assessment of short-term and long-term results

# Monitoring and Evaluation

- Site Visits
- Fidelity Manuals
  - Self Evaluation
- Fidelity Assessments
  - Additional web-based resource
- Webinars
  - Discuss potential evaluation strategies

# Adopting SAAF: *What Works*

- Doing it collaboration with others
- Partnering before adoption
- Available audience
- Included in funding application
- Meeting with CFR BEFORE applying for funding
- Avoiding the use of volunteers

# Adopting SAAF:

## *What Works...less effectively*

- Lack of honesty on the Readiness Assessment
- Making SAAF universal
- Not developing a plan (e.g., logic models)
- Failure to “improve” and adjust
- Failure to have the audience before adopting the program
- Focus on using \$\$



# Where do we go from here?

- Evaluation of a dissemination model (UGA Cooperative Extension)
- Developing evaluation strategies for SAAF?
  - Feasibility depends on organizational capacity
- Utilization of technology to support SAAF implementation



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# Helpful Resources

## Implementation

- Fixsen, D. L., Naoom, S. F., Blase, K. A., Friedman, R. M., & Wallace, F. (2005). *Implementation research: A synthesis of the literature*. Tampa, FL: University of South Florida, Louis de la Parte Florida Mental Health Institute, The National Implementation Research Network.

## Evaluation

- Kellogg Foundation. (2004). *Evaluation Handbook*. Battle Creek, Michigan.

## Logic Models

- Kellogg Foundation. (2004). *Logic Model Development Guide*. Battle Creek, Michigan.



# Thank you!

Remember that additional  
information is available via  
email.

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