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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 cgrange@uga.edu



# 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)



#### **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

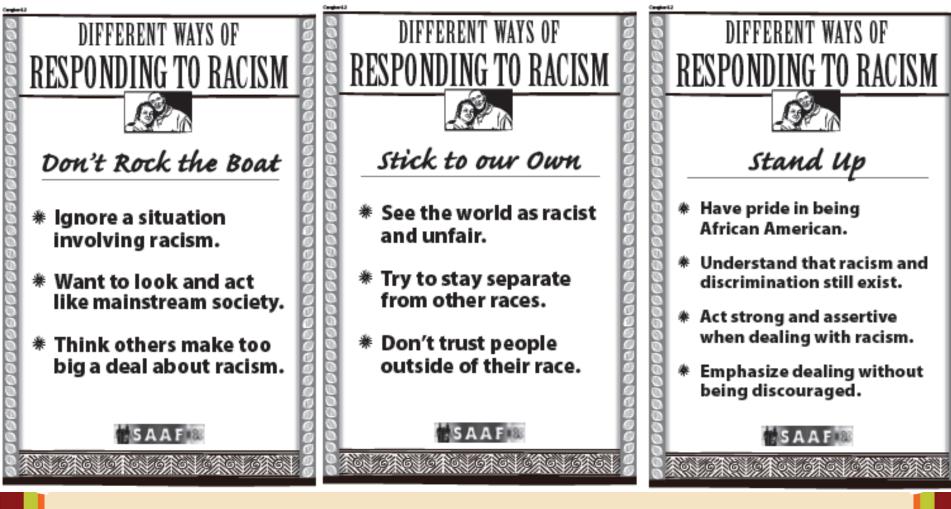


#### **SAAF Session Content**

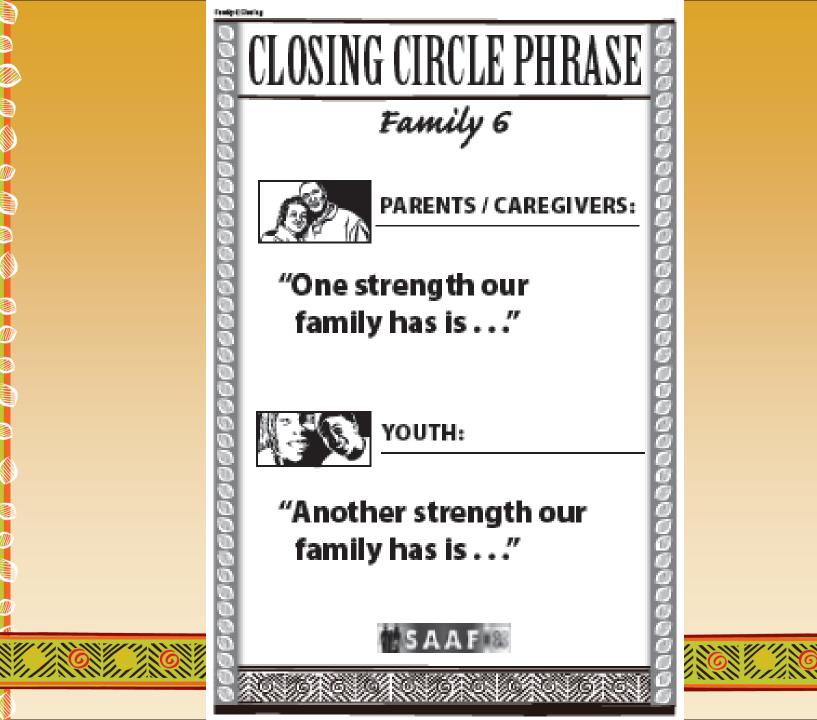
|    | Caregiver Sessions                        | Youth Sessions   | Family Sessions                                 |
|----|---|--|---|
| 1. | Supporting Our Children                   | Goals for the Future                                   | Family Support for Youth<br>Goals               |
| 2.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



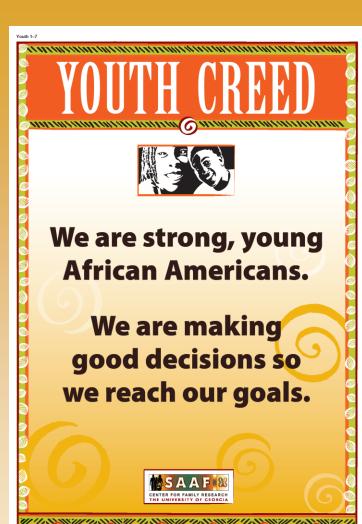




















African American families care about each other and have fun together.

We are making a difference in the world.

CENTER FOR FAMILY RESEARCH





## **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 webbased 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** 

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## **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



## **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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