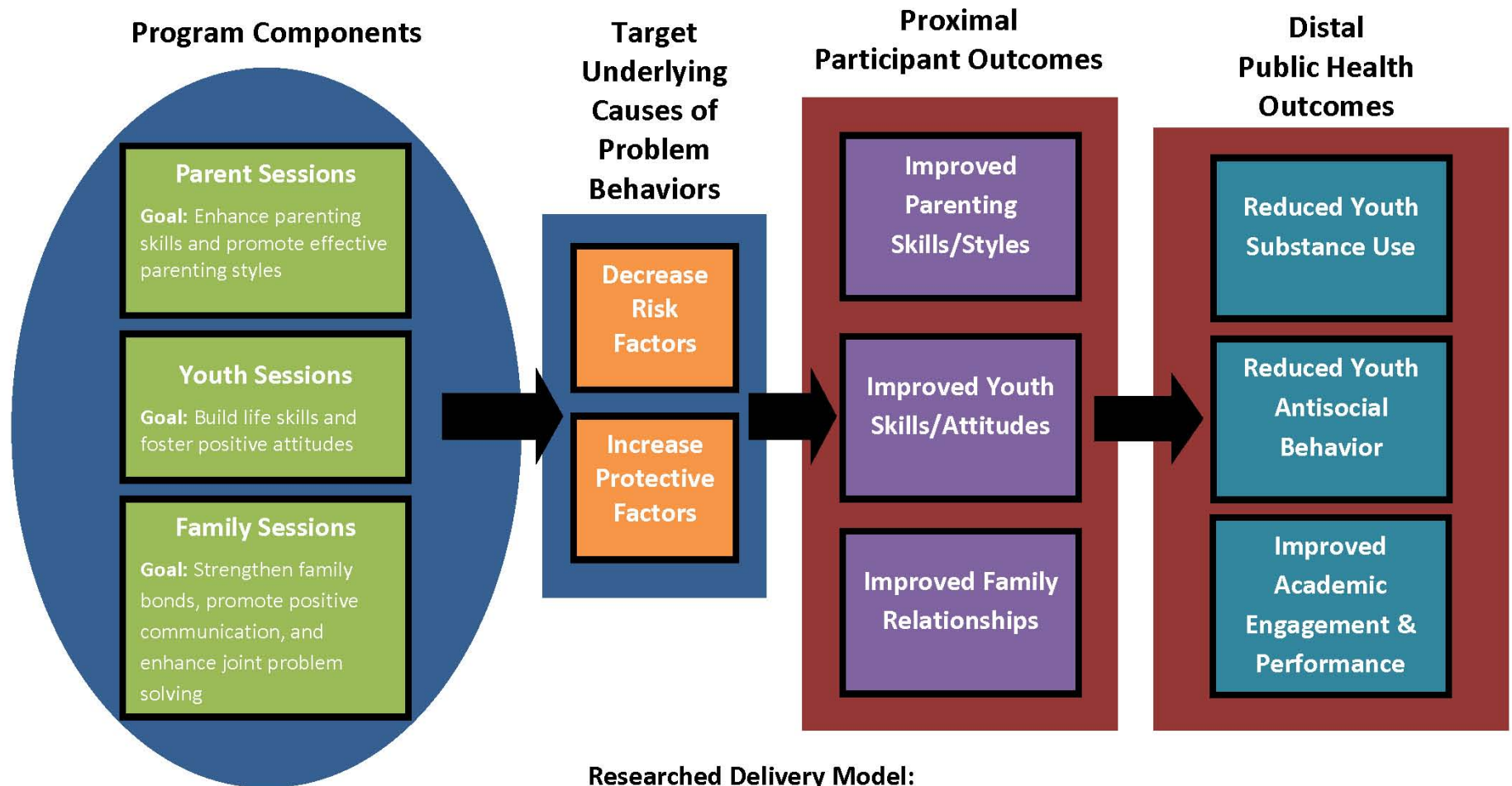


# Strengthening Families Program: For Parents and Youth 10-14 (ISFP or SFP 10-14)

The original version of this program was developed through Project Family by the Social and Behavioral Research Center for Rural Health at Iowa State University.

Logic Model created by the Evidence-based Prevention and Intervention Support Center (EPISCenter) at the Pennsylvania State University



## Researched Delivery Model:

- targets youth ages 10 to 14 and their caregivers
- goal of serving 10 families per program
- delivered once weekly for 7 weeks
- a scripted curriculum with interactive video instruction
- led by three facilitators
- parent and youth sessions run concurrently followed by a joint family session for approximately two hours of instruction
- a family meal is recommended prior to program delivery to promote bonding and facilitator modeling

**\$\$ It has been shown that for every dollar spent on implementation of SFP 10-14, there is a return of up to \$9.60 and a cost benefit of \$5,923 per youth. \$\$**

*Iowa State University, Institute for Social & Behavioral Research - Spoth, R., Gyll, M., & Day, S. (2002)*

