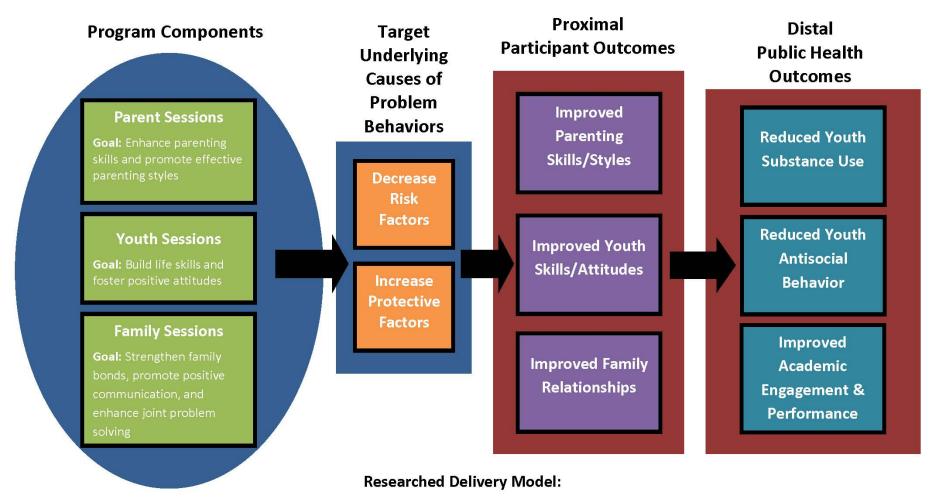
Strengthening Families Program: For Parents and Youth 10-14 (ISFP or SFP 10-14)

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



[•]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

Program **Components & Goals**

SFP 10-14 is delivered over 7 weeks. Each week, the youth and parents meet separately and then, together. Targeted goals drive the parent, youth, and family sessions.

Program Modalities

Specific strategies, methods, and techniques are used to accomplish the program goals.

Projects &

Games

Role Play &

Skill Practice

Group

Discussions

Video Portraval

& Modeling

Group

Discussions

Self-reflection

Video Portrayal

& Modeling

Family Meal

Family Games

& Projects

Video Portrayal

& Modeling

Role Play &

Skill Practice

Targeted Risk and Protective Factors

Risk factors, which increase the likelihood of drug use, delinquency, against negative outcomes, are targeted for an increase.

school dropout, teen pregnancy, and violent behavior, are targeted for a decrease. Protective factors, which exert a positive influence and buffer

Risk Factors:

Protective Factors:

Proximal Outcomes

SFP 10-14 is designed to impact targeted outcomes immediately following program completion.

Distal Outcomes

Outcomes impacted by the program months/years following program completion have been demonstrated through research.

Improved Parent Skills/Styles:

-Empathy with youth stressors Support youth goals & dreams

-Active listening and effective

Understand youth development -Clear communication of rules and

substance use expectations

Identify and deliver appropriate

Reward good behavior

Monitor youth

Improved Youth Skills/Attitudes:

-Healthy coping & stress

-Peer pressure resistance -Making good decisions/Setting goals for the future

Empathy & appreciation of parents

Understanding the value of rules & responsibilities

Know qualities of good friends

Understand the harmful impact of problem behavior & substance use

Improved Family Relationships:

-Family bonding/Affective quality

Effective communication

Identify family strengths & values

Value time together/family fun

Reduced Youth Substance Use:

Less likely to have ever used

More likely to delay initiation of alcohol, cigarette, and marijuana

Less likely to have misused prescription drugs

-Less likely to report

Less likely to show growth in polysubstance use

-Less likely to report drunkenness or illicit drug use

Reduced Youth Antisocial Behavior:

-Less self-reported aggressive & destructive behavior -More likely to delay onset of

Less likely to show growth in internalizing symptoms

Indirect Impact -Improved Youth Academics:

-More likely to report improved school engagement -More likely to report improved academic success

Component: Parent Sessions

Goal: Enhance parenting skills and promote

Component:

Goal: Build life skills and foster positive attitudes

Component: