

Family Strengthening Programs

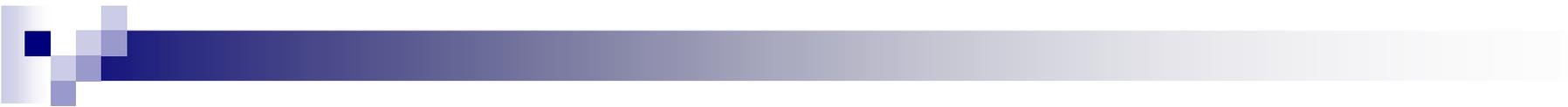
A Presentation for the NCIOM Task Force

May 8, 2009



Presentation Goals

- Why are families important for healthy adolescent development?
- What are family strengthening programs?
- What is needed for successful implementation of these programs?
- NC Alliance for Evidence-Based Family Strengthening Programs



Importance of Families

- Basic institutional unit of society primarily responsible for child-rearing functions
- Provide physical necessities, emotional support and care, learning opportunities, moral guidance, and help children build skills and resilience in preparation for adulthood

Kumpfer (1999). Strengthening America's Families: Exemplary Parenting and Family Strategies for Delinquency Prevention



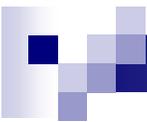
Adolescent Development

- Brain development continues through 20's.
- Frontal lobe last to develop.
 - executive functions – impulse control, planning, reasoning
- Experiences wire the brain.
 - Positive, nurturing, responsive relationships & environments
- Increased pleasure in risk taking AND still developing control center for higher-order thinking (BIG GAS PEDAL/small brake)



Families and Adolescents

- Continue to provide responsive, nurturing relationships that promote healthy interactions and development
- Help create environments in which those relationships happen with others
- Help create environments in which other opportunities for skills development and learning occur
- Can be the “brake” – monitoring, supervision, communication



What are the Major Family Risk Factors?

(Kumpfer & DeMarsh, 1985, Chassin, et al., 2004)

- Family conflict
- Lack of love, care, & support
- Lack of supervision or discipline
- Lack of family rituals
- Low expectations for school success
- Lack of communication
- Sexual or physical abuse



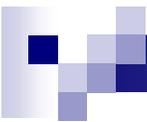
What Family Dynamics Support the Development of Family Protective Factors?

- Family Attachment
- Love and Care
- Family Organization
- Routines and Traditions
- Supervision and Guidance
- Good Communication
- Family Fun



Bottom Line

- Families are important to healthy adolescent development.
 - Despite common perception that adolescents don't care what their parents think, research indicates that families are very important and influential in adolescents' lives.
- YMCA poll (2000) reports that:
 - 3 out of 4 teens say they still turn to their parents in times of trouble and report that one of their top concerns as 'not having enough time" with their parents



Research Confirms Influence of Family on Youth Behavior

- Family functioning variables have early and sustained impact on family bonding, conduct disorders, school bonding and adaptation, choice of peers, and later delinquency. (cited in Kumpfer 1999)
- Although peer influence is final pathway for most youth to delinquency and drug use, major predictor of whether youth associate with deviant peers is their family relationship. (cited in Kumpfer 1999)
- Family protective factors are major reason youth do not engage in unhealthy behaviors (Kumpfer, Alvarado, & Whiteside 2003)



Family Strengthening Programs

- Parenting and family interventions (more comprehensive programs may involve schools or other systems)
- Kumpfer lists four types of evidence-based family strengthening interventions:
 - Behavioral parent training (primarily cognitive/behavioral parent training);
 - Family skills training including parent training, children's skills training, and family practice time together
 - Family therapy (structural, functional, or behavioral)
 - In-home family support

Examples of Programs (not exhaustive)

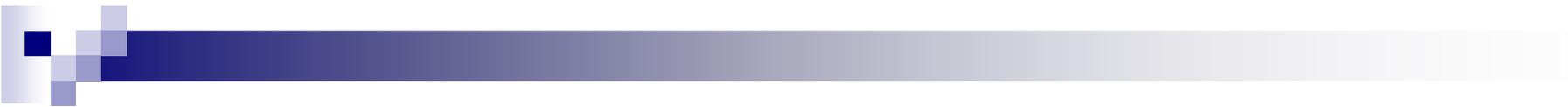
Age	Universal	Selective	Indicated
10-18	<ul style="list-style-type: none"> • Strengthening Families Program (10-14) • FAST for Teens • Midwest Prevention Program (early/late adolescence) • Family Matters (6-12) 	<ul style="list-style-type: none"> • Strong African American Families Program (10-12) 	<ul style="list-style-type: none"> • Brief Strategic Family Therapy • Functional Family Therapy • MST • Treatment Foster Care • Family Effectiveness Training
0-18	<ul style="list-style-type: none"> • FAST • Circle of Parents (promising) 	<ul style="list-style-type: none"> • Parenting Wisely • Nurturing Program (promising) • Effective Black Parenting (promising) • Fast Track (7 yrs – early adolescence) 	<ul style="list-style-type: none"> • Trauma-Focused Cognitive Behavioral Therapy

Effect Sizes (ES) for Family-based Prevention *(Tobler & Kumpfer, 2000)*



■ Youth Only Interventions	.10
■ Parenting Skills Training	.31
■ Family Therapy	.45
■ Family Skills Training	.82
■ In-home Family Support	1.62
■ Mean ES Family Interventions	.96

Used with permission from K. Kumpfer



Implementation Matters (a lot!)

“We use vaccines proven to prevent childhood diseases in this clinic, and we water them down so we can serve more children.”

- **How** are evidence-based programs & practices being implemented?
- Implemented with fidelity to the program standards.
- Emerging research on “core drivers of implementation” or the key ingredients for effectiveness

Proven practice + fidelity/quality = Better Results

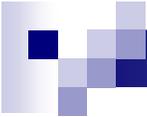


What Are Key Ingredients for Successful Implementation?*

“The ‘spray and pray approach’ doesn’t work.”

- Assistance with community and agency planning
- Staff Selection
- Pre-Service and In-Service Trainings
- Ongoing Consultation and Coaching
- Program Evaluation Technical Assistance
- Quality Assurance Technical Assistance

* See National Implementation Research Network for full review.



Changing Practice of Teachers

(% of Participants who demonstrate knowledge, demonstrate new skills in a training setting, and Use new skills in the classroom)

TRAINING COMPONENTS	Knowledge	Skill Demonstration	Use in Classroom
Theory and Discussion	10%	5%	0%
...+Demonstration in Training	30%	20%	0%
...+Practice & Feedback in Training	60%	60%	5%
...+Coaching in Classroom	95%	95%	95%

Table by the National Implementation Research Network

Joyce & Showers 2002



Important Questions for NC

- What are the programs/practices being delivered to children and families in North Carolina?

AND

- If programs are proven, how are they being delivered to children and families in North Carolina -- with the key ingredients for effectiveness?

AND

- As funders and advocates who want better results for children and families, how are we supporting community-based agencies in accessing the key ingredients of effectiveness?



The Alliance for Evidence-Based Family Strengthening Programs

- Collaborative group of public and private organizations/agencies that fund family strengthening programs to improve a range of outcomes for children and their families
- Goal is to collaboratively support successful implementation of evidence-based programs.



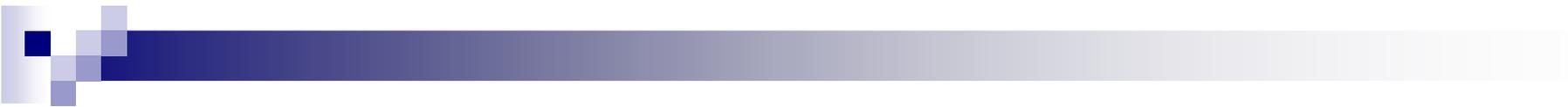
Who Participates in the Alliance?

- Current Membership: NCPC, NCDPH, NCDSS, NCDMH/DD/SAS, Children's Trust Fund/DPI, Governor's Crime Commission, DJJDP, Head Start, The Duke Endowment, & Kate B. Reynolds Charitable Trust
- Staffed by PCA North Carolina and the Center for Child and Family Policy, Duke University.



Key Premises of the Alliance

- When we invest wisely in proven programs that promote optimal child development, the next generation will pay back the investment as productive and responsible citizens.
- Communities and agencies need access to “scaffolding” -- ongoing training, coaching/technical assistance and program evaluation -- to deliver evidence-based programs successfully.



Key Premises of the Alliance

- Evidence-based programs often result in better outcomes across multiple domains (child abuse prevention, school readiness, substance abuse prevention, violence prevention, etc.).
- Funders can best advance the replication of proven programs by working together, across funding streams, to collaboratively support and sustain programs we know produce the best outcomes for children and their families.



Alliance “Collaboration Table”

- Before choosing a program to collaboratively support, Alliance members agree program meets number of criteria (see next slide) and target the Alliance’s shared intermediate outcomes
- Alliance members agree to fund local agencies to implement these programs (as appropriate)
- Collaboratively build and fund state-level scaffolding (as needed) to support implementation of these programs



Alliance Questions

Does the program:

- Support a demonstrated need in communities?
- Have evidence of impacting the Alliance's set of shared outcomes?
- Have a solid theoretical foundation?
- Have evidence of effectiveness from experimental evaluations using randomized control groups?
- Have cost-benefit data?
- **Have resources to support replication in North Carolina (e.g., standardized training, accessible program developer, fidelity tools)?**
- Already exist in North Carolina and have some degree of infrastructure or support?
- Seem like a good “fit” with North Carolina communities and NC politics?
- What is cost of implementing in local communities?
- What is cost/benefit analysis of scaffolding
- Is there multiple-funder interest to co-invest?



Alliance “Collaboration Table”

- Nurse-Family Partnership
- Incredible Years
- Strengthening Families (limited scaffolding)



Working Together for Better Results

- Through collaboration of public and private funders:
 - One portal of entry for any agency/community that is interested in replicating an Alliance-sponsored program
 - Common tools to assess agency and community readiness for implementing the program
 - Set of implementation guidelines that all funders agree to uphold (e.g., fidelity requirements)
 - One evaluation process and set of tools (in process)



Better Results

- Increased replication of specific evidence-based programs
- More effective implementation with fidelity = better results for kids and family
- Increased efficiencies – one set of tools, staff providing technical assistance, implementation/fidelity guidelines across agencies
- Easier for communities to implement an evidence-based program



Summary

- Families are important to healthy adolescent development.
- There are not many evidence-based family strengthening programs for adolescents, but there are a few.
- Getting positive outcomes is more than choosing a good program off a list. Quality implementation is critical.
- Research confirms that community-based agencies need support in implementing programs.



Summary

- Public/private partnerships of funders can work together to create state-level infrastructure for supporting implementation.
- To maximize resources, NC funders and leaders should prioritize a select number evidence-based family strengthening (and other) programs for adolescents and build the infrastructure to support them.
- Creating sustained funding for local implementation and infrastructure support is critical need.