

Strengthening Families Program:

North Carolina Initiative

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High Risk

Families:

- **SFP 6-11**
- **SFP 3-5**
- **SFP 12-16**
(University of Utah)

Lower Risk

Families:

- **SFP 10-14**
(Iowa State University)

Overview: SFP

An evidence-based family life skills training program.

Program Goals

- **Improve parenting skills**
- **Increase children's social and life skills**
- **Improve family relationships**
(Thus reducing substance abuse and delinquency risk factors)



Settings for SFP:

- ✓ Family & Youth Service Agencies
- ✓ Mental Health Service Agencies
- ✓ Child Protection Agencies (Child Welfare)
- ✓ Schools
- ✓ Churches
- ✓ Drug Treatment
- ✓ Drug Courts

Target Populations:

SFP 6-11 was designed specifically for high-risk families but can be implemented with universal, selected, or indicated populations.

SFP 10-14 was designed for lower-risk families but can be implemented with universal, selected, or indicated populations.



Model Elements:

Staffing:

- **Four trained group facilitators** (6+ hours per week)
 - 2 for parents; 2 for children's group
- **Site coordinator** (20 hours per week)
- **Childcare** (2 + staff)

Other:

- **Transportation**
- **Child Care**
- **Meals**
- **Incentives**

NOT EXTRAS!!

Group Size:

- **4-14 Families** (Developer Recommended)
- **Group Size has multiple variables**

Dosage:

- **14 Weekly sessions implemented in order as designated in the curriculum**
- **2 Hours per Session**
- **Parent, child, & family components should not be unbundled**



OUTCOMES:

Child:

- **Decreased problem behaviors**
- **Increased pro-social skills**
- **Improved behavior at home**
- **Decreased intentions to use tobacco and alcohol**

Family:

- **Improved family relationships**
- **Reduced family conflict**
- **Increased family cohesion**

Parent:

- **Improved parenting skills**
- **Increased parental efficacy**
- **Decreased use of corporal punishment**
- **Increased clarity of rules**
- **Decreased parental substance use**
- **Decreased parental depression**
- **Decreased parental social isolation**



Insert Map of current programs

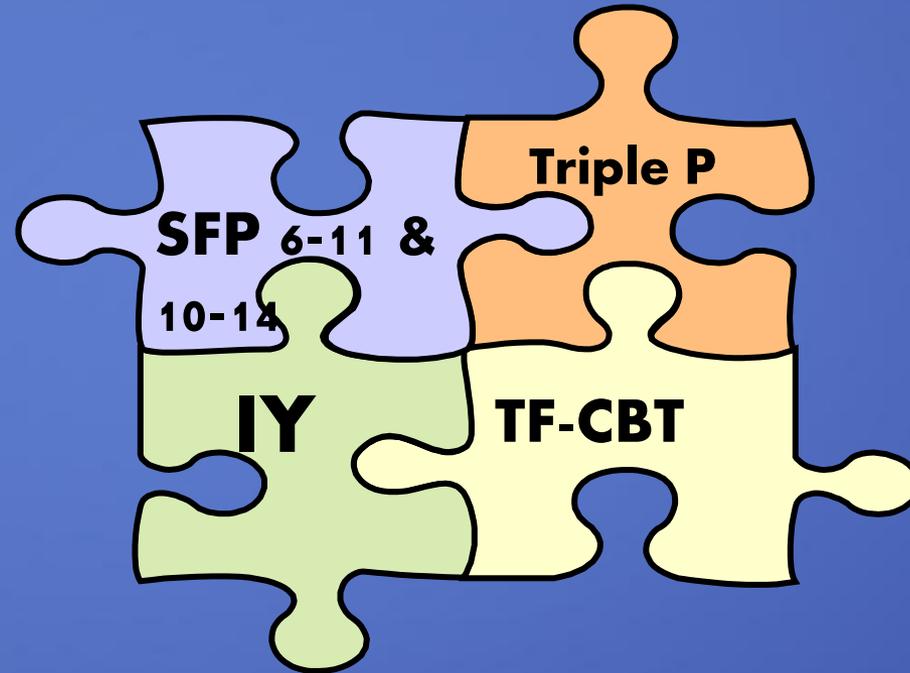
A Common Vision



Selecting an EBP is only **ONE** Piece to the **Puzzle**

**QA &
Data
Collection**

Coaching



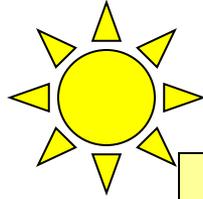
**In-
Service**

**Pre-
service**

Community & agency planning & readiness

Constellation of Partners:

Smart Start,
The Duke Endowment,
Kate B. Reynolds Charitable Trust
BCBS Foundation
Division of Social Services,
Division of Public Health,
Division of MH/DD/SAS
DJJDP
GCC



Working as an Alliance:

Community planning,
Secure funding,
Training and technical assistance,
Evaluation,
Quality assurance,
Coordination



Pool of Programs:

Nurse Family Partnership, Strengthening Families, Incredible Years



Intermediate Outcomes:

Children have a medical home.
Mothers have healthy pregnancies.
Parents demonstrate child development knowledge and effective parenting skills.
Parents provide care that promoted attachment.
Parents receive increased education and employment support.
Parents utilize family planning services.
Parents receive effective treatment for maternal depression and other mental illness.
Parents receive appropriate treatment and services for domestic violence.
Parents receive appropriate treatment and support for substance abuse.
Parents receive and provide appropriate social support.

Population Level Impact:

Improved School Readiness
Reduction of Child Maltreatment



NC Outcomes

- **PCA-NC contracted with LutraGroup to evaluate outcomes for NC sites utilizing Coaching/TA via the funder's Alliance***
- **Retrospective post-tests**
- **Data analyzed for the 21 outcome variables (Parent, Child and Family)**

*** DSS and DPH sites**

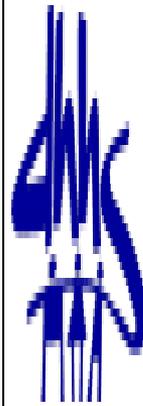
Results and Key Findings

- **19 of the 21 outcomes (90%) demonstrated statistically significant positive change**
 - **100% of Parenting & Family Outcomes**
 - **5 of 7 (72%) of the Children's Outcomes**
- **Comparison to National Norms**
 - **Effect sizes were equal to or above national norms for**
 - **4 of the 6 parenting outcomes**
 - **4 of the 6 family outcomes; and**
 - **2 of the 5 child outcomes**

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KATE B. REYNOLDS
CHARITABLE TRUST



NC Department of
Health and Human Services



THE DUKE ENDOWMENT