

Child Maltreatment Prevention for Drug Abusers: The Strengthening Families Program (SFP)

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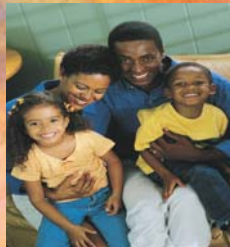
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Parents Matter

- Parents and Elders are Role Models and Teach Children Health Habits



Parent Protective Influence

Teens report parent disapproval is the primary reason not to use drugs.

(Monitoring the Future, 2001)



Critical Role of Effective Parenting

- Effective parenting is the Anti-Drug and critical to child abuse prevention
- A root cause of child abuse is substance abuse and ineffective parenting
- Parents teach values and habits, by their actions and by their words. SFP breaks the multi-generational pattern of drug abuse and family violence.
- Parenting is an important component in multi-component prevention programs

Why Do Family Interventions?

Because Effect Sizes Average 9 x Larger

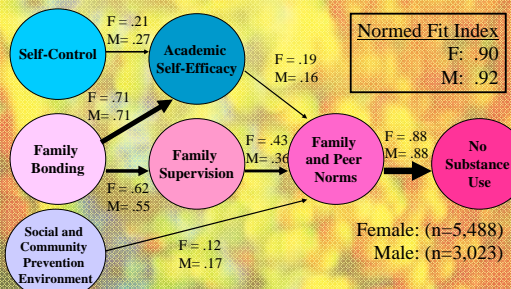
(Tobler & Kumpfer, 2000)

- School-based Affective -.05
- Knowledge plus Affective .05
- Life or Social Skills Training .28
 - Average ES Youth-only Programs .10 ES
- Parent Skills Training .31
- Family Skills Training .82
- In-home Family Support 1.62
 - Average ES Family Interventions .96 ES



Family Approaches Strengthen Major Protective Factors against Drug Use

(Kumpfer, Alvarado, & Whiteside, 2003)



Research Affirms Families

- SAMHSA/CSAP study found strongest pathway to preventing substance abuse:
 1. Family Bonding (love and attachment)
 2. Family Supervision
 3. Family Norms (communicating positive values)

(CSAP, 2002; Kumpfer, et al., 2004)



- The National Longitudinal Adolescent Health Study confirms:
Parents are the major reason kids do **not** use drugs. Parents are the primary role models and teachers.

(Resnick, et al., 1997)



Strengthening Families Program

SFP Development and History

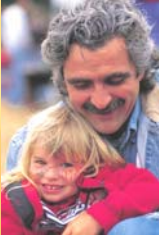
- 1st research-based family program for substance abusing parents and their children
- 1982-Developed on NIDA grant for children (6-11)
- 1994-School-based version for pre-teens (10-14)
- 2003-Meta-analysis found SFP most effective drug prevention program in the world (Foxcroft, et al., 2003)
- 2004-Adapted for at-risk ethnic teens (12-17)
- 2006-Adapted for at-risk children (3-5)
- 2007-Tested on ACF grants for child abuse prevention by five states and tribes



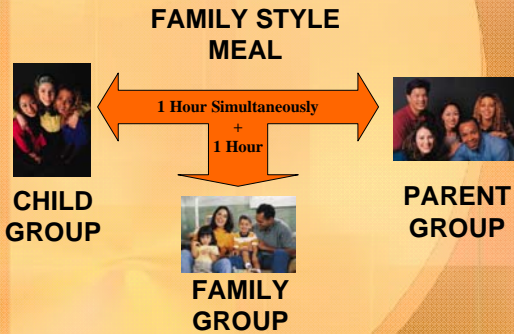


SFP in Practice

- **SFP: 3 Life Skills Courses:**
Parents, Children's & Family Skills
- All three are taught together, typically over 14 weeks
- Courses can be "unbundled," but are most effective when taught together



SFP Typical Class Session



A Typical Weekly Session

- **Dinner** - families sit together, with other families & Group Leaders coach families
- **1st Class Hour:** Parents' Group and Children's Group
- **2nd Class Hour:** families rejoin & divide into two Family Groups
- **Baby-sitting** or SFP 3-5 for children under 6;
- **SFP 13- 17 for teens**

Effective Ways to Engage Families to Attend

- **Personal Invitation to Attend** (home visits, calls, printed welcome letters)
- **Meals** – a draw and a barrier removed
- **Transportation Help** - vouchers, bus tokens, phone trees, vans
- **Child Care or SFP Groups** - for younger & older kids
- **Rewards** for attendance, participation, graduation
- **Weekly Calls** - "check-in" from Leaders
- **BIG Graduation:** ceremony, party



SFP Parent Sessions

- Parent's Group covers:
 1. Introductions and Family Strengths
 2. Developmental Expectations/Stress Management
 3. Attending to Wanted Behaviors
 4. Goals and Objectives
 5. Chore Charts and Spinners
 6. Family Meetings
 7. Family Communication
 8. Alcohol, Drugs and the Family
 9. Problem Solving and Giving Directions
 - 10.- 12. Effective Discipline, Limit Setting, Consequences
 13. Implementation of Behavior Change Programs
 14. Community Supports, Graduation

Children's Social Skills

1. Hello and Group Rules
2. Speaking Skills
3. Listening Skills
4. Secret Rules of Success
5. Saying "No" to Trouble
6. Reflective Listening
7. Communicating Clearly
8. Alcohol, Drugs and the Family
9. Problem Solving
10. Introduction to Parent's Game
11. Recognizing Feelings,
12. Dealing with Criticism
13. Coping with Anger
14. Community Supports, Graduation

Family Skills Training

1. Dreams and Goals: Treasure Maps
- 2-3. Child's Game, Positive Play
4. Goals and Objectives
5. Making Chore Charts and Spinners
6. Family Meeting Practice
7. Family Game: Active & Reflective Listening
8. Alcohol, Drugs and the Family
9. Problem Solving Game
- 10-12. Parent's Game Practice
13. Review/Graduation Preparations
14. Graduation



Staffing

- **Characteristics of Effective Implementers**
(Park & Kumpfer, in press):
 - sincere desire to help families learn SFP
 - personal skills: one-to-one & group
 - understanding why and how SFP works
- **4 Group Leaders:** 2 for Parent Group, 2 for Children's Group
- **Group Leaders:** mix salaried and hourly contracted staff to balance teams to include men & women, ethnicities.

SFP Course Materials (on CD)



- 3 Group Leader **Manuals:** Parent's, Children's & Family Groups -- including complete structured lessons for all classes
- 2 **Handbooks or Handouts:** Parent's and Children's – worksheets, lessons
- 1 Implementation **Manual** -- including outcome, process & fidelity checks
- Culturally Adapted and Language Translated (Spanish, Thai, Russian, Portuguese, Swedish, Norwegian, Dutch, etc.)

SFP Cultural Adaptations

- African-American, rural and urban
- Spanish language translation
- Pacific Islander version
- Canadian version
- Australian version
- American Indian versions (25 tribes)
- Swedish, Norwegian, English, Dutch, Spanish, Russian, Italian, Portuguese, Thai versions
- SFP research found similar outcomes when culturally adapted, but 40% better recruitment and retention (Kumpfer, Alvarado, Smith, & Bellamy, 2002)



Sample SFP Budget -10 families

• Site Coordinator: (14 weeks x \$30/hr x 10hrs/week)	4,200
• Group Leaders: (4 x 14 weeks x \$20/hr x 5 hrs/week)	\$5,600
• Food: (14 sessions x 10 families x \$10/family)	1,400
• Child Care: (14 wks x 2 staff x \$15/hr x 3 hrs)	1,260
• Supplies: (paper products, toys)	440
• Completion Incentives: (\$50 x 10 families)	500
• Handbook Duplication: (15 parents + 20 children x \$8)	280
• Manual Duplication: (4 trainers x \$30/set – one time)	120
	Total \$13,800
Reunion Session:	
• Group Leaders (4x\$20/hr. x 4 hours)	\$ 320
• Site Coordinator (\$30/hr. x 10 hours)	300
• Food (10 families x \$10/family)	100
• Child Care (2 staff x \$15/hr. x 3 hours)	90
• Incentives, supplies	190
	\$1,000

SFP: Outcomes

- 8 Randomized Control Trials with independent researchers suggests SFP twice as effective as any program in reducing substance abuse
- Cochrane Collaboration Reviews at Oxford University found SFP the most effective prevention program in world (Foxcroft, et al., 2003)
- Listed as an evidence-based program by OJJDP, SAMHSA NREPP, BluePrints, White House, ONDCP, Dept of Education, etc.
- Currently being tested for child abuse prevention in Maine, New Jersey, Kansas, North Carolina, and California for child abuse prevention in drug abusing parents.

SFP Has All Core Components Critical for Good Child Welfare Outcomes (CDC, 2008)

- Behavioral Parent Training with experiential role plays and homework
- Emphasizes increasing respect, praise, positive time together
- Teaches effective discipline and stress and anger management
- Includes Positive Practice Time of Parents with Children—14 sessions of 1 hour coaching by group leaders



Strengthening Families Program

- First developed and tested by Dr. Kumpfer on a NIDA (1982-1986) grant in randomized four group control trial research.
- Over 30 SFP replication studies found positive results in all three major outcomes areas:



- Improved parenting knowledge & skills
- Improved family relationships
- Improved children's social skills and behavior

SFP Parent Outcomes

(Kumpfer, Alvarado, Smith, & Bellamy, 2002)

- Increased parenting efficacy
- Increased parenting skills
- Increased marital communication
- Decreased stress
- Decreased depression
- Decreased alcohol and drug use



SFP Child Results

- Decreased depression
- Decreased conduct disorders
- Decreased overt and covert aggression
- Increased cooperation
- Increased number of pro-social friends
- Increased social competencies
- Increased school grades



SFP Family Results

- Decreased family conflict
- Increased family bonding
- Increase positive communication
- Increased family organization—family meetings, chores done
- Improved parent/child relationship
- Increased family strengths and resilience



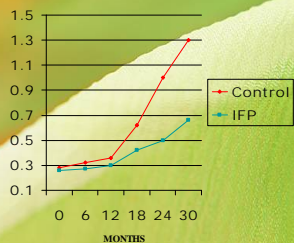
Child Welfare Outcomes (Katz, 2006)

- Drug Court and Dependency Court judges say they get better and more detailed reports on improved parent/child relationships and parenting skills after SFP
- Group leaders actually see parents and children interacting in 14 family sessions and during meals
- Leading to faster reunification and less days in foster or kinship care or prevention of abuse and CPS reports



SFP 10-14 Positive Results in Reduced Alcohol Initiation

Alcohol Initiation Index Trajectories for SFP 10-14 vs. No-tx Control



SFP (10-14) Prevention Program: Cost-Savings

- Spoth, Guyll & Day (2002) calculated \$9.60 saving for each \$1.00 spent.



Outcomes Larger in Local Agencies than RCTs: Very Positive Child Outcomes

Effect Sizes (d') large for Child Decreases in :

- **Covert Aggression**
(p.<.000, Effect Size = 1.56)
- **Overt Aggression**
(p.<.045, ES=.59)
- **Shyness**
(p. <.000, ES=1.55)
- **Depression**
(p. <.000, ES=1.17)
- **Social Skills**
(p. <.01, ES=.35)



European SFP Replication Studies: Same Good Outcomes

- SFP Sweden 6-11 and 10-14 Years- Karolinski Institute
- SFP Netherlands 13-17 Year-Trimbos Institute
- SFP Spanish 13-17 Years- Univ of Balearic Islands
- SFP Britain 10-14 Years- Oxford University



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