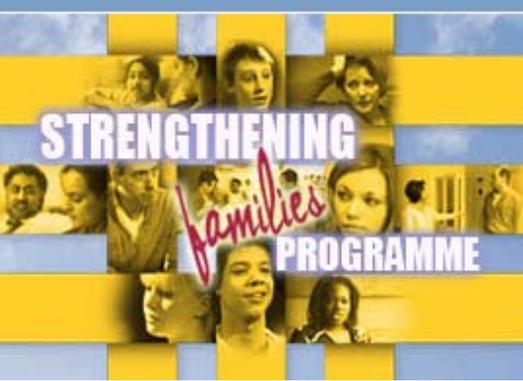


A brief introduction to the Strengthening Families Programme 10 – 14



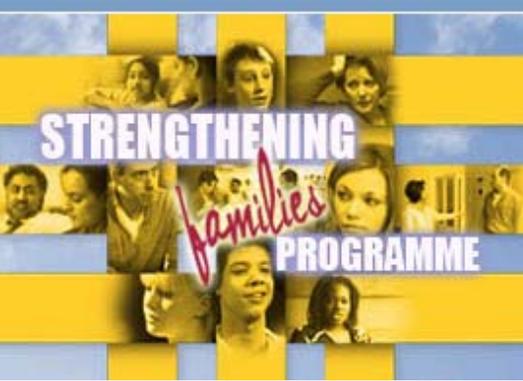
About the SFP 10 - 14

- Developed at the University of Iowa, USA
- Brief family-based intervention aims to reduce alcohol misuse and other behaviour problems during adolescence
- Improves skills in child management by parents
- Improves interpersonal competencies amongst young people
- Suitable for families from a variety of ethnic and educational backgrounds



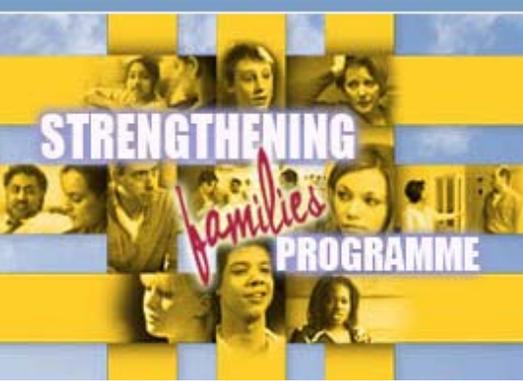
About the SFP 10 - 14

- Seven two hour sessions for parents and young people
- Extensive use of video materials to explore different scenarios
- Parents and young people meet separately for the first hour; come together for the second hour
- Extensive use of role-playing, games and skill-building activities
- Sessions led by trained and accredited facilitators



Parent session topics

- Using love and limits
- Making house rules
- Encouraging good behaviour
- Using consequences
- Building bridges
- Protecting against substance abuse
- Using community resources



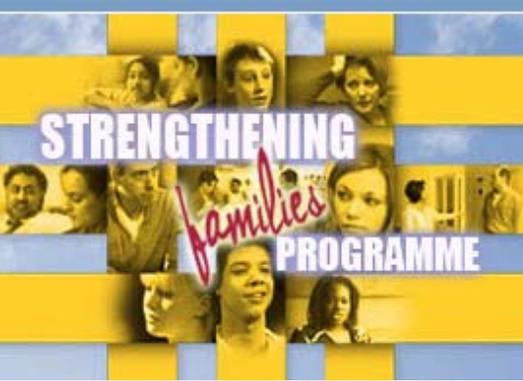
Youth session topics

- Having goals and dreams
- Appreciating parents
- Dealing with stress
- Following rules
- Handling peer pressure I
- Handling peer pressure II
- Reaching out to others



Scientific evidence for SFP 10 -14

- Major longitudinal study conducted by Iowa State University
- Tested with just under 500 families
- Participants randomly selected and compared with a control group
- Followed young people and their parents from 6th through 12th grade
- Subsequently highlighted in Cochrane Collaboration and WHO systematic evidence reviews (2001 and 2006).
- Highlighted by the National Institute for Health and Clinical Excellence (NICE)



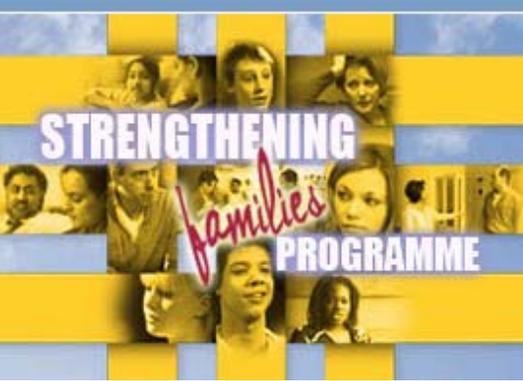
Results of the Iowa study

- Significantly lower rates of alcohol, tobacco, marijuana and other drug use amongst those attending the programme
- Importantly, differences between participants and control group persisted over time
- Participants had significantly fewer behaviour problems in school
- Parents showed gains in parenting skills, including setting rules and limits and following through with consequences
- Parents reported more positive feelings toward their child



The SFP10-14 in the UK

- Funding for UK pilots secured in 2004 (co-funded by the Alcohol Education and Research Council, the Home Office and Diageo)
- Video materials adapted from the US originals, and tested with focus groups
- Initial pilots established in Barnsley, Chester and Cardiff
- Facilitators trained by the programme developers from the University of Iowa
- Co-ordinated by researchers from Oxford Brookes University
- Department for Children, Schools and Families has provided funding for SFP training in local authorities in England



www.mystrongfamily.org



Qualitative evaluation – key perceptions from UK pilots

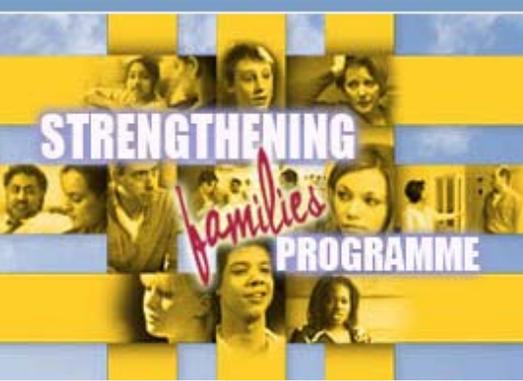
- Stronger family unit
- Improved parent/caregiver communication
- Learning to listen more
- Working more together as a team
- Better understanding of what parents/young people are saying
- Changing the code of behaviour within the family

AERC Insights available at www.aerc.org.uk



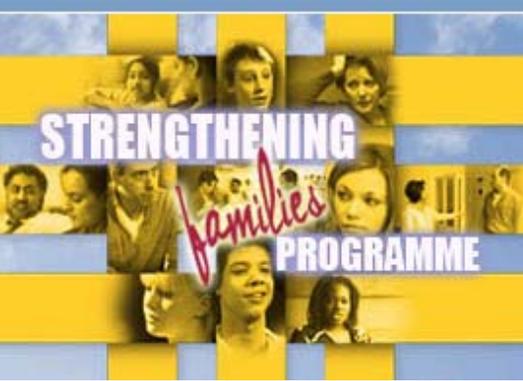
The SFP10-14 in Europe

- The programme is now being adapted and tested in a number of other European countries, with a number of different funding partners
 - In Spain, led by researchers from the University of Oviedo
 - Original funding from the Spanish National Plan on Drugs
 - Also supported by the Spanish Psychological Association and by Diageo
 - All materials fully adapted into Spanish – “Familias que funcionan”



The SFP10-14 in Europe

- In Sweden and Norway, SFP10-14 development has been funded by government
- In Germany, SFP10-14 is being tested by researchers from the University of Hamburg with charitable funding
- In Poland, SFP10-14 is being adapted by Maraton Foundation, with support from Diageo
- In Greece, SFP10-14 is being tested by the National and Kapodistrian University of Athens, with support from Diageo

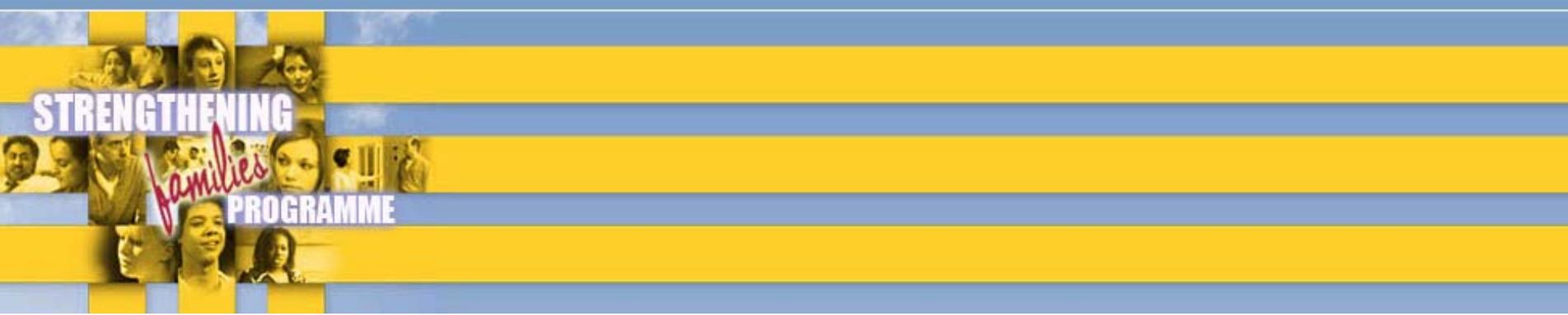


The SFP 10 –14 in Europe

- The programme developers from the University of Iowa have run a number of training courses for SFP10 -14 facilitators in Europe
- Oxford Brookes University has applied for EU funding for randomised controlled trials of SFP10 -14 in four EU member states – the UK, Spain, Poland and Greece
- If successful, Diageo will co-fund these trials



www.mystrongfamily.org



STRENGTHENING

families

PROGRAMME

This paper was produced for a meeting organized by Health & Consumer Protection DG and represents the views of its author on the subject. These views have not been adopted or in any way approved by the Commission and should not be relied upon as a statement of the Commission's or Health & Consumer Protection DG's views. The European Commission does not guarantee the accuracy of the data included in this paper, nor does it accept responsibility for any use made thereof.