Research-Proven Skills to Promote Pro-Social Behavior in Youth Through Parent & Youth Family Skills Training
What makes you passionate about supporting family health?
What puts kids at RISK for delinquency, drug & alcohol use, and mental health problems?
Highest Risk Factors:

- Family conflict or neglect
- Lack of love, care, & support
- Lack of supervision or discipline
- Lack of family customs, traditions
- Low expectations for school success
- Poor communication
- Sexual, emotional, or physical abuse
What protects kids from delinquency, alcohol & drug use, mental health problems?
Family factors that Protect Kids

- Strong, loving parent-child bonds
- Functional, well-managed home
- Mild, consistent discipline
- Clear rules against A.T.O.D. use
- Monitoring of child’s activities & friends
- High expectations; involved parent
- School attendance and success
- Family customs & traditions
- Parents set a good A.T.O.D. example
- Neighborhood attachment
Skilled Parenting is Prevention
Strong Families Key to Prevention

“Strong families avoid many adverse outcomes: substance abuse, teen pregnancy, school failure, aggression, and delinquency.” (Hops, et al., 2001)
WHY NOW?

The original program, developed in 1982, was expensive to implement and required a clinical professional to run each weekly session for families.

This updated version – the facilitated DVD discussion group – added in 2012 reduces the cost significantly, making it affordable for communities and able to be implemented by trained volunteer facilitators, rather than group therapists.

In March 2016, this proposal was approved for funding by the Global Ministries board of directors.
Research proves SFP works

NIDA (1982-1986) research, 12 randomized control trials, 4 with independent research teams with up to 10 year follow-up studies found SFP works to change behavior & outcomes.
SFP Targets
Risk & Protective Factors
with 3 types of skills:

1. BONDING skills
   *(create warm, loving relationships)*

2. BOUNDARIES skills
   *(clear firm rules and consequences)*

3. MONITORING kid’s activities skills
   *(to see that they always stay in alcohol & drug-free social environment)*
SFP 7-17
Class Curriculum & Home-Use DVD

CONTENT
Session 1 Skills:
- Notice the good in family
- Give “Reinforcing Compliments”
- Ignore Minor Annoying Behavior
- Cease to criticize

Session 2 Skills:
- L.U.V. Listen *(Listen, Understand, Validate)*
- Use “I-Messages”
- Be Assertive vs. Aggressive
- Banish Communication Boulders

Notice and Compliment the Good In Each Other Daily
Teach Behaviors You Want
Use “Positive Practice” behavior

- Give Clear Direction
  - “Please...”
- Wait 10 Seconds
- Follows Direction
- Social Reward
  - Compliment
- Ignores Direction
- Warning Cue
  - “You need to...” or “Remember rule”
- Wait 10 Seconds
- Ignores Direction
  - (or says he will and doesn’t)
- Follows Direction
- Social Reward
  - Compliment
- Express Love

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HOW TO
ACCEPT NO NICELY

1. Look at the person who is speaking to you.
2. Calmly ask for a reason if you don’t understand.
3. Say “okay” and thank the person for listening.
4. If you disagree, ye after two times th

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HOW TO
FOLLOW INSTRUCTIONS

1. Look at the person who is speaking to you.
2. Repeat the instructions and say okay.
3. Do what is asked and do it the best you can.
4. Report back when you’ve finished.

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Session 3 Skills:
- Make & Obey Family Rules
- Set up a Rewards Program
- Teach Responsibilities
- Set up Routines/Rituals

The Five R’s for Successful Families:
1. Rules
2. Rewards
3. Responsibilities
4. Routines
5. Happy Rituals

Session 4 Skills:
- Use Positive Discipline
- Teach behaviors you want
- Give fair, predetermined consequences
- Be Calm and Consistent w/Consequences
- Express Love Afterwards

Set Limits and Consequences and Encourage Good Behavior
SFP Family Outcomes

- family conflict
- family bonding
- positive communication
- family organization—family meetings, chores done
- Improved parent/child relationship
- family strengths and resilience
Strengthening Families Outcomes

For Children & Teens

↓ Depression        ↓ Conduct disorders
↓ Aggression        ↓ Drug use

↑ Cooperation       ↑ School grades
↑ number of pro-social friends
↑ social competencies

For Parents

↑ parental involvement
↑ positive parenting skills
↓ depression ↓ alcohol & drug use
Teens, through their choices and actions, have the power to direct the development of their own brains.” (Dr. Jay Guidd National Institute of Mental Health)

SFP 7-17 works by training parents and young people in pro-social skills that trigger feel-good brain chemicals, thus enhancing self-esteem and family bonding.

“When you DO good, you feel good!”
Lesson 5:
Problem Solving & Win-Win Negotiation

Pre-Problem Solving Aids Brain Development

“Pre-problem-solving” helps kids look ahead, identify things that could cause them problems if they did them; & practice ways to say “no” and still keep their friends.
10 Year Iowa SFP 10-14 Follow-up:

- Significant reduction in depression
- Significant reduction in anxiety

- Not a single young adult (up to 23 years of age) had used meth compared to 3.2% in the control schools
Family-Centered Intervention Outcomes Improve Over Time

Whereas youth-only programs have **reduced** outcomes over time, family programs have **improved outcomes**.

School-based, education-based programs do NOT work.

**WHY US?**
WHY NOT?

Why not help our families become happier?
Why not make our children happier?
Why not increase family cooperation?
Why not reduce stress in our lives?
Why not reduce substance use?

This takes hard work, but it is simple.

The Strengthening Families Program will make a measurable, long term, life changing positive impact.
Ways to Use SFP DVD
A Typical Weekly DVD Family Discussion Group

- Parents and kids meet together at a school or church and watch the DVD together
- Led by trained Family Coach
- DVD paused and Discussion Questions asked at specific spots
- Families answer the ?’s and practice skills

To be successful you will need:
- Handouts
- Trained Family Coach (2 preferred)
- Parents able to discretely submit questions on problems they may be having
WHAT’S NEXT?

Find 2 others with your same level of passion & then contact us

What the Health Fund is planning to do…

Assist with the provision of the trainings
• Host sites
• Help with the materials needed and some costs associated with the training
• Be the point of contact between Global Ministries and the Strengthening Families Program

If interested, contact Katie Schoenhoff at the Health Fund to hold your spot for training