Strengthening Families Program EBI for Improving Children’s Outcomes

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Strengthening Families

On behalf of
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Parents Matter: Connecting the Dots

• Parents and Elders are Role Models for Children

• Drug exposed children are at higher risk for addictions for genetic, epigenetic, and environmental reasons
“Strong families avoid many adverse outcomes: substance abuse, teen pregnancy, school failure, aggression, and delinquency.” (Hops, et al., 2001)
Family-Centered Intervention Outcomes Improve Over Time

- Whereas youth-only centered treatment or prevention have reduced outcomes over time, family programs have improved outcomes.

- Improving parenting skills reduces relapse and recidivism in drugs, crime, and child maltreatment.
SFP: Important Points

SFP is a three-part skills course: Parent, Teen & Child, and Family Practice classes taught in each session.

SFP skills are for all families; they are not special skills for deficient families.

For SFP a “family” is defined as one or more adults responsible for one or more children; a “parent” is an adult with that responsibility.
How SFP is taught in a Group Class

Begins with a FAMILY STYLE MEAL

1 Hour CLASS Separately + 1 Hour together

PARENT CLASS

FAMILY PRACTICE SESSION

TEEN & CHILD CLASSES
Protective Factors Leading to Positive Child Outcomes: Social Ecology Model
(Kumpfer, Alvarado, & Whiteside, 2003)

Width of arrows = strength of influence: Family Most Powerful

- Self-Control
- Success in School
- Family Bonding
- Family Supervision (Monitoring)
- Family & Peer Norms (Boundaries)
- No Substance Use

Female: (n=5,488)  
Male: (n=3,023)
Poor Parenting put kids at risk

“The largest predictors of child maltreatment are substance abuse, lack of parent/child bonding, negative parenting style (Kumpfer & Brooks, 2010), and family conflict (Rondium, 2007).
Biological and Genetic Risk Factors
(Kumpfer, 1987)

Over Stressed Youth Syndrome
(related to Type II Alcoholism due possibly to one or two short alleles of 5-HTTLPR serotonin transporter gene)

• Difficult Temperament
• Hyperactivity, Rapid Tempo
• Autonomic Hyperreactivity
• Rapid Brain Wave (Schuckit, 1986)

Rapid Metabolism of Alcohol

Fetal Alcohol & Drug Syndrome (Chasnoff, 2009)

Decreased Verbal IQ & Prefrontal Cognitive Dysfunction
Lack of Nurturing Parenting Can Lead to Child Developmental Delays

(Kumpfer, Fenolllar, & Jubani, 2013)

Lack of a nurturing parent can program increased cortisol stress reactions in children, resulting in:

• Less exploratory behaviors
• Reduced cognitive development
• Less oxytosin binding even in later generations.

(Champagne & Meaney, 2007; Champagne, 2010)
Poor nurturing by mothers changed genetic makeup of mice pups = created anxious, aggressive offspring

Good Mothering
A good rat mother licks and grooms her pups. She gives them extra space to suckle against her underside.

Bad Mothering
A bad rat mother barely licks her pups and provides almost no tactile stimulation.

Negative epigenetic changes could be passed on to offspring
SFP Trains PARENTS in Skills to Nurture:

- Engage in regular Bonding activities with child
  
  *sincere compliments, one-on-one play time, make happy family rituals, traditions, etc.*

- Use respectful family communication skills

- Make clear family rules, incl. no drugs or alcohol

- Set up positive Routines

- Apply anger management and stress reducing skills

- Use consistent Positive Discipline — not lax nor harsh

- Help kids make life goals & train in prosocial skills

- Monitor their activities & be involved parents
SFP Trains YOUTH in Resiliency Skills

- Communication
- Problem solving
- Establishing a vision for life; seeing their power to do good, which builds self-esteem
- Peer Resistance: able to say no to trouble, incl. use of alcohol or drugs
- Managing stress; calming their anger responses
- Identifying feelings; receiving criticism calmly
- Planning, managing time, doing well in school

➤ All these skills increase a child’s core self-esteem
Research on the Strengthening Families Program by Dr. Karol Kumpfer
Strengthening Families Program
Research Results

NIDA (1982-1986) clinical trial research:
12 RCTs (8 independent RCTs by Spoth, Gottfredson, Brody, Murry, and Coatsworth), and 15 SFP CSAP-funded culturally adapted replications of found positive results in:

• Improved parenting knowledge & skills
  • Improved family relationships
• Improved children’s social skills and behavior
SFP Parent Outcomes

(ES < .50 to .75)


• Increased parenting efficacy
• Increased parenting skills
• Increased marital communication
• Decreased stress
• Decreased depression
• Decreased alcohol & drug use
SFP Family Outcomes

(d < .60 to .80)


- Decreased family conflict
- Increased family bonding
- Increased positive communication
- Increased family organization — family meetings, chores done, etc.
- Improved parent/child relationship
- Increased family strengths and resilience
SFP Child Outcomes

- Decreased depression
- Decreased conduct disorders
- Decreased aggression
- Decreased tobacco, alcohol, drug use
- Increased cooperation
- Increased number of pro-social friends
- Increased social competencies
- Increased school grades
- SFP reduced substance abuse, delinquency, depression/anxiety and HIV risk by 50% five years later when kids were 18 years old

American Medical Association Fact Sheet, 2003
SFP Reduces Mental Health Problems: 10 Year Follow-up (Iowa SFP 10-14):

- 300% reduction in depression
- 280% reduction in social anxiety
- 260% reduction in phobias
- 220% reduction in anti-social personality

(Why? SFP parents trained to be “therapeutic” parents)

- Not a single young adult (up to age 23) used meth compared to 3.2% in the control schools
SFP 10-14 Positive Results in Reduced Alcohol Initiation

Alcohol Initiation Index Trajectories for SFP 10-14 vs. No-tx Control
Results of SFP Cultural Adaptations
(Kumpfer, Alvarado, Smith, & Bellamy, Prevention Science, 2002)

- Five quasi-experimental studies evaluated results of cultural adaptations in Years 3-4 compared to original SFP in Years 1-2
  - **Recruitment and retention increased by average of 40% for cultural adaptations**
  - Outcomes basically identical, but slightly worse if adaptation involved reducing number of session or changing order
  - Cultural adaptations also accomplished by hiring culturally competent group leaders
SFP Youth Results Across Five Multicultural Studies
(Kumpfer, Alvarado, Smith, & Bellamy, 2002)

- Decreased depression
- Decreased conduct disorders
- Decreased aggression
- Increased cooperation
- Increased social competencies
- Increased school grades
- Increased number of pro-social friends
- Decreased tobacco, alcohol or drug use
Top Qualifications for SFP Family Coaches / Facilitators:

- Sincere desire to help families
- Understanding why and how SFP works – lives it
- Personal skills: works well one-to-one and in group
- Knows how brain works, and how to praise & motivate

Culturally Sensitive men & women, matching the cultural ethnicity of the participants

(Kumpfer, et al., in press; Parra-Cardona, et al., 2016)
10-12 session
SFP Home-Use DVD
Contents and Results
SFP Home-Use DVD provides same Strengthening Families Program skills

11 video lessons with downloadable handouts

Parents and kids watch together at home; pause DVD & practice skills

Print handouts off the DVD disk itself
Home-Use DVD = Systematic, fun way to teach SFP family skills

- Parents and kids watch together; pause the DVD and PRACTICE skills
- Real-life problems & solutions
- Complex relationship skills are broken down into small steps
- Downloadable handouts
  - reminders of skills
  - tracking behavior
- Inexpensive, effective
SFP DVD used in School, Family Discussion Groups, & In-home

- Health Class assignments for parents & youth to watch DVD, answer ?’s

- Families watch SFP Home-use DVD
  “Family Coach” pauses DVD at specific intervals, asks questions, leads families in practicing the SFP skills

- In-home Intervention SFP-DVD
  Agencies send SFP Family Coach to teach skills to parents & youth in at-risk families

➢ SFP Lessons improve behavioral health
ALL behavior is governed by your brain activity

Healthy brain = better behavior
“Nutritional Psychiatry”

INTRO LESSON:
• Use Mindfulness to Squash the A.N.T.s (Automatic Negative Thoughts)
• Eat healthy food
• Exercise
Targets Risk & Protective Factors with Research-Proven skill set to prevent youth substance use / abuse

1. BONDING / NURTURING
   (create warm, loving relationships)

2. Setting BOUNDARIES
   (clear firm rules and consequences)

3. MONITORING kid’s activities
   (to see that they stay in alcohol and drug-free social environment)
INTRO Lesson:

Healthy Family Skills = Healthy Brain

Skills Taught:
• Eat dinners together
• Play one-on-one
• Use Mindfulness to squash the A.N.T.s (Automatic negative Thoughts)

Risk & Protective Factors
• Family Attachment
• Perceived risk of drug or alcohol use
Lesson 1: Notice & Compliment the Good Daily

Skills Taught:
• Notice the good
• Give “Reinforcing Compliments” Daily
• Cease to criticize

Risk & Protective Factors:
• Family Attachment
• Family Bonding
• Increased Social Skills
Lesson 2: Communication & Weekly Family Meetings

Skills Taught:
- L.U.V. Listen
- Use “I-Messages”
- Banish “Communication Boulders” (speaking rudely)
- Weekly Family Meeting

Risk & Protective Factors:
- Family Bonding
- Family Attachment
- Increase in Social Skills
Lesson 3: 5-R’s Of Successful Families:
Rules, Rewards, Responsibilities, Routines, Rituals

Risk & Protective Factors:
• Poor Family Management
• Family Attachment
• Clear Standards

Skills Taught:
• Make/Obey Fam. Rules
• Give Rewards
• Teach Responsibilities
• Set up Routines/Rituals
Lesson 4: Set Limits & Consequences

Skills Taught:
- Use Positive Discipline
- Teach Wanted Behaviors
- Give Fair Consequences
- Be Calm and Consistent
- Express Love Afterwards

Risk & Protective Factors
- Clear limits
- Positive Discipline (not lax nor harsh)
- Consistent consequences
- Handle rebelliousness effectively
Lesson 5:
Problem solving, Pre-problem solving, Negotiation

Skills Taught:
- Problem Solving
- Win-Win Negotiation
- Pre-problem solving (look ahead, avoid trouble)
- Positive Refusal Skills

Risk & Protective Factors:
- Problem solving
- Pre-Problem Solving to avoid anti-social behavior
- Good Refusal Skills
Lesson 6:
Stress & Anger Management Skills

Skills Taught:
- Reduce Stress
- Trigger own “Relaxation Response”
- Track Anger Triggers
- Program brain with new pro-social responses

Risk & Protective Factors
- Family Conflict
- Stress management
- Increase in Social Skills
Lesson 7: Goals & Contracts to Change Behavior

Skills Taught:
- Determine life’s goals & track needed behaviors
- Make Contracts to Change
- Use Personal Conferences & Positive Criticism

Risk & Protective Factors:
- Parental involvement in child’s life
- Poor classroom behavior
- Low commitment to school
- Academic failure
Lesson 8: ATOD Hijacks Brain’s Pleasure Motivation Center

Skills Taught:
- Recognize brain-harm of Alcohol & Drugs
- Parents use Bonding, Boundaries, Monitoring
- Positive Refusal Skills

Risk & Protective Factors
- Parental attitudes favorable toward alcohol & drugs
- Perceived risk of drug or alcohol use
- High resistance skills
Lesson 9:
Choose Good Friends; Monitor Kid’s Activities

Skills Taught:
• Identify, make good friends
• Be a good example
• Use Refusal Skills
• Monitor all kids’ activities
• Help provide healthy fun

Risk & Protective Factors:
• Parental Monitoring
• Increase in Social skills
• Bonding to peers with healthy beliefs, standards
• Interaction with Anti-social/Drug-Using Peers
Lesson 10: Values, Traditions & Service

Skills Taught:
- Teach Family Values
- Establish fun traditions
- Recognize blessings & need to give to society
- Look for ways to serve

Risk & Protective Factors:
- Opportunities for Pro-social Involvement
- Belief in a Moral Order
- Healthy beliefs, standards
- Strong neighborhood attachment

Hollywood Olson, a victim of an alcohol-related crash, speaks to a group about the danger of drinking and driving.

Share values, enjoy traditions, give service, be an agent for change.
Parenting Outcomes of SFP 7-17 DVD

**LEGEND:**

- **SFP norms =** 5000-family data base collected by Dr. Kumpfer over multiple years
- **DVD enhanced group =** SFP 7-17 Group Classes with SFP-DVD clips
- **CBI SFP =** *(computer-based instruction)* SFP DVD viewed at Home

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**Graph:**

- **Y-axis:** Parental involvement, Parental supervision, Parenting efficacy, Positive parenting, SFP parenting skills, Parent cluster.
- **X-axis:** Categories of parenting outcomes.
- **Legend:**
  - Green: SFP norms
  - Red: DVD Enhanced group
  - Blue: CBI SFP
Youth Outcomes - SFP 7-17 & DVD

*Children in study referred to SFP class by their schools for delinquent behavior; however, criminal behavior self-reported (erroneously?) so low as to not show significant effect.
SFP Has All Core Components for Good Child Welfare Outcomes *(CDC, 2008)*

- Parent Training & Youth Life Skills with role plays and home practice assignments
- Emphasizes family bonding with respect, praise, positive time together
- Teaches effective discipline and stress and anger management techniques
- Classes includes Family Practice Time
- Videos available for classes & home review
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