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SSA Conference 2009 (AERC)**

**With A Little Help From Our Friends:
The Strengthening Families Programme 10-14 (UK), a success story.**



Dr. Debby Allen



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1. Introduction
2. Our initial interest in the Strengthening Families Programme 10-14
3. A little about the programme
4. The original project funded by AERC
5. Building on success – our development since then



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- A Cochrane Collaboration Systematic Review, commissioned by the World Health Organisation and the UK AERC, reported that the SFP10-14 was an effective and promising prevention intervention. Importantly, the effectiveness of the SFP seemed to increase over time, rather than decay, as with other prevention programmes (Foxcroft 2003).



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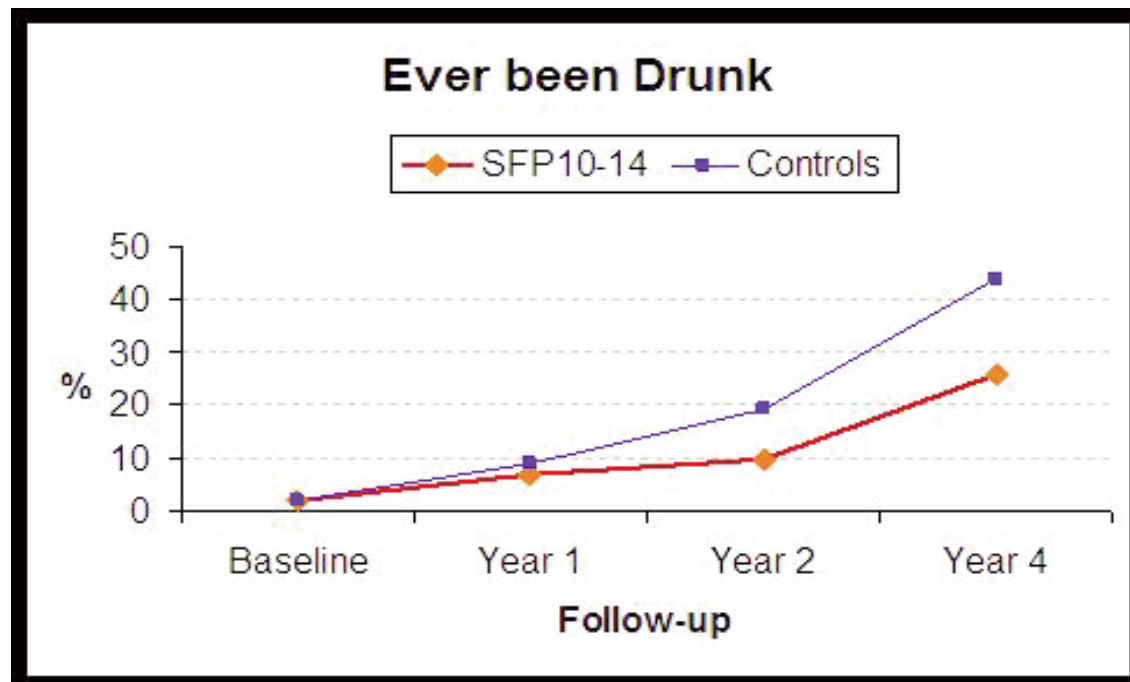
**SFP 10-14 (UK)
research &
development**

Scientific research studies
(Spoth et al 2001 -2009)

Allen, Coombes, Foxcroft (Cultural
Adaptation 2008)

Evaluation study Barnsley
(Coombes, Allen, 2006)

Jeremy Segrott (Cardiff 2009)



- The difference between the two groups (SFP 10-14 group and control group) becomes more significant over the years, up to four years after the intervention (there are now 10 years of follow up data).



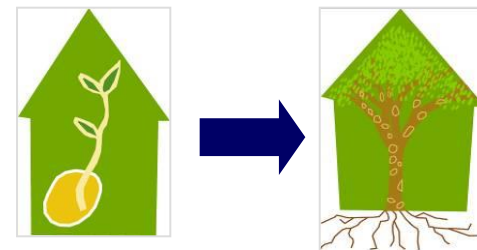
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- Young people who participate in the programme are significantly less likely to have problems with alcohol, substance use, truancy, cheating, peer resistance and conduct problems.
- In addition to this, research has shown that young people who have undertaken the programme have increased school attendance and attainment (Spath 2008 et al).



A little about the SFP10-14 (UK)...

- To reduce alcohol and substance misuse and other behaviour problems during adolescence
- This will be achieved through improved skills in nurturing and child management by parents and improved interpersonal and personal competencies amongst young people
 - Increasing parenting skills
 - Building life skills in youth
 - Strengthening family bonds



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SFP 10-14 (UK)
programme
objective



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SFP 10-14 (UK) overview

- SFP 10-14 (UK) is a 7-week evidence based programme to help families with young people aged between 10 and 14 to prepare for teenage years
- SFP 10-14 (UK) has seven two hour sessions for parents and young people. Parents and youth meet separately for the first hour, then spend the second hour together in family activities.
- Group size can range from about 8 to 13 families, for a total of 20 to 30 individuals
- 4 (optional) booster sessions are designed to be used six months to one year after the end of the first seven sessions to reinforce the skills gained in the original sessions
- Programme is appropriate for any parent/s or caregiver/s, whoever has ongoing contact with the young person.



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Reducing risk

**Enhancing
protective factors**



Parent Sessions

- All sessions are DVD - led
- Workers lead short discussions and timed activities



Youth Sessions

- Workers present concepts in a game-like format
- Each session includes active games & learning activities
- Emphasis on having fun while learning
- Some use of DVD



Family Sessions

- Workers role shifts from teacher to facilitator
- Families work in groups and as individual families
- Games and activities
- Some use of DVD

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Parent Topics

1. Using Love and Limits
2. Making House Rules
3. Encouraging Good Behaviour
4. Using Consequences
5. Building Bridges
6. Protecting Against Substance Misuse
7. Using Community Resources



Youth Sessions

1. Having Goals and Dreams
2. Appreciating Parents
3. Dealing with Stress
4. Following Rules
5. Handling Peer Pressure I
6. Handling Peer Pressure II
7. Reaching Out To Others



Family Sessions

1. Supporting Goals and Dreams
2. Appreciating Family Members
3. Using Family Meetings
4. Understanding Family Values
5. Building Family Communication
6. Reaching Our Goals
7. Putting it all together & graduation

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Other incentives

- Childcare, food and transport are provided



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- Funding from the Alcohol Education Research Council in 2004 provided the opportunity to carry out a cultural adaptation of the US programme.
- The aims of the project were: (i) to adapt the U.S. SFP materials and approach for use in the United Kingdom social and cultural context; (ii) to model (Phase I) and explore (Phase II) the SFP materials and approach with parents and young people in the UK; and (iii) to develop a protocol for a large-scale Phase III evaluation study of the Strengthening Families Programme.



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- A mixed methods design was used blending both quantitative and qualitative data. One advantage of this design was that it enabled the maximisation of the strengths of each method. For example, it was possible to explore information from structured questionnaires in more detail through semi-structured interviews. The focus groups that were held among families who had completed the SFP 10-14 (UK) programme added depth and richness to the quantitative data that were collected as part of the RCT.
- **See AERC final reports: 22** (2006 Implementation of the SFP 10-14 in Barnsley: the perspectives of facilitators and families). **42** (2008) Preventing Alcohol and Drug Misuse in Young People: adaptation and testing of the SFP10-14 for use in the United Kingdom.



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- On completion of the research, the 'My Strong Family Centre' was established within the School of Health and Social Care (Oxford Brookes University), to disseminate the programme to appropriate agencies across the UK.
- Subsequent funding from the Department for Children, Schools and Families, as part of the Family Intervention Project (Respect Agenda), and the National Academy of Parenting Practitioners training (Parenting Early Intervention Projects and Mental Health Pathfinders Initiatives) has resulted in the training of over 1,500 practitioners to deliver the programme to families across the UK.



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- **Who is the programme for?**
The SFP 10-14 (UK) has been used as a universal and targeted intervention
- **Costs**
Resource intensive?
- **Funding**
Multi agency working? YOS, Health, Education, SW, Law Enforcement
Pooled resources/teams, multi agency referral to programme
- **Community support**
Ripple effect of SFP 10-14 (UK)



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The SFP 10-14 (UK) is currently being delivered to families in England, Wales, Scotland and Northern Ireland.

US, UK and Europe...

Cardiff RCT



- Case study
- **Facilitator report:**
Overall participation has been excellent. Families have been able to address current issues within their own homes as well as picking up key parenting skills for the future. Parents and young people have shared within the group the changes they have made and the improvements they have noticed on a weekly basis.

Parents have found others in the group supportive throughout the weeks. Several sets of parents have been successful in regaining custody of their children. In a court report a Guardian Ad Litem stated that the change in the parents ability to parent was exceptional following their attendance at the Strengthening Families 10-14 Programme



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What can we offer
you?
General

Tier 1 certification

3 day Facilitator Training
SFP 10-14 (UK)

Facilitator training (TOF)

Tier 2 certification

7 week SFP 10-14 (UK) programme
delivered to families by facilitators
plus
4 weeks optional booster sessions

Conditioned by:

- Two 30-minute supervision sessions via e-mail, internet or telephone
- Review of two sessions with project trainers (60 minutes)
- We provide feedback on performance

SFP 10-14 (UK)
delivery

+

Post training
support

Plus we offer

- **TOFT (Training of Facilitator Trainer)**
- **Refresher programme and On-going professional support**
- **Consultancy** (programme evaluation, research, service evaluation, parent & family support training, mentorship)

Tier 3 certification

A 150 hour module offered as a learning programme (Tier 1, Tier 2, TOFT can form a part of it) and can be offered at undergraduate or postgraduate level



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**Academic
credentials**

- **Lindsey Coombes, Research Fellow, School of Health and Social Care, Oxford Brookes University, RMN RGN BA (Hons) PGCEA MA**

Lindsey has been a senior lecturer/research fellow in the School of Health and Social Care, Oxford Brookes University since 1989 and has been involved in teaching a wide range of modules in mental health nursing. His main research interests are in the field of substance misuse and he has conducted a number of studies mostly focusing on drug and alcohol issues and young people. For the past six years he has been researching the SFP 10-14 (UK), training people to facilitate the programme and delivering the programme to families in the UK and other countries. From March 2007 Lindsey was project manager for delivery of SFP 10-14 (UK) training to 24 Family Intervention Projects in England funded by the Department for Children Schools and Families (DCFS).

- **Debby Allen, Senior Lecturer of Health and Social Care, Oxford Brookes University, RGN, DN Dip, PG Dip HE, BSc (Hons), MSc, PhD**

Debby has been a senior lecturer/research fellow in the School of Health and Social Care, Oxford Brookes University since 2000 and has been involved in teaching a wide range of modules in adult nursing. Debby obtained her PhD in 2004 with her dissertation focussing on young people and illicit drug use. She was lead investigator of a study funded by the Alcohol Education and Research Council and Home Office to adapt the US SFP 10-14 (UK) for use in the UK context. From March 2007 Debby was a trainer for delivery of SFP 10-14 (UK) training to 24 Family Intervention Projects in England funded by the Department for Children Schools and Families (DCFS).



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