

**Priority:** Basic Needs  
**Program Offer Type:** Innovative/New Program  
**Related Programs:** 25086  
**Lead Agency:** County Human Services  
**Program Contact:** Ray Hudson

**Program Characteristics:**

**Executive Summary**

The Strengthening Families Program cuts youth alcohol, tobacco, and other drug use in half and improves school success, family bonding, parenting skills, and youth life skills so youth and families thrive. Program impact continues through middle and high school. Prevention specialists will provide the program for families of high-risk 6th graders at four schools and train volunteers to provide the program County-wide. This program offer will provide State funds to train 240 families during 2008-09.

**Program Description**

The Strengthening Families Program 10-14 (SFP 10-14) provides 7 weekly sessions and 2 boosters to families of 6th graders. Sessions include dinner, separate one-hour parent and youth segments, and a one-hour family segment. SFP 10-14 cuts alcohol, tobacco, and drug use by participating youth in half, youth methamphetamine use by 90%. The effects last throughout middle and high school.

During 2008-09, LifeWorks NW prevention specialists, faith groups, and volunteer agencies will train 240 families using State Funds in this program offer and 480 families using County General Funds (in program offer 25095B) for a total of 720 families (10.6% of the County's 6,800 families of 6th graders). Twenty faith groups and volunteer agencies were trained as facilitators during 2007-2008. Trainings will be held at a variety of family friendly locations such as local schools and community centers. The long-term goal is training 20% to 50% of the County's families of 6th graders. Community volunteers will continue the program at low ongoing cost.

**Program Justification**

This prevention program supports Basic Needs Strategy 4 (promoting healthy behaviors and addressing alcohol & drug use). It links to the School Aged Policy Framework by providing youth and family supports and fosters school success by addressing problem behaviors such as: alcohol use, marijuana use, aggressive behavior, cigarette use, and conduct disorders. In a recent research review, SFP 10-14 was the only prevention program demonstrating strong evidence of effectiveness, twice as effective as any other reviewed. When 20% of a school's youth are trained using SFP 10-14, there is significant impact across the entire school. The Washington State Institute of Public Policy evaluated this model used in their state and estimated \$6,656 in measured benefits per family trained in this model, for a cost-benefit of \$7.82 per dollar invested, based on \$851 cost per family. By using community volunteers, this program costs us only \$411 per family.

**Performance Measures**

Measure Type	Primary Measure	Previous Year Actual (FY06-07)	Current Year Purchased (FY07-08)	Current Year Estimate (FY07-08)	Next Year Offer (FY08-09)
Output	Families trained	0	240	240	240
Outcome	Parents, youth rating program as "helpful" or "very helpful"	0.0%	75.0%	75.0%	75.0%
Output	Families completing training, including booster sessions	0.0%	75.0%	75.0%	75.0%
Outcome	Improvements in parent, youth pre-post test measures	0.0%	25.0%	25.0%	25.0%

**Performance Measure - Description**

24 trainings being held in 07-08. 24 trainings to be held in 08-09. Average of 10 families to be trained per session.

In addition to simple measures of program satisfaction, youth and parents complete a standardized retrospective pre-post test, taken after program completion, that measures a variety of specific program outcomes.

## Legal/Contractual Obligation

State grant requires completion of 48 trainings (480 families) during the 18 month period of 12/1/07-6/30/09.

## Revenue/Expense Detail

	Proposed General Fund	Proposed Other Funds	Proposed General Fund	Proposed Other Funds
<b>Program Expenses</b>	2008	2008	2009	2009
Contracts	\$0	\$0	\$0	\$95,002
Subtotal: Direct Exps:	<b>\$0</b>	<b>\$0</b>	<b>\$0</b>	<b>\$95,002</b>
Administration	\$0	\$0	\$0	\$2,504
Program Support	\$0	\$0	\$0	\$1,076
Subtotal: Other Exps:	<b>\$0</b>	<b>\$0</b>	<b>\$0</b>	<b>\$3,580</b>
Total GF/non-GF:	<b>\$0</b>	<b>\$0</b>	<b>\$0</b>	<b>\$98,582</b>
Program Total:	<b>\$0</b>		<b>\$98,582</b>	
Program FTE	0.07	0.00	0.00	0.00
<b>Program Revenues</b>				
Intergovernmental	\$0	\$0	\$0	\$95,002
Program Revenue for Admin	\$0	\$0	\$0	\$3,580
<b>Total Revenue:</b>	<b>\$0</b>	<b>\$0</b>	<b>\$0</b>	<b>\$98,582</b>

## Explanation of Revenues

State Mental Health Grant - \$95,002 in State Prevention funds. The State is committed to providing ongoing funding for Strengthening Families.

## Significant Program Changes

### Last year this program was:

This program started 12/1/07 with the new grant from the State.