

Priority: Basic Needs
Program Offer Type: Innovative/New Program
Related Programs: 25086
Program Characteristics: One-Time-Only Request

Lead Agency: County Human Services
Program Contact: Ray Hudson

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 eight schools and train volunteers to provide the program County-wide. This program offer will provide County General Funds to train an additional 480 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 480 families using County General Funds in this program offer and 240 families using State Funds (in program offer 25095A) for a total of 720 families (10.6% of the County's 6,800 families of 6th graders). Twenty additional faith groups and volunteer agencies will receive program materials and facilitator training and will provide family trainings. Trainings will be held at a variety of family friendly locations such as local schools and community centers. Media programs will increase family and faith community participation and enhance community awareness. 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 \$500 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	0	0	480
Outcome	Parents, youth rating program as "helpful" or "very helpful"	0.0%	0.0%	0.0%	75.0%
Output	Families completing training, including booster sessions	0.0%	0.0%	0.0%	75.0%
Outcome	Improvements in parent, youth pre-post test measures	0.0%	0.0%	0.0%	25.0%

Performance Measure - Description

48 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**Revenue/Expense Detail**

	Proposed General Fund	Proposed Other Funds	Proposed General Fund	Proposed Other Funds
Program Expenses	2008	2008	2009	2009
Contracts	\$0	\$0	\$240,000	\$0
Subtotal: Direct Exps:	\$0	\$0	\$240,000	\$0
Administration	\$0	\$0	\$0	\$0
Program Support	\$0	\$0	\$0	\$0
Subtotal: Other Exps:	\$0	\$0	\$0	\$0
Total GF/non-GF:	\$0	\$0	\$240,000	\$0
Program Total:	\$0		\$240,000	
Program FTE	0.00	0.00	0.00	0.00
Program Revenues				
Program Revenue for Admin	\$0	\$0	\$0	\$0
Total Revenue:	\$0	\$0	\$0	\$0

Explanation of Revenues

County General Funds - \$240,000.

Significant Program Changes**Last year this program was:**

\$240,000 for 2008-09 will fund an additional 48 trainings reaching 480 families. This will include support and training for 20 additional volunteer groups, coordination and community outreach, and media outreach to publicize the program and recruit additional group members. The community volunteer base will sustain the program on a long-term basis with minimal public funding.