

Lead Agency: County Human Services

Program Contact: Ray Hudson

Program Offer Type: Innovative/New Program

Related Programs:

Program Characteristics: Out of Target

Executive Summary

The internationally-recognized Strengthening Families Program for Parents and Youth 10-14 (SFP) is an evidence-based prevention program that reduces adolescent substance abuse and other behavior problems by increasing parenting skills, building life skills in youth, and strengthening family bonds. This prevention program will provide SFP to approximately 140 families during FY12.

Program Description

Strengthening Families Program for Parents and Youth 10-14 (SFP) is a well-researched prevention program that promotes healthy behaviors and addresses alcohol and drug use. The program provides seven video-based sessions to families with children ages 10-14. Each session includes dinner, separate one-hour parent and youth segments, and a one-hour family segment. Sessions are highly interactive, using narrated videos, role-playing, discussions, learning games and family projects. This program offer will fund SFP classes in places such as public housing communities, SUN schools and other community partner venues. A facilitator training will be held for faith groups and volunteer organizations so they can offer SFP classes at local churches, schools and community centers.

Three years ago the county provided this program using a state grant. Over the course of 16 months, 11 community organizations provided 22 SFP classes with 165 families enrolling. At public housing sites, another 74 families were recruited and nine classes held. Both English-speaking and Spanish-speaking classes were held and extremely well-received in the community. An evaluation by the Washington State University Extension showed Multnomah County parents and youth reported improvement in communication, family harmony, setting rules, and other family strength indicators.

Follow-up studies from other locations have repeatedly shown SFP significantly reduces onset of youth substance use, cutting alcohol, tobacco, and marijuana use by participating youth in half, and youth methamphetamine use by as much as 90%. The positive effects of SFP continue throughout middle and high school years.

Performance Measures

Measure Type	Primary Measure	Previous Year Actual (FY09-10)	Current Year Purchased (FY10-11)	Current Year Estimate (FY10-11)	Next Year Offer (FY11-12)
Output	Families recruited ¹	0	0	0	140
Outcome	Parents surveyed will report improvement in family strengths ²	0.0%	0.0%	0.0%	75.0%
Outcome	Youth surveyed will report improvement in family strengths ²	0.0%	0.0%	0.0%	75.0%

Performance Measure - Description

¹ 14 SFP classes (seven sessions each) planned for 2011-12. An average of 10 families to be recruited per class.

² These performance measures were not used in the previous year program evaluation. Youth and parents will 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	2011	2011	2012	2012
Contracts	\$0	\$0	\$175,000	\$0
Total GF/non-GF:	\$0	\$0	\$175,000	\$0
Program Total:	\$0		\$175,000	
Program FTE	0.00	0.00	0.00	0.00
Program Revenues				
Total Revenue:	\$0	\$0	\$0	\$0

Explanation of Revenues

\$175,000 - County General Fund

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

Program Offer # 25087. Placed in contingency status and not funded.