



FSSA Evidenced Based Practice Clinical Training Series

Strengthening Families Program April 16th and 17th, 2015

The Strengthening Families Program is a 14-session, science-based parenting skills, children's life skills, and family life skills training program specifically designed for high-risk families. Parents and children participate in SFP, both separately and together.

The Strengthening Families Program is an evidence-based prevention program for parents and children ages 3-5, 6-11 and 12-16 in higher risk families. SFP consists of parenting skills, children's life skills, and family skills training courses taught together in fourteen 2-hours group sessions preceded by a meal that includes informal family practice time and group leader coaching. SFP was designed in 14 sessions to assure sufficient dosage to promote behavior change in high risk families.

Class Focus this session:

Pre-school children, SFP 3-5 years

Program Contents:

SFP sessions include all the critical core components of effective evidence-based parenting programs (CDC, 2008) including: parent and child practice time in the family sessions learning positive interactions, communication, and effective discipline. The parenting sessions review appropriate developmental expectations, teach parents to interact positively with children (such as showing enthusiasm and attention for good behavior and letting the child take the lead in play activities, increasing attention and praise for positive children's behaviors, positive family communication including active listening and reducing criticism and sarcasm, family meetings to improve order and organization, and effective and consistent discipline including consequences and time-outs. The children's skills training content includes communication skills to improve parents, peers, and teacher relationships, hopes and dreams, resilience skills, problems solving, peer resistance, feeling identification, anger management and coping skills. The family practice sessions allow the parents and children time to practice what they learned in their individual sessions in experiential exercises. This is also a time for the four group leaders to coach and encourage family members for improvements in parent/child interactions. The major skills to learn are: Child's Game similar to therapeutic child play where the parent allows the child to determine the play or recreation activity, Family Meetings and effective communication exercises, and Parent Game or effective discipline. Home practice assignments improve generalization of new behaviors at home.

In the more than 30 years since its development, SFP has been reviewed by researchers and rated as an exemplary, evidence-based program

SFP group leader trainings include both instruction and participation by trainees and include:

- Conceptual basis and origins of SFP
- Overall structure and operation of SFP
- Overview of the parent, child, and family curriculums
- Learning "Child's Game" and "Parent's Game" in SFP3-5
- Simulation experience delivering sessions from parent, child, and family courses
- Recruiting and retaining families and decreasing attrition
- Administering evaluation instruments
- Dealing with ethical and legal problems; handling crisis; providing referrals
- Group leading skills

Staffing to implement the SFP requires a bare minimum of five trained staff:

- Two group leaders for the parents
- Two for children or teens
- and a site coordinator

Time:

8:30 to 4:30

Two Day Course

Maximum attendees:

25

Cost:

Free Training

Target Audience:

Masters level School Counselors, Psychologists, and Social Workers

Location:

Sessions will be held at:
8440 Woodfield Crossing Blvd.
Suite 460
Indianapolis, IN 46240

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Mental health first aid 5-day Youth MHFA Instructor Course -CLOSED

Strengthening Families Program -4/16-17/15

PCIT - Session One: 5/11th through 15th/2015 Session Two: 6/1st through 5th/2015

SPARCS - Part One 4/20-21/15 Part Two: 6/23-24/15