Building community capacity for a family-based youth resiliency program

September 14, 2016 • 10:00 – 11:30 a.m. ET

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Parent Action on Drugs

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FIREFLY

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Youth Diversion

Gael Gilbert
Supportive Housing of Waterloo

This webinar is co-hosted by

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Building community capacity for a family-based youth resiliency program

Parent Action on Drugs (PAD)  
September 14, 2016
Parent Action on Drugs

- PAD has addressed issues related to youth substance use for over 30 years.
- PAD supports the work of health promoters, educators and others in the community by providing programs and resources for youth, parents, and the community.
- PAD has been involved with Strengthening Families since 1996
presenters

- Diane Buhler, Parent Action on Drugs [Toronto]
- Janet Paterson, FIREFLY [Sioux Lookout]
- Krista Marshall, FIREFLY [Sioux Lookout]
- Victoria Cadue, Youth Diversion Program [Kingston]
- Gael Gilbert, Supportive Housing of Waterloo [Waterloo]
- Kyley Alderson, HC Link [Toronto]
Agenda

- Strengthening Families for Parents and Youth (SFPY)
  - The model
  - The evidence
  - The project

- Knowledge to Action Steps
  - Community/agency interest and commitment to the project
  - Community context and planning

- Challenges and lessons learned

- Capacity building and sustainability
Strengthening families program model

- An internationally recognized parenting and family strengthening program
- Developed and tested as a 14-week intervention for high risk families developed and tested in the mid 1980’s by Dr. Karol Kumpfer of the University of Utah
- Weekly sessions delivered by trained facilitators for parent and child addressing skill development centered on communication, empathy, acknowledgement and negotiation
SFP’s Approach to Building Resiliency

- Builds resiliency in children and youth via parent responses such as:
  - increased praise and responsiveness
  - building parent-youth empathy
  - age-appropriate expectations
  - consistent family routines and positive discipline
  - encouraging joint decision-making

- Build resiliency by:
  - protective factors
  - risk factors
Strengthening Families Program as best practice

- Randomized control trials found positive results on family organization, child competencies and parenting skills

- Documented as best practice model in Cochrane Collaboration Reviews, United Nations ODC and CCSA Guidelines

- International and culture-specific applications have been reported on in various journal articles
PAD Adaptation of SFPY 2009-2011

With agency partners, PAD shortened the SFP program from 14 to 9 sessions, maintaining the integrity and skills-based focus of the SFP model

• Targeted the program for parents and youth, ages 12 – 16
• Revised the activities to be more engaging, particularly for youth
• Developed implementation materials, including a Curriculum, Handbook and website
• Provided training and supports to assist with implementation throughout Ontario and support uptake in other provinces
Strengthening Families for parents and youth in Ontario

Strengthening Families Program
14 week model developed and evaluated by Dr. Karol Kumpfer

PAD's provincial project with 9 partners 2014 - 2016
9 week shortened & adapted, tested wit 9 sites by PAD & partners 2009 - 2011

PAD and Community applications: Toronto, Peterborough & county, Guelph & Wellington, Bracebridge Muskoka

Translation into French and pilot Implementation within 3 diverse Francophone communities

best practices program

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Strengthening Families Program
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sfpy parent learning model: THE STRATEGY TOOL BOX

Understand teen development and set realistic expectations

Use positive attention and praise

Break goals into achievable steps with clear expectations

Support teen’s goals and dreams

Practise positive communication at Family meetings

Use active listening & speaking with I feel statements

Manage stress and anger in a positive way

Negotiate fair limits and appropriate consequences

Work on a safety plan

SEEK HELP WHEN NECESSARY
Youth involvement model

Explain

Engage

Explore

Experience

Empower

sfpyp - building community capacity
Sfpy youth learning model

- Learn skills to complement their parents’ learning – through active learning strategies
- Experience the benefits of a group membership
- Express their opinions and appreciate others’
- Feel valued and respected
- Feel safe and empowered
Sfpy Family Session model

- Warm up activities that are fun and inclusive
- Skills- focused activities complementing learning themes of separate session
- Exchange of power
- Intergenerational teams
- Dialogue on challenging subjects
- Empower youth to express themselves
- Engender attitudes which value participants
Building community capacity in Ontario to implement sfpy

- **Project from 2014-2016**

- **Objectives:** To build the capacity of community agencies in diverse regions of Ontario to provide an engaging, evidence-based skill-building program involving parents and youth within their substance misuse prevention/treatment, mental health and community outreach services.

- **Method:** Train, support and build collaborative networks for community agencies to pilot and sustain the SFPY program as a viable option filling a gap for family programming.

This project is made possible by a financial contribution from Health Canada’s Drug Strategy Community Investment Fund.
Our regional Partners

- ATS
- RVH
- youth diversion
- The Phoenix Centre for Children & Families
- Wilmot Family Resource Centre Inc.
- Renfrew County and District Health Unit
- Ontario Early Years Centres
- Supportive Housing of Waterloo
- breakaway addiction services
- Canadian Mental Health Association
- SFYP - building community capacity
Building program support through a multi-agency approach
Implementation logistics and challenges

- Recruitment of 8-12 families
- Suitable facility
- Coordination of meals
- Transportation for families
- Engage youth and retain participants
- Weather and holiday breaks
- Family crises
- Changes in facilitator personnel
- Cultural variations and responsiveness
Project outcomes

- 9 cycles completed in 8 regions
- 8 regional training workshops provided to 100 participants
- Supports provided through newsletters, teleconference meetings, centralized forum, delivery materials and website [www.sfpy-pad.org]
- Comprehensive evaluation for outcomes related to parenting, family functioning and youth resiliency factors as well as community capacity building
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<th>Total Number</th>
<th>Average/Cohort</th>
<th>Overall Percentage [9 cohorts]</th>
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<tr>
<td>Started Program</td>
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<td>Females</td>
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<td>Males</td>
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<td>Retained: attended 4+ sessions</td>
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<td>8</td>
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<td>Completed/Graduated Program</td>
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<td>72 %</td>
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<tr>
<td>Number of sessions attended by retained adults</td>
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<td>Completion rate by retained adults</td>
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<td>YOUTH</td>
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<td>Females</td>
<td>43</td>
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<tr>
<td>Males</td>
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<td>Age 12-14 years</td>
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<td>Age 15-16 years</td>
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<td>Completion rate by retained youth</td>
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Family Functioning and Youth Resiliency Evaluation

Purpose:

1. To determine if the SFPY is effective when implemented in diverse locations and with diverse populations
2. To determine if SFPY achieves outcomes similar to the established norms for this evidence-based program

Methodology:

- Use of a Retrospective Pre-post test used by Dr. Kumpfer internationally
- Administered to parents who have attended/completed the program
- Uses standardized instruments which have been found to have high reliability and validity in prior SFP studies
- Assesses program effectiveness for risk and protective factors for substance abuse and delinquency prevention, mental health improvements and family resiliency
Outcomes Matched to Measures

Parent Change Objectives
↑ Positive parenting
↑ Parenting skills
↑ Parental efficacy
↑ Parental involvement
↓ Parental substance use or misuse

Child / Youth Change Objectives
↑ Social skills (cooperation, assertion, responsibility, self-control)
↓ Overt aggression
↓ Covert aggression
↑ Concentration
↓ Depression

Family Change Objectives
↑ Positive parent/child relationship or family cohesion
↓ Family conflict
↑ Family organization and order
↑ Family communication skills
↑ Overall family strengths and resilience
Results

✓ The results were statistically significant in 18/19 measures:
  ✓ 100% or 5/5 parenting outcomes
  ✓ 100% or 5/5 family outcomes
  ✓ 100% or 5/5 child/youth outcomes

✓ Effect sizes were medium to large, with 11/19 over d.=.50 with the youth’s overall positive change greater than the SFP norm

✓ The “improvements in the conduct problems of the children [youth] ..are wonderful because this is the most important risk factor to improve that is linked to later delinquency and substance abuse.”*

✓ The “results provide an indication of the robustness of the PAD SFPY 9-session version when implemented by dedicated Group Leaders and Site Coordinators in the field”.*

✓ The “results suggest large improvements in the parents and in the family environment and family resilience”.*

*Dr. Karol Kumpfer: Evaluation Report
The Community experience: knowledge to action steps

- **Community/agency interest and commitment to the project:** What were the regional or agency needs and interests that motivated your organization to pilot this program?

- **Community context and planning:** What did you need to make this pilot appropriate for your community? What is unique about your community in this regard? Who did you work with to support the initiative and bring about its successful implementation?
Victoria Cadue,
Youth Outreach Worker/
Youth Justice Caseworker

www.youthdiversion.org
Gael Gilbert,
Executive Director

www.showaterloo.org
The Community experience: Challenges and lessons learned

What unique challenges did you face in delivering the program?

What lessons learned might be helpful to others?

What challenges are there for continuing to provide SFPY? How are you building sustainability for this initiative within your agency and/or within your region?
Building capacity to sustain an effective program

Capacity Building Measures and Sustainability Requirements

- Connection to community structures and networks to support program
- Development of leadership roles
- Outreach and information sharing
- Development of skills and knowledge
- Access to supports and resources
Follow-up Opportunity!

Tuesday October 18
BMO Institute of Learning, Toronto Ontario
Orientation and Training Workshop on SFPY

• Provide curriculums in English and French
• Free of charge
• Travel and/or accommodation bursaries available

Contact: Kyley Alderson
kalderson@parentactionondrugs.org

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