Family-based approaches for building resiliency in children and youth: an introduction
About this webinar series…

- Wide range of family skills programs occurring across the province
- Evidence – literature review, best practice guidelines, practitioner experiences (CAMH, PAD)
- An opportunity to hear from community partners
- An opportunity to hear from you!
- Twitter chat
Webinar #1 Outline

- Introducing and defining family-based/ family skills programming
- An introduction to best practices guidelines for family skills programs and program examples
- In depth look at principles for implementing and delivering family-based programs
- Discussion/Q&A
Part 1: Introducing & defining family skills programming
What is Family-based Programming?

- Multi session skill-based programs with groups
  - parents or families
Parent Education

- Goal is to improve positive parenting behaviours and reduce the likelihood of negative parenting behaviours, and to improve the child and parent relationship through this process
- Involves parents only
- Not as lengthy as family skill programs
- Information and knowledge focused; less skill development
A Part of Comprehensive Approaches

Societal

Community

Interpersonal

Individual

Adapted from: Canadian Centre on Substance Abuse. (2011). *Strengthening Our Skills: Canadian guidelines for youth substance abuse prevention family skills programs*. Ottawa, ON: Canadian Centre on Substance Abuse.
What are Other Elements of Family-based Programs?

- Strength based - empower families to change
- Universal or selective
Outcomes of Family–based Programs

- Prevention and health promotion
Families play a large role in the well-being of children and youth.
What Do You Think a Resilient Family Is?
Risk and Protective Factors

- Risk Factors
  - In the family
  - In the social realm

- Protective Factors
  - Communication
  - Shared values
  - Involvement

- Resiliency
Family as a Place to Build Resiliency

- Positive family environment can offset/reduce the potential negative impacts of risk factors a child/youth may encounter
Part 2: An introduction to the evidence on family-based programs
What’s the Evidence Landscape?

- An emerging area of research and practice.
- Family-based approaches are the subject of some systematic reviews and meta analyses.
What Does the Evidence Say?
Building the Evidence Base

- Still can learn more about what is most effective and for whom
- Further and broader evaluation studies
Program Examples

Family-based approaches

Whole family approaches
- Strengthening Families for the Future
- Strengthening Families for Parents and Youth
- Stop Now and Plan
- Multisystemic Therapy

Parent focused approaches
- Triple P Positive Parenting Program
- The Incredible Years
Strengthening Families for the Future

Strengthening Families for the Future
A PREVENTION PROGRAM FOR FAMILIES
WITH CHILDREN AGED 7-11

Families will learn:
• how to solve problems together
• how to communicate better
• how to help children develop resiliency.
Strengthening Families for Parents and Youth (SFPY) is a nine-week skill-building program for families with teens 12 to 16 years old. It is a shortened, adapted version of the 14-week Strengthening Families Program (SFP) developed by Dr. Karol Kumpfer of the University of Utah.

The program takes a “whole family” approach that helps parents and teens to develop trust and mutual respect. In the first hour, all participants enjoy a healthy family meal together. In the second hour, parents and youth participate in separate sessions where they discuss a range of topics. In the last hour, all participants come together again for a session where they build on the topics and skills they’ve explored separately.

When organizations implement the SFPY curriculum (and optional support package), they provide families with a complete research-based approach to improving parent-teen relationships, and to helping teens build resilience that will support good decision making and mental health.
Stop Now and Plan
34 states, 500+ teams, 15 countries, treating more than 23,000 youth a year. Click on the map below to find the MST teams operating in your area.
The Incredible Years

The Incredible Years® is a series of interlocking, evidence-based programs for parents, children, and teachers, supported by over 30 years of research. The goal is to prevent and treat young children’s behavior problems and promote their social, emotional, and academic competence. The programs are used worldwide in schools and mental health centers, and have been shown to work across cultures and socioeconomic groups.
Triple P Positive Parenting Program

Welcome to Triple P Ontario

Parenting is very rewarding and enjoyable. It is also often challenging, frustrating and exhausting. Parents have the important role of raising the next generation, yet most people begin parenting not prepared for what lies ahead. There is no "right" way of raising healthy, well-adjusted children.

"I can't believe the kids these days" is a phrase I remember my own mother saying. And now, I'm saying it for the second time as I raise my daughter's little girl.

learn more
Best Practice Guidelines
Guidelines and best practices for family skills programs

Part 3:
1 Provide robust, appropriate programming

- Of sufficient duration and intensity to practise skills and allow for behaviour change
- With interactive activities and techniques for groups of families
- With limits on numbers of participants
- With specific content, skills and learning activities for parents
From our experience...
Apply common elements of Parent Skills Building

- Teach parents to be responsive – e.g. use responsive play skill
- Teach parents to provide structure
- Teach parents to become involved in their children’s school and the community
From our experience...
3 Apply common elements of Children’s Skills Building

- **Skills related to self**
  - Strengthen emotional capabilities
  - Build self-esteem and self-respect
  - Acquire motivation and orient to the future

- **Skills related to others**
  - Take turns, share responsibility
  - Listen to and respect others
  - Develop skills to resist peer pressure
From our experience…
Apply common elements of **Family Skills Building**

- **Communication skills**
  - Discuss family tasks, use structure of family meetings, manage difficult topics

- **Set limits and provide structure**
  - Use fair consequences, solve problems

- **Maintain goals for the future as a family**
  - Identify shared values and traditions
  - Plan common activities
  - Access community resources
From our experience...
5 Carefully select, train and support group leaders

- Professional background or trusted community member
- “Relational” and “participatory” qualities are essential
- Provide quality training - intensity may vary
- Provide organizational support and supervision
From our experience...
Focus on recruiting families

- Recruitment is a longstanding, typical challenge
- Present program as “normal” and universally relevant
- Emphasize participants’ capabilities
- Persistence and making use of appropriate means pays off
- Can’t be all things to all parents
From our experience...

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**do you want to create stronger family connections?**
Here’s a new program for families with youth ages 12-16

**Strengthening Families for Parents & Youth**
Parent and youth will attend sessions separately for the first hour, and then work together as family for the second hour.

**when:**
6:00 – 6:30 light dinner served
6:30 – 8:30 program
Every Tuesday night for 9 weeks starting November 5, 2013 (breaking for the holidays)

**where:**
Vanier Park YMCA Centre
7 Vanluyk Street
Toronto, ON
M5T 2Y9

**cost:**
No charge to families

**PLUS**
- Free child-care
- TTC tickets
- Graduation Certificate
- Small gifts for participating

A partnership of:

For more information contact:
Mike Dodds
416-928-3362 x 22498
Mike dodds@ymcagt.org

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Take steps to retain participants

- Measures to recruit will help to retain
- Empower participants through a strengths-based approach
- Build a feeling of belonging and relationships with facilitators and other participants
- Allow that there are very legitimate reasons some may choose to leave
From our experience...
Focus on cultural relevance

- Value diversity; show sensitivity and understanding of own and others’ culture
- Include persons from diverse communities or community of interest
- Honour and respect cultural assets
- May partner with targeted community for cultural-specific delivery
- Balance adaptation with fidelity
From our experience...
When implementing family skills building programs...

- Apply evidence-based programming with fidelity
- Include strong and systematic monitoring and evaluation components of both processes and outcomes
- Contribute to larger knowledge base of program quality and practice
It’s Your Turn

- Questions?
- Comments?
- What are you doing in your community?

Please share in the chat pod.
Next Webinar:
Part 2 - Learning from the Field

Wednesday, February 19, 2014 from 1:00-2:30 p.m. EST
Q1. From your experience, what does resiliency mean to you? How do you incorporate it into your work?
Q2. From your experience, why are families an important setting for building resiliency?
Q3. What questions do you have for our panel of experts in webinar #2

Twitter Chat
#ResilientFamilies

Wednesday, February 5, 2014 from 1:00-2:00 p.m. EST
Thank you!

We thank you for participating in our webinar, and sharing your experiences with us.