

is a 14 session evidence based family skills training programme developed by Dr. Karol L. Kumpfer and associates at the University of Utah in 1982.

This programme has been proven to help build communication skills, address and decrease risk factors in families and promote protective factors, all whilst having fun in the process !

The programme is designed to give parents and their children the opportunity to learn new, healthy communication skills that create positive relationships within families. These new skills also assist and reduce the risk of young people getting involved in adverse behaviours.



On the evening, three classes are run: Parent skills training, Teen skills training and Family Life skills training. These are taught over two and a half hours for 14 weeks.

All the groups are run by facilitators who have trained in SFP and have experience of working with children and families in the community.

How Does it operate

- The group will meet for two and a half hours once a week.
- Families will meet for the first half hour for a community dinner to meet and socialise with facilitators and other members of the group.
- Following dinner, for the first hour families will separate into two groups, one for Parents / Caregivers and one for Teens.
- In the second hour, families will join together to discuss and practice skills as a whole group.

Parents Skills Training

Parents learn new skills to increase desired behaviours in teens through:

- Attention
- Rewards
- Clear Communication
- Substance Use Education
- Problem Solving
- Limit Setting

Teen Skills Training

In the Teen Group skills are presented on how to:

- Communicate Positively
- Understand Feelings
- Cope with Criticism
- Manage Stress
- Develop Social Skills
- Learn Problem Solving
- Resist Peer Pressure
- Understand the consequences of substance abuse
- Understand short term consequences and long term goals.

Benefits for Families

- Increased family quality time.
- Learning of effective communication skills.
- Coping and Managing Skills in relation to feelings such as anger.
- Learning how to manage stress.
- Resisting Peer Pressure (Teens).
- Improving parenting skills and family relationships.
- Incentives for attendance.
- A formal graduation with family portrait picture.
- Makes learning Life Skills easier for high stress families

Helping your family to attend !!!

We understand that it can be difficult for families to attend.

Families will receive support with transport and childcare.

In addition, a meal is provided every night for all the family to enjoy before the session begins.

Agents need to link in on a weekly basis with their **referred family** in order to provide support and guidance around the content of the programme for that week. Referral Agents should also discuss the home practice that is set for the family each week.

Should a family miss a weekly session, this information will be passed on to the Referral Agent by the Site Co-ordinator. The Referrer will then need to cover the session content with the family before the next week of the programme.

The success of the programme is dependent on a number of factors. Referral Agents can play a role in this success by actively supporting their referred family throughout the duration of the programme.



Feedback from previous facilitators of the
Strengthening Families Programme:

“I really enjoyed the challenge and experience of being part of the interaction between agencies, facilitators and families. The relationship of parent/teen and facilitator is I believe the cornerstone of any programme”.

“The learning is amazing and there is a great connection with parents, teens and other facilitators. I loved being part of that group and to have the opportunity to have helped”

“,...seeing the effect the graduation had on the parents and teens was fantastic”.

How do you refer?

**Referral forms and any other information on
this programme is available from:**

www.lecheile.ie



**Strengthening
Families Programme
-
Information for
Referrers**