



Donna Butler

North West Families Matter Programme Manager.

Alcohol Forum.



What is the Strengthening Families Programme

- SFP is an evidence based Family SKILLS Programme for high stress families.
- SFP is an Intervention for the 'whole family'.
- Strong families avert many adverse outcomes: substance abuse, teen pregnancy, school failure, aggression and delinquency.
- SFP is for families with children ages 6 to 12 years & 12-16 years.

SFP: Important Points



- Is *therapeutic*, but not Therapy.
- Is a three *skills* courses: Parenting, Teen's, & Family Skills
- A maximum of 12 families can attend a programme.
- Statutory, Voluntary and Community agencies facilitate the programme (Group Leader) & make family referrals (Link Person).
- Families cannot self refer on the programme

Typical Weekly Session x 14 weeks

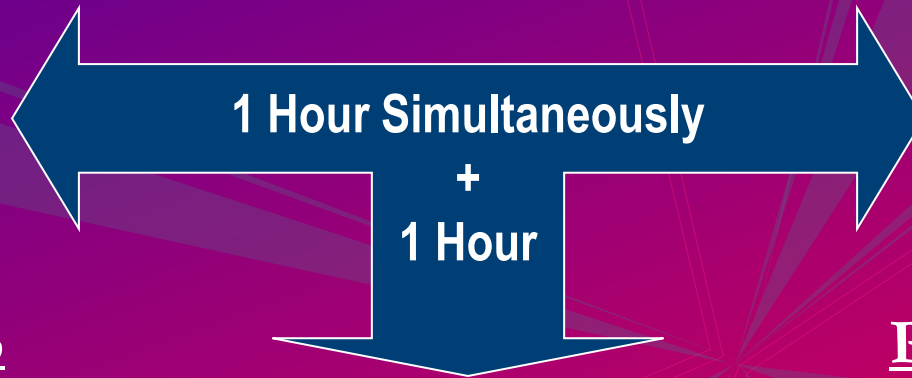
FAMILY STYLE MEAL

6-6.30PM



TEEN SKILLS

6.30-7.30PM



PARENT SKILLS

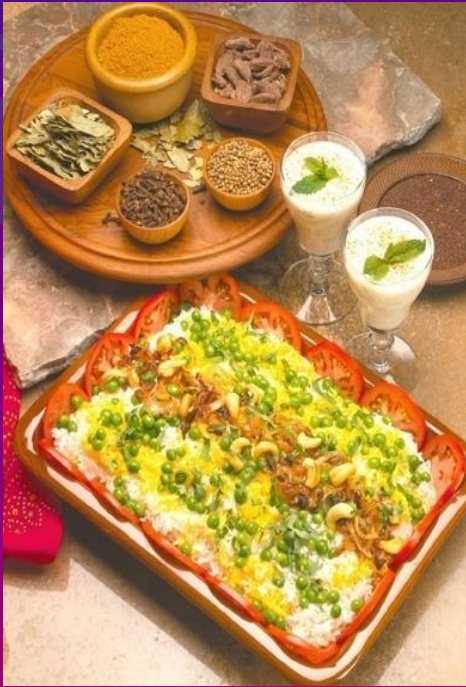
6.30-7.30PM



FAMILY LIFE SKILLS

7.30-8.30PM

“Extras”



- A family Meal is provided
- Address Travel for family
- Childcare is available if required
- Small Rewards for attending, home practice, progress
- A **BIG** graduation: ceremony, party



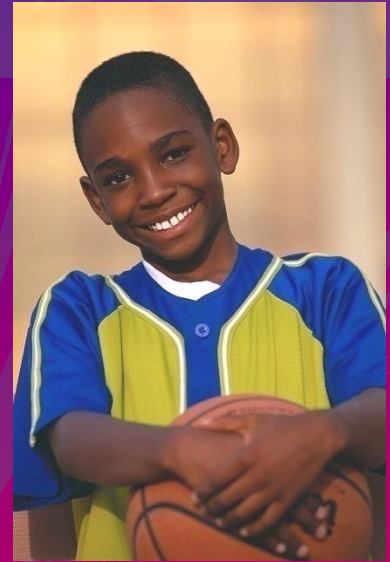
SFP Results: Parent

- Increased parenting efficacy
 - Increased parenting skills
 - Increased marital communication
 - Decreased stress
 - Decreased depression
 - Decreased alcohol & drug use
- 




SFP Results: Child

- Decreased depression
- Decreased conduct disorders
- Decreased aggression
- Decreased tobacco, alcohol, drug use
- Increased cooperation
- Increased number of pro-social friends
- Increased social competencies
- Increased school grades






SFP 5-Year Follow-up Results

- 97% More quality spent time with child
 - 95% More appropriate consequences
 - 94% Increased enjoyment of the child
 - 84% Better problem solving with child
 - 75% Reduced family stress & conflict
 - 68% Holding family meetings monthly
- 



SFP Developments in NW

- Eight SFP have now completed in Donegal.
 - SFP Coordinator for Sligo/Leitrim
 - 35 Agencies have made a committed to programme
 - SFP will commence in Sligo in November.
 - Families interested in SFP should speak to services involved in your lives.
 - Services interested in being part of SFP please speak to Carol or myself.
- 

Contact Details

Donna Butler

NW Families Matter Programme Manager.

Carol Mc Loughlin

Strengthening Families Programme Coordinator,

Donegal: (074) 9125598

Sligo: (071) 9153504

E-mail: donna@sfpnw.com