Parenting In Context

Strengthening Families Program Update

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http://www.human.cornell.edu/pam/outreach/parenting/evaluation/strengthening.cfm
Strengthening Families Program: For Parents and Youth 10-14

- Developed by Iowa State University Extension
- 7 sessions
  - Youth
  - Parents
  - Family
- Designed to prevent substance abuse and teen behavior problems
- Evidence-based
SFP 10-14 and Cornell Cooperative Extension

- CCE has hosted 2 trainings
- Educators trained in 12 counties
- Can offer training “in-house”
  - Kim collects names
  - Ann Kokosa and Anna Steinkraus conduct trainings
2010-2011 Data Overview

- 86 caregivers, 80 youth
- 78% caregiver attendance, 80% youth attendance
Participation by County

- Orange County: 66%
- Rockland County: 22%
- Schuyler County: 12%
Caregiver Demographics

• Most common relationship to child: mothers (66%)
• Average age: 45.3 years
• 46% Caucasian followed by 28% Hispanic and 15% African American or Black
• Most common educational attainment: some college (24%)
• Majority of caregivers full time employment status (52%) followed by not employed (25%)
• 55% married or partnered
Caregiver Results

15 out of 20 significant positive changes including…

• I remember that it is normal for children to be harder to get along with at this age
• I take time to do something fun together as a family
• I find ways to include my child in family decisions about fun and work activities
• I spend special one-on-one time with my youth
• I try to see things from my youth’s point of view
Youth Gender

- 47 were females and 33 were males

- 59% Female
- 41% Male
Youth Results

10 out of 15 significant positive changes including...

• When I have a goal, I make a plan for how to achieve it
• I do things to help me feel better when I am under stress
• We have family meetings to discuss plans, schedules, and rules
• I know the qualities that are important in a true friend
• My parent(s)/caregiver(s) and I can sit down together to work on a problem without yelling or getting mad
Keep the Data Coming!

- Send your pre- and post-test data to us
- We will produce County and Statewide Reports
- All information available here: http://www.human.cornell.edu/pam/outreach/parenting/evaluation/strengthening.cfm