



## Strengthening Families Program, 2013-2014 Orange County Cornell Cooperative Extension Orange County, NY

By Eliza Lathrop Cook & Kimberly Kopko

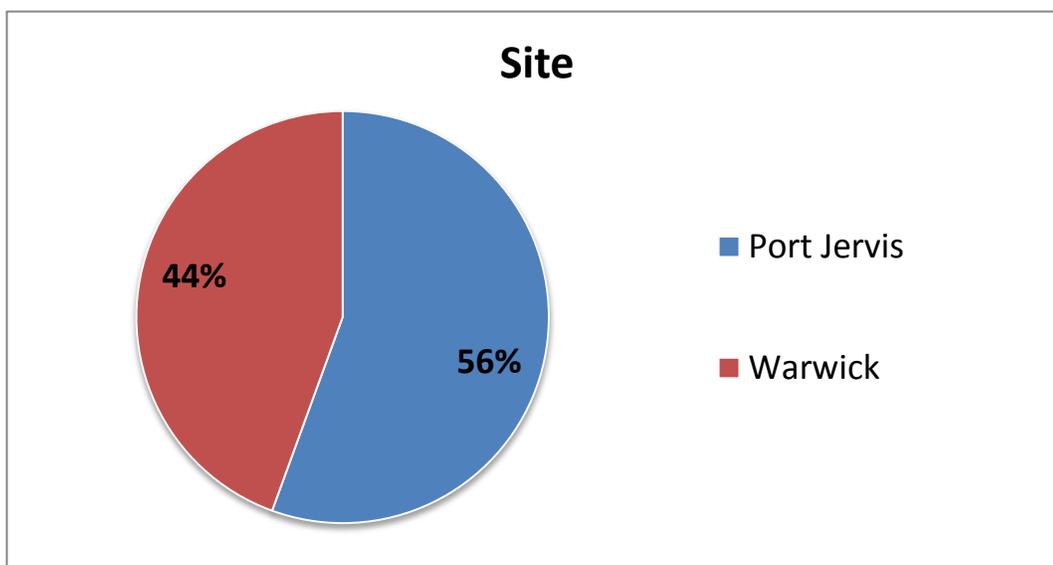
Strengthening Families is a parent, youth and family skills-building curriculum designed to prevent teen substance use and other behavior problems, strengthen parenting skills, and build family strengths. This program was developed by professionals at Iowa State University Extension.

The program is delivered in 7 two-hour sessions where parents and youth meet separately for the first hour and then families practice skills together during the second hour. Sessions are highly interactive and include role-playing, discussions, learning games,

and family projects. Each session contains a variety of activities.

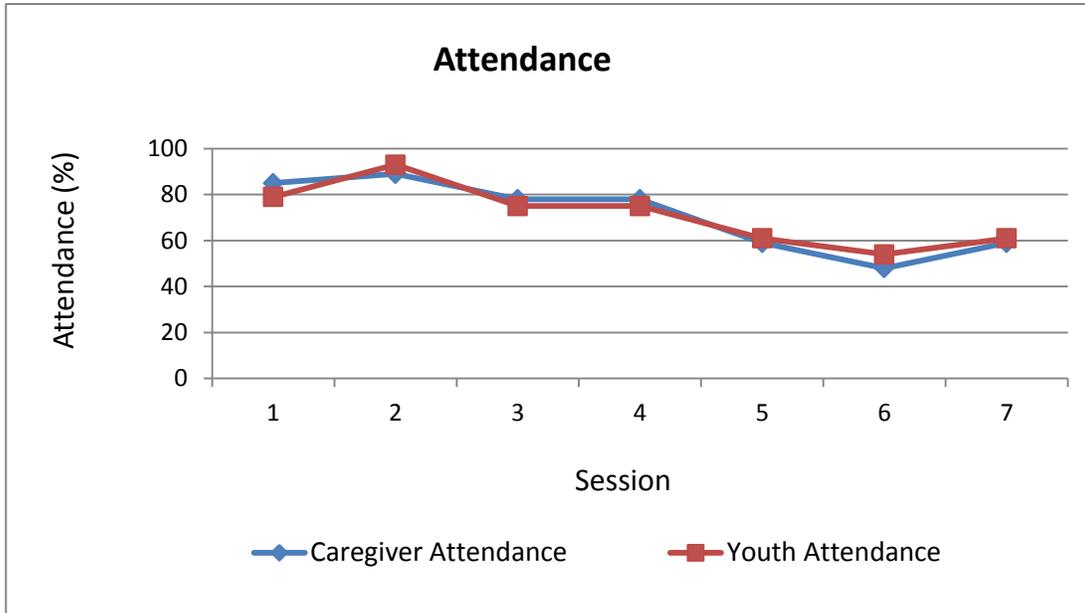
Orange County Cornell Cooperative Extension conducted two series of the Strengthening Families Program at Warwick Valley Middle School and the Drew United Methodist Church in Port Jervis. A majority of the participants in the Strengthening Families parent education program attended the site located in Port Jervis (56%).

This report includes results from two series that were conducted between October 2013 and March 2014.



Participants in the program consisted of 27 caregivers and 28 youth.

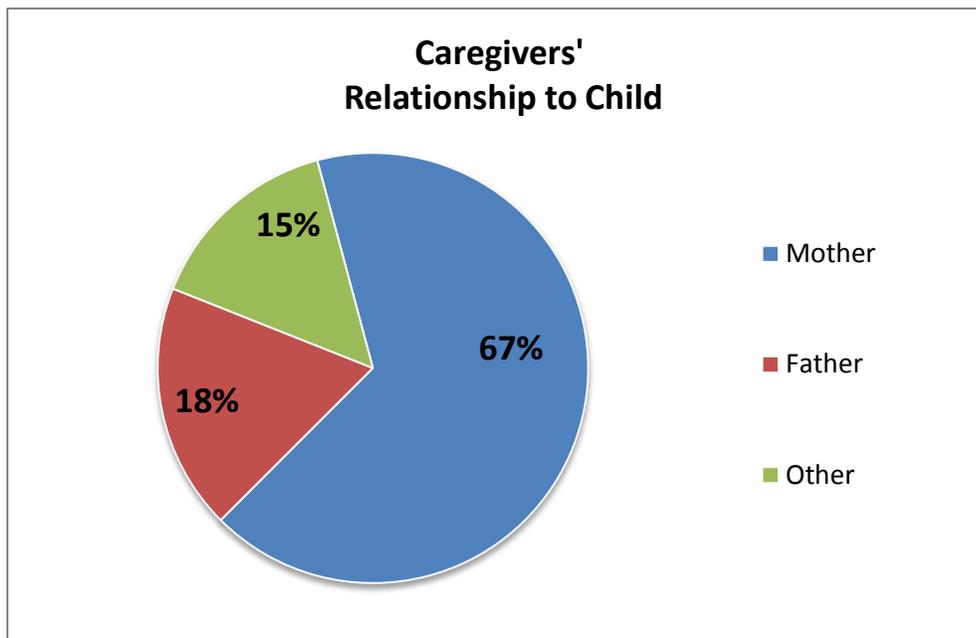
The average attendance for both caregivers and youth was 71%.



**Caregiver Demographics:**

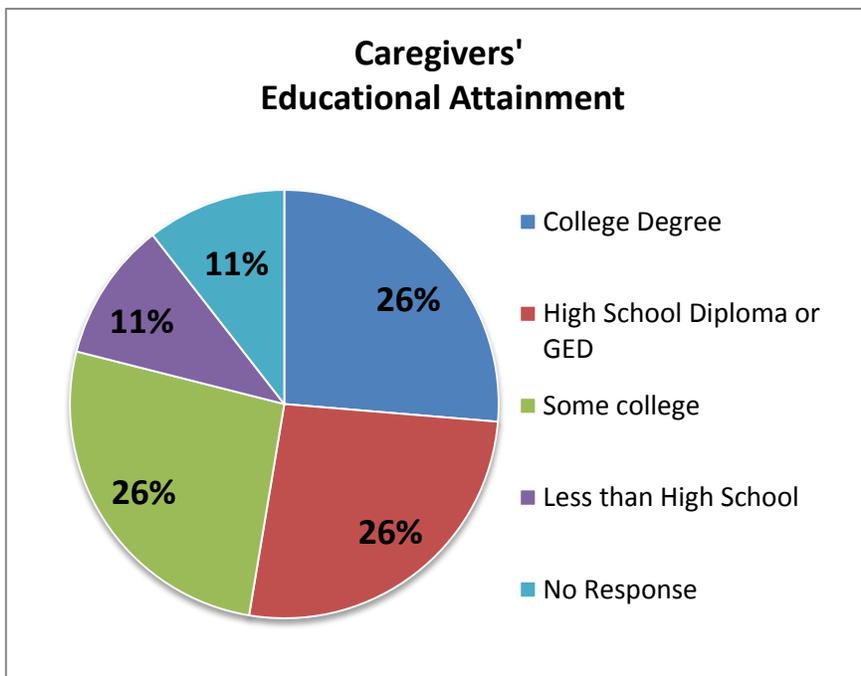
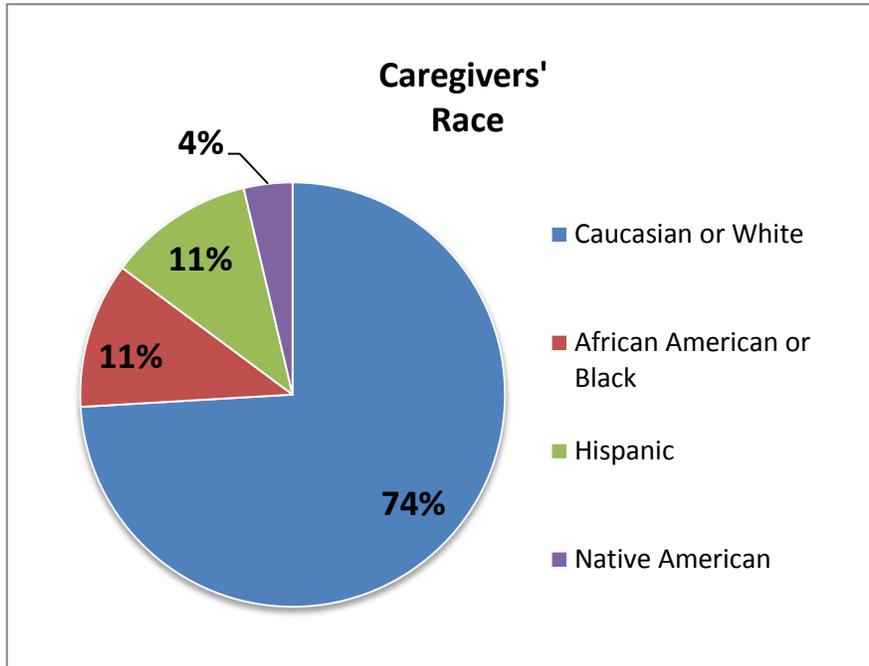
The following summaries use data of the 27 caregivers who participated in

the program. The majority of participants were mothers (67%) and the average age of caregivers was 42 years of age.



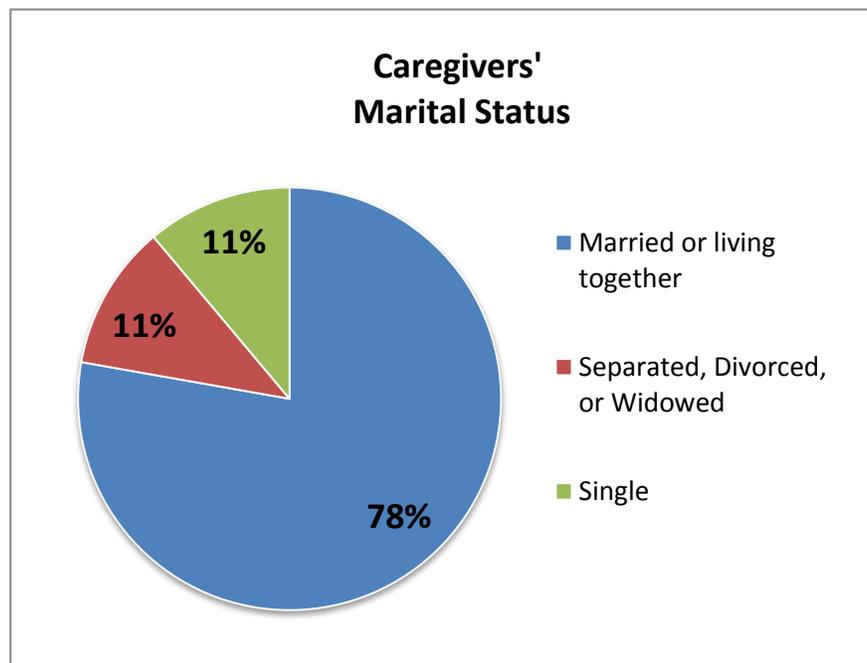
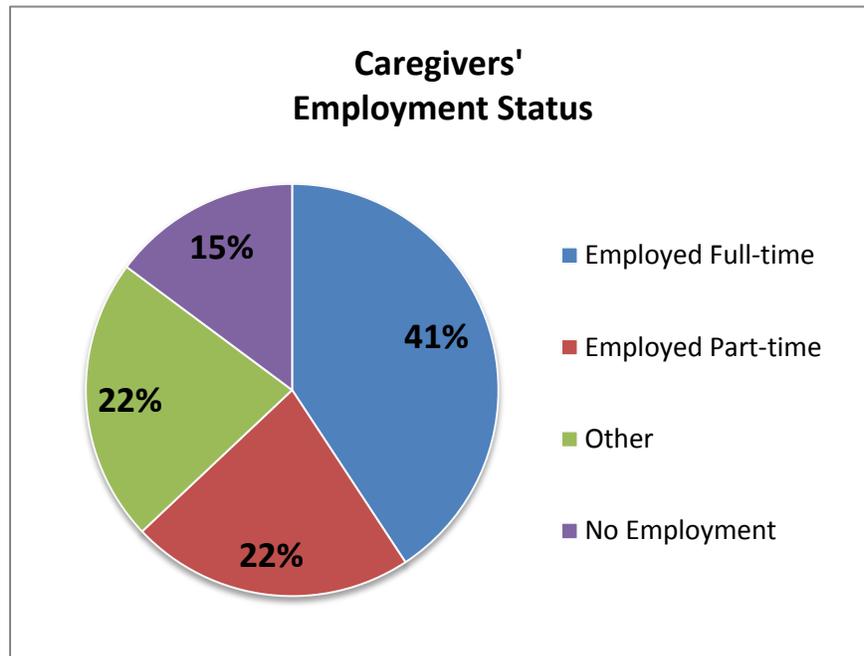
In addition, most of caregivers who participated in the Strengthening Families program were Caucasian or White (74%). Educational attainment varied, with the majority of

participants having a college degree (26%), a high school diploma or GED (26%), or some college (26%). Employment status varied, with a majority of caregivers reporting full-time



employment (41%). A majority of the caregivers in the sample (78%) reported being married. Caregivers reported an average number of 2 children living at home.

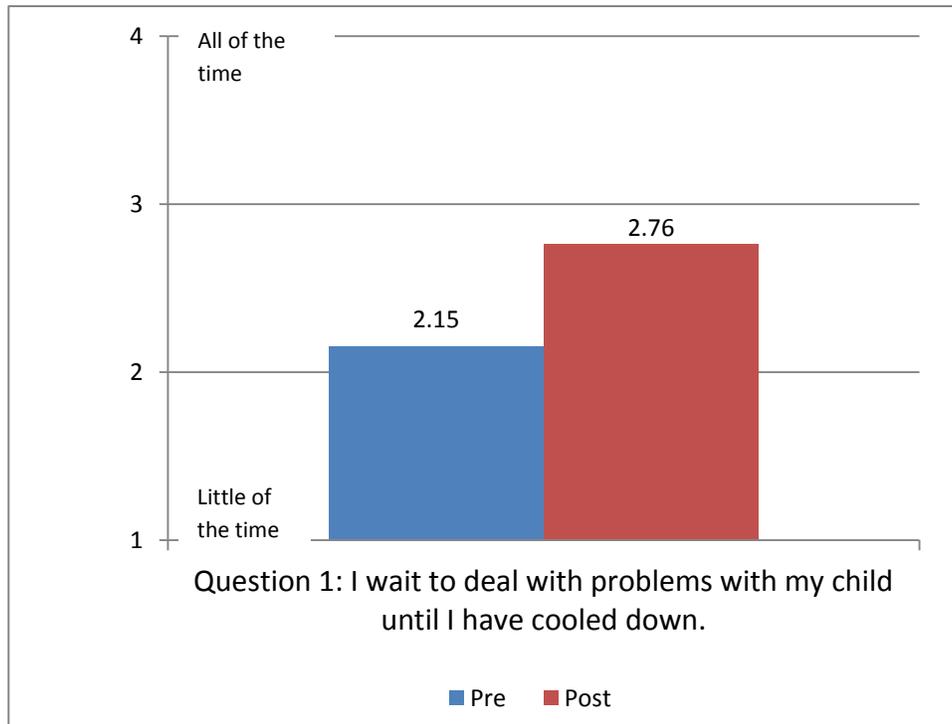
The average age of the youngest child was 10 years while the average age of the oldest was 14 years. Children's ages ranged from 4 to 19 years.



**Caregiver Results:**

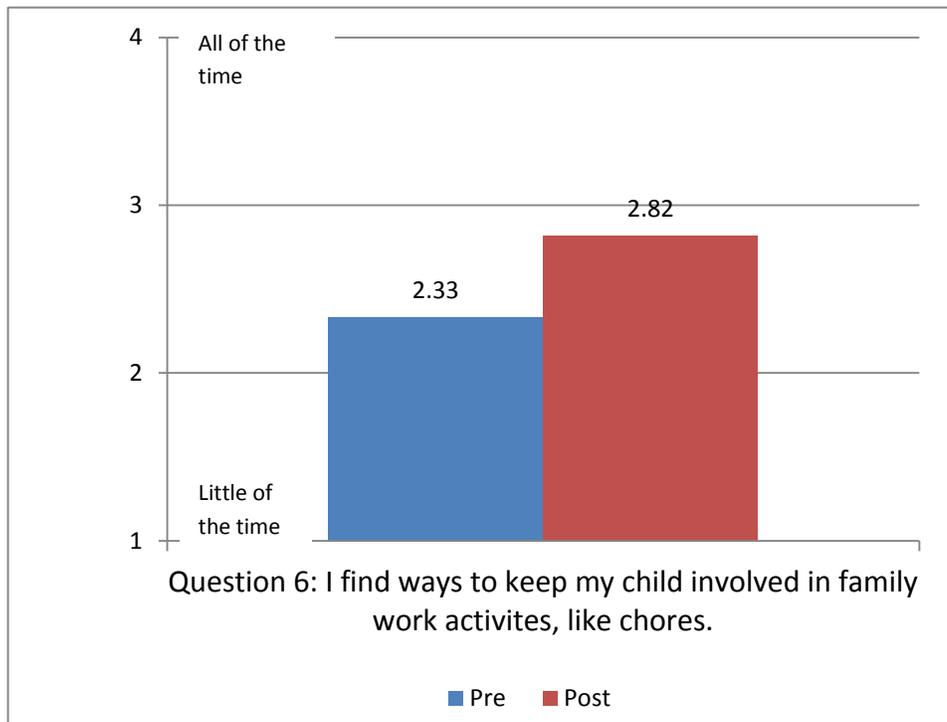
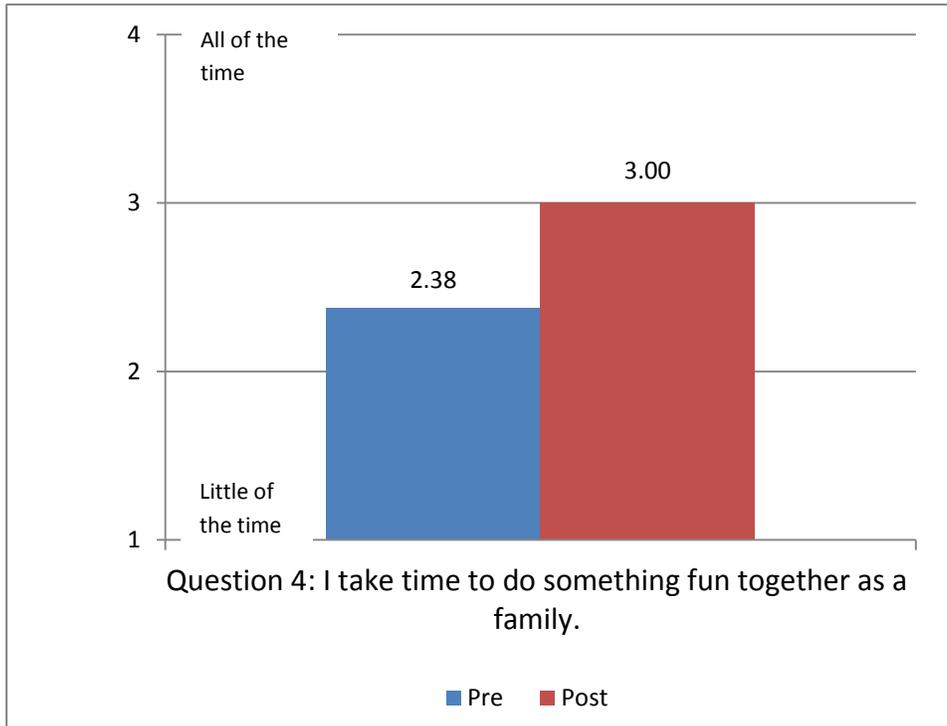
In comparing the pre- and post-test survey results, the following question showed a significant *positive* change

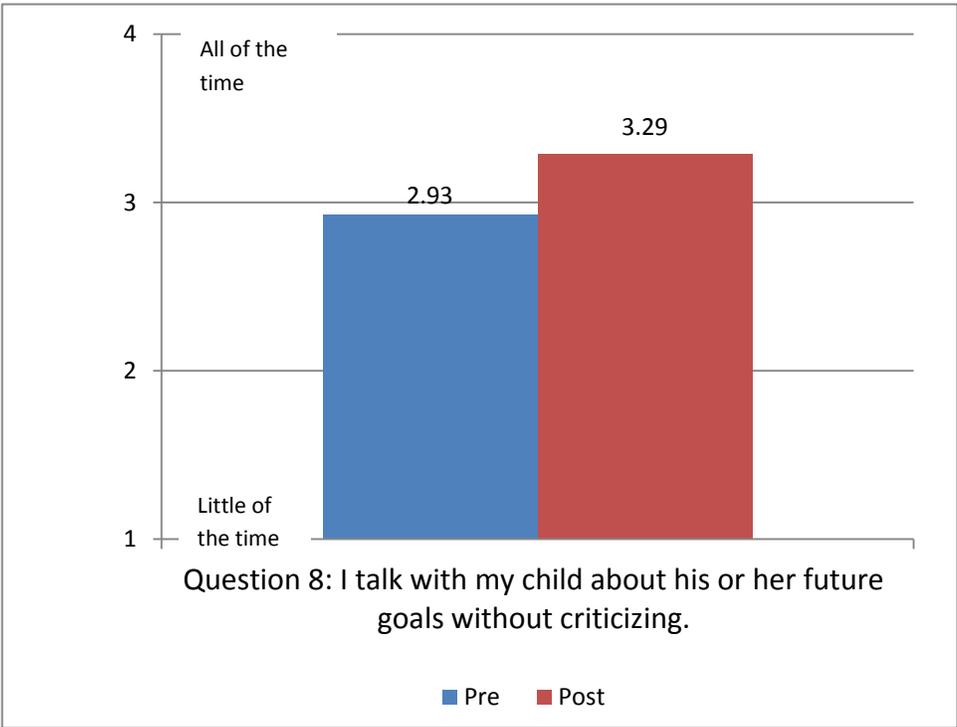
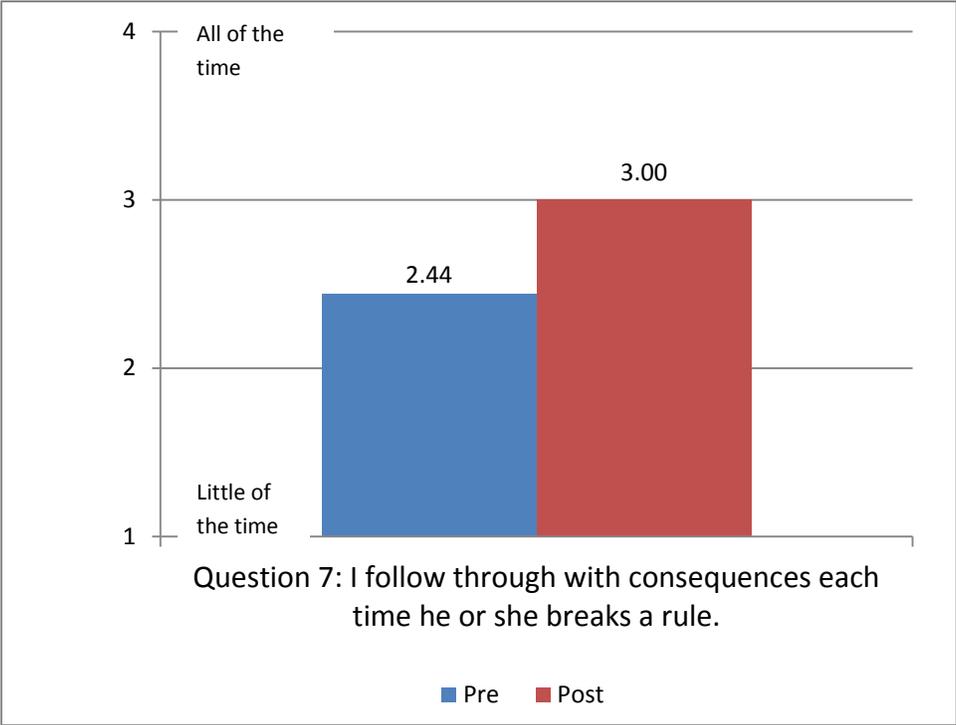
at the 1% level, indicating a 99% certainty that the results are not due to chance.

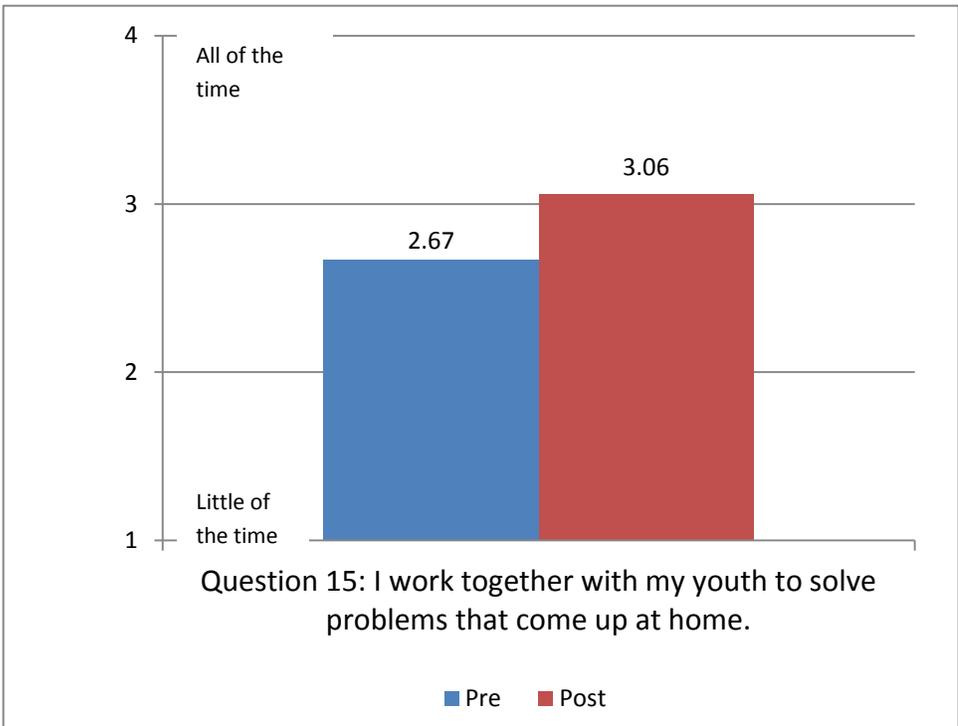
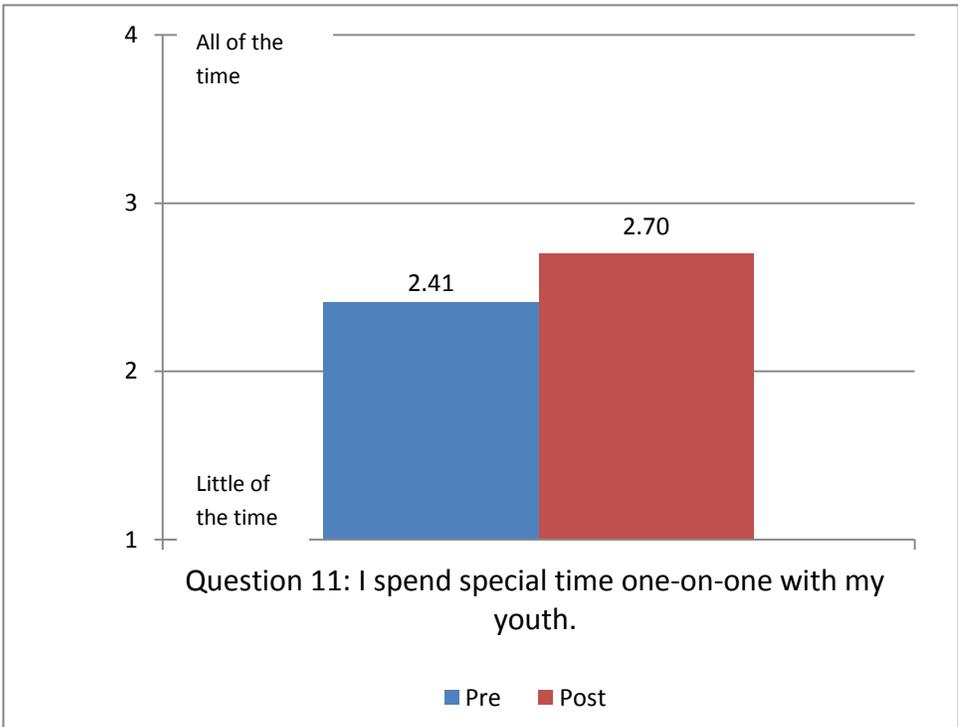


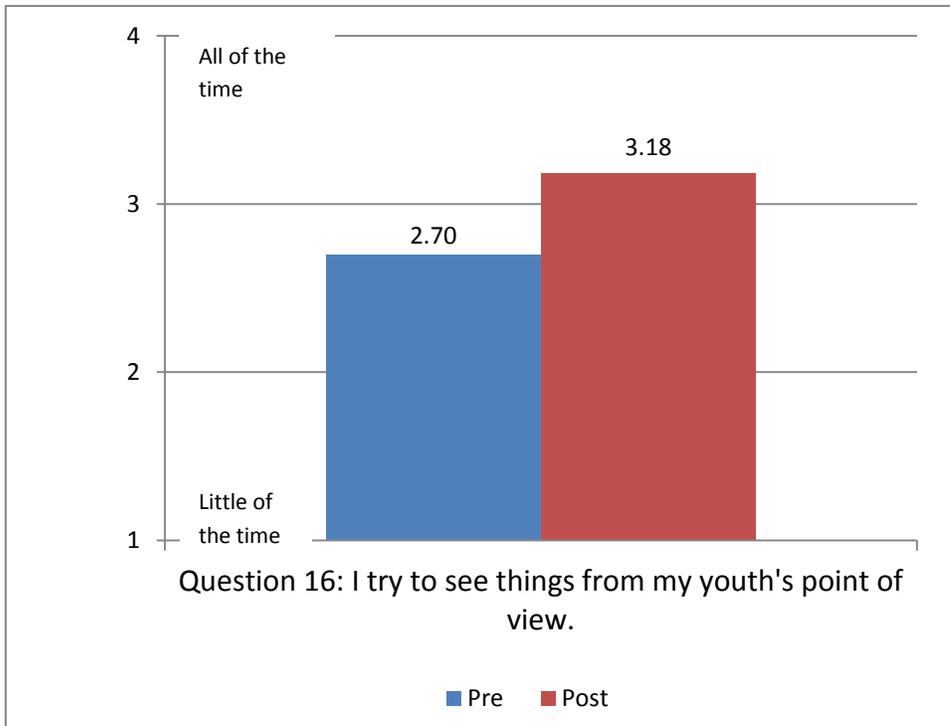
In comparing the pre- and post-test survey results, the following seven questions showed significant *positive*

changes at the 5% level, indicating a 95% certainty that the results are not due to chance.



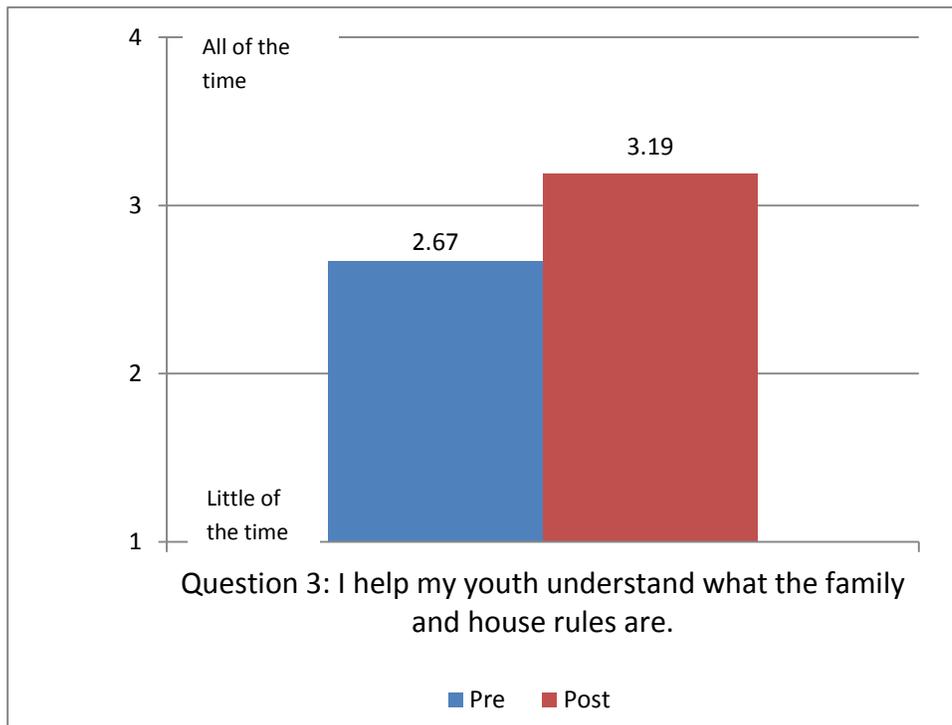


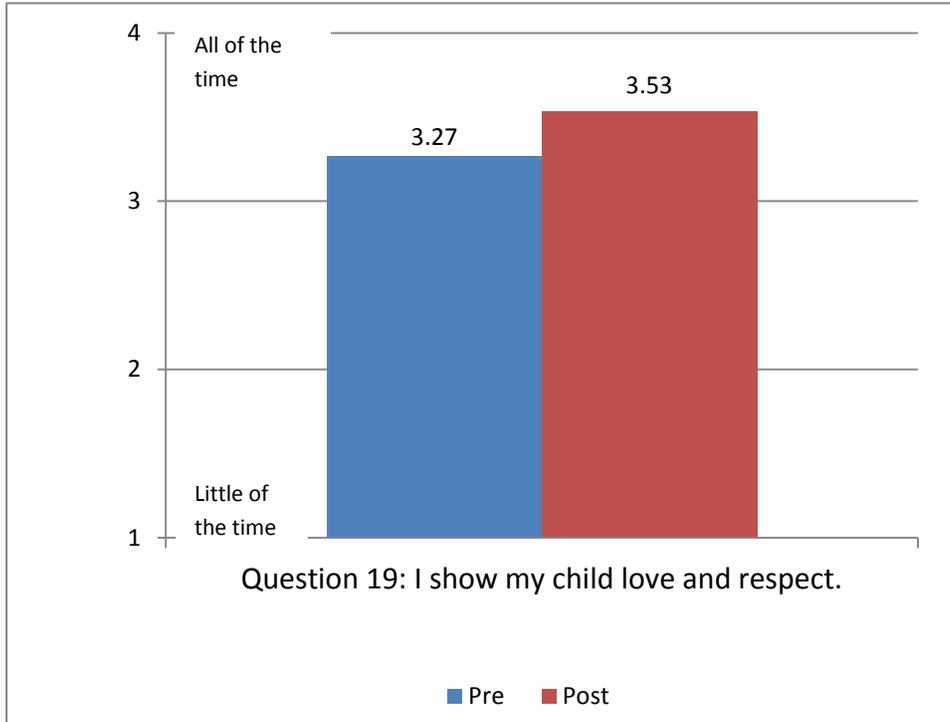




In comparing the pre- and post-test survey results, the following two questions showed significant *positive*

changes at the 10% level, indicating a 90% certainty that the results are not due to chance.





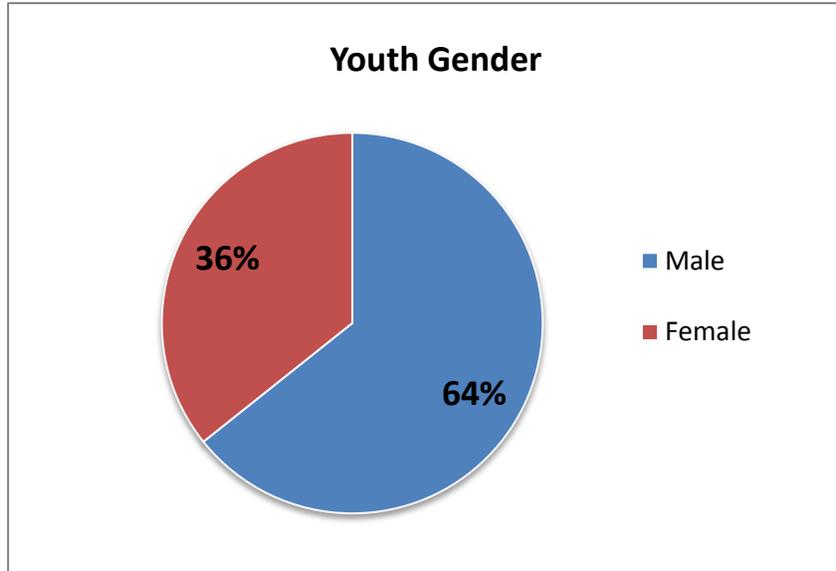
These results are highly encouraging for the Strengthening Families Program in Orange County with 10 out of 20 questions showing

significant positive changes for caregivers. Refer to Appendix for a complete list of Caregiver Questions.

**Youth Demographics:**

Of the 28 youth who participated in

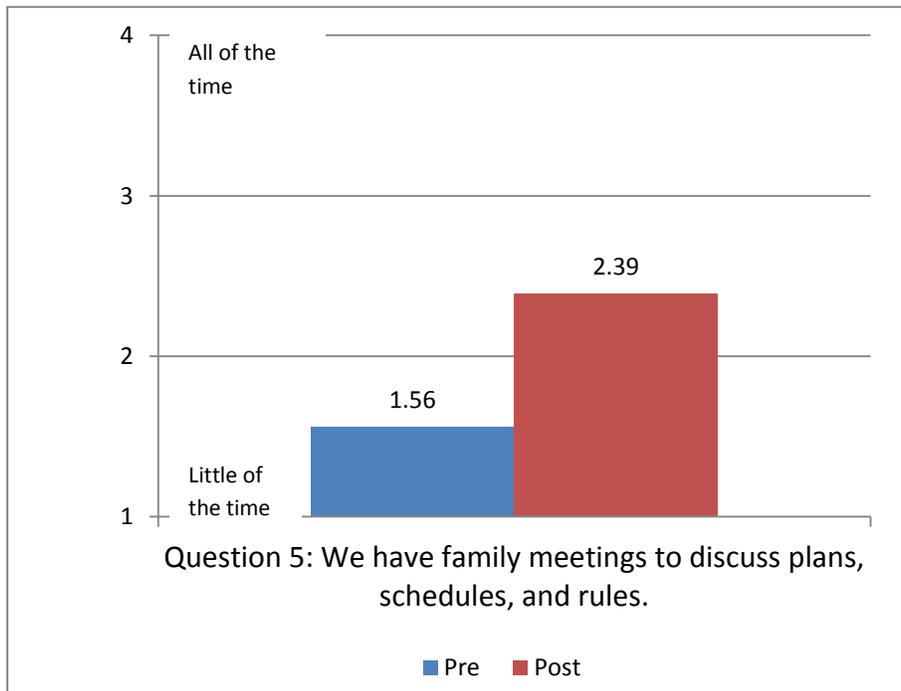
the program, 18 were males (64%) and 10 were females (36%).

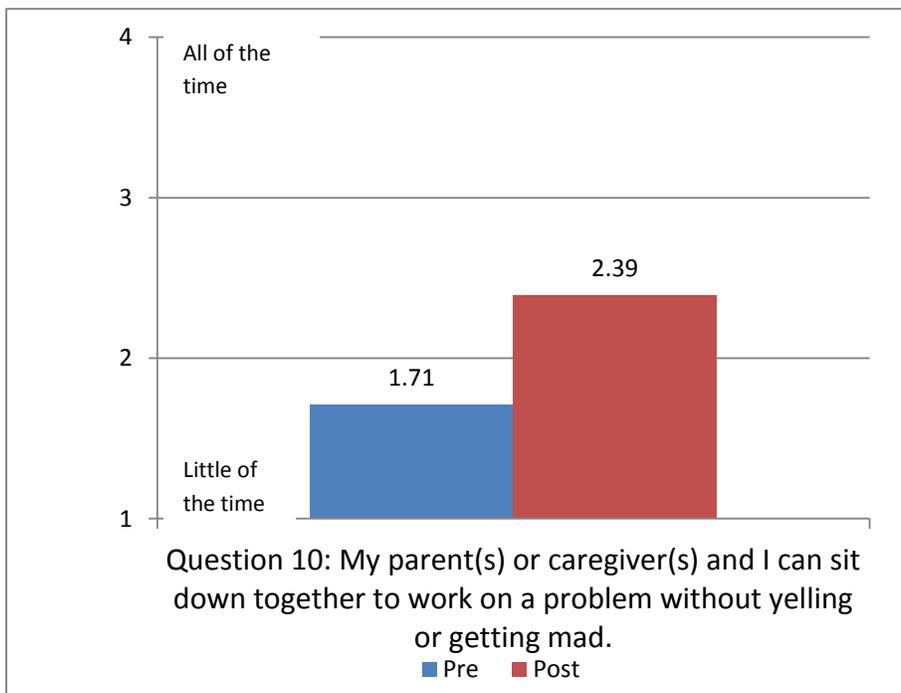
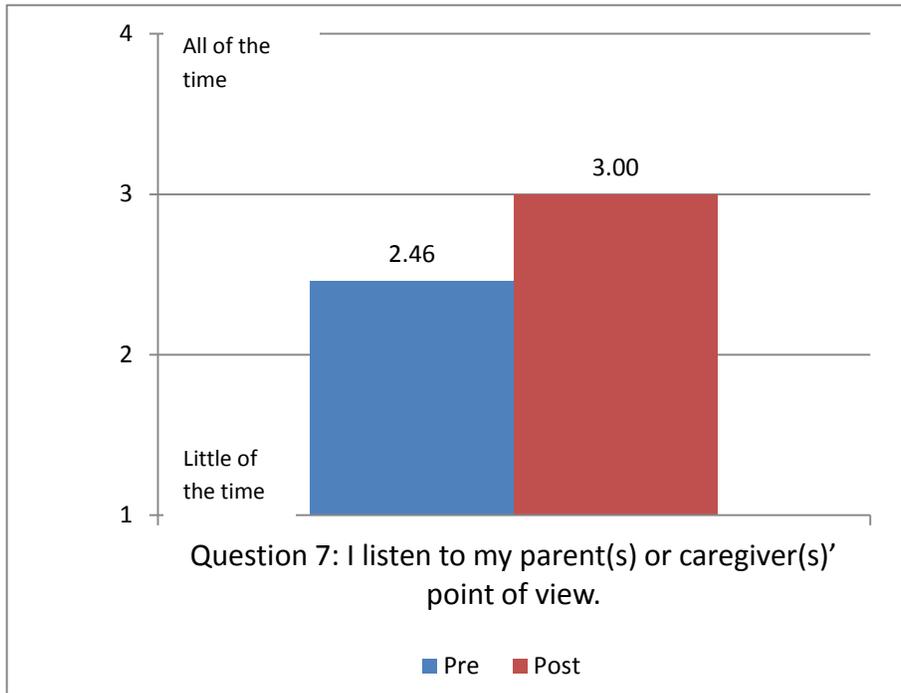


**Youth Results:**

In comparing the pre- and post program, survey results, the following three questions showed significant

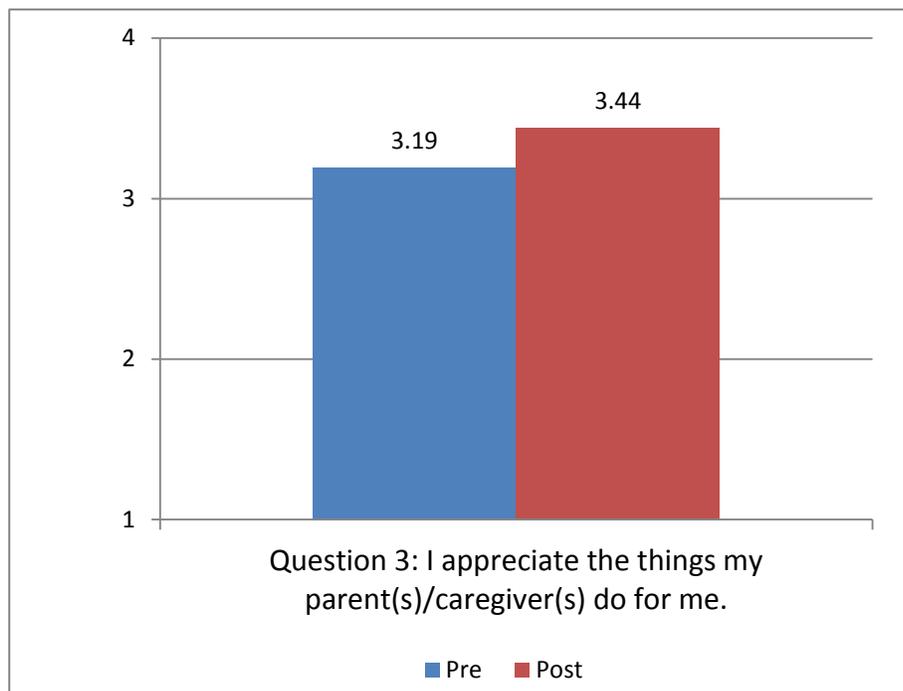
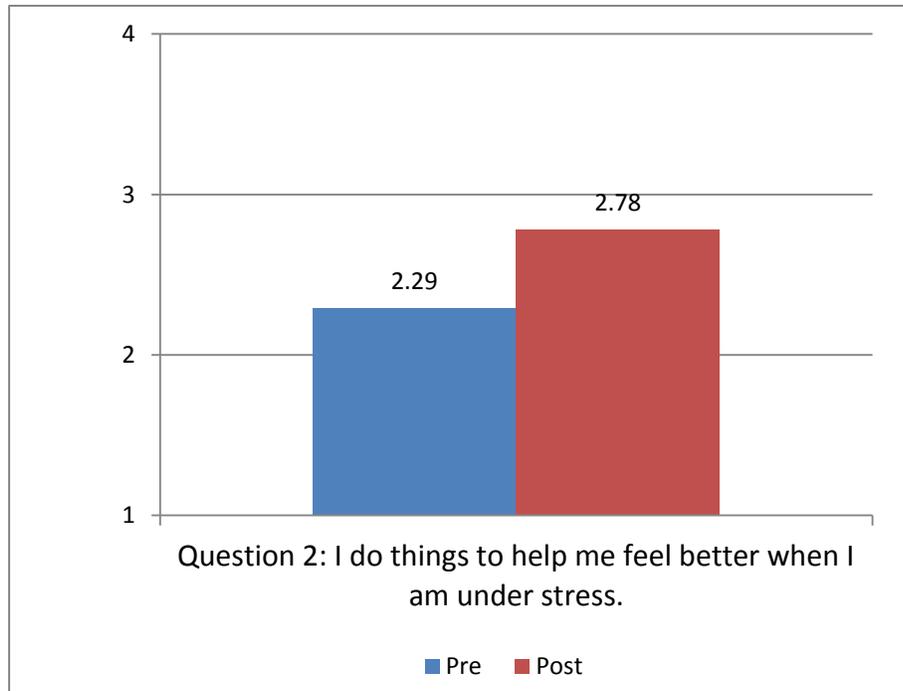
*positive* changes at the 1% level, indicating that results were highly significant with 99% certainty that the results are not due to chance.

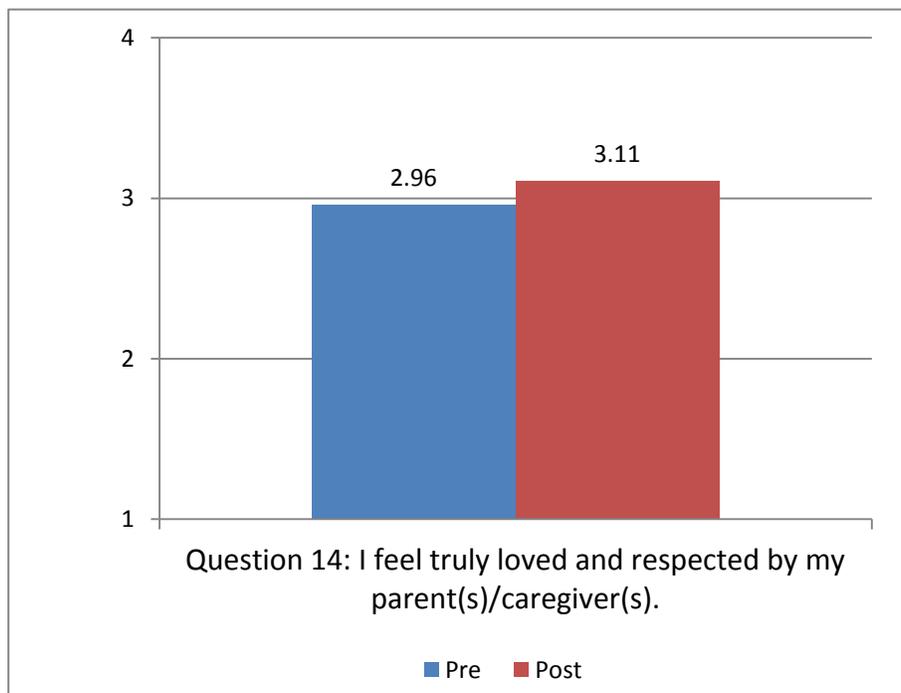
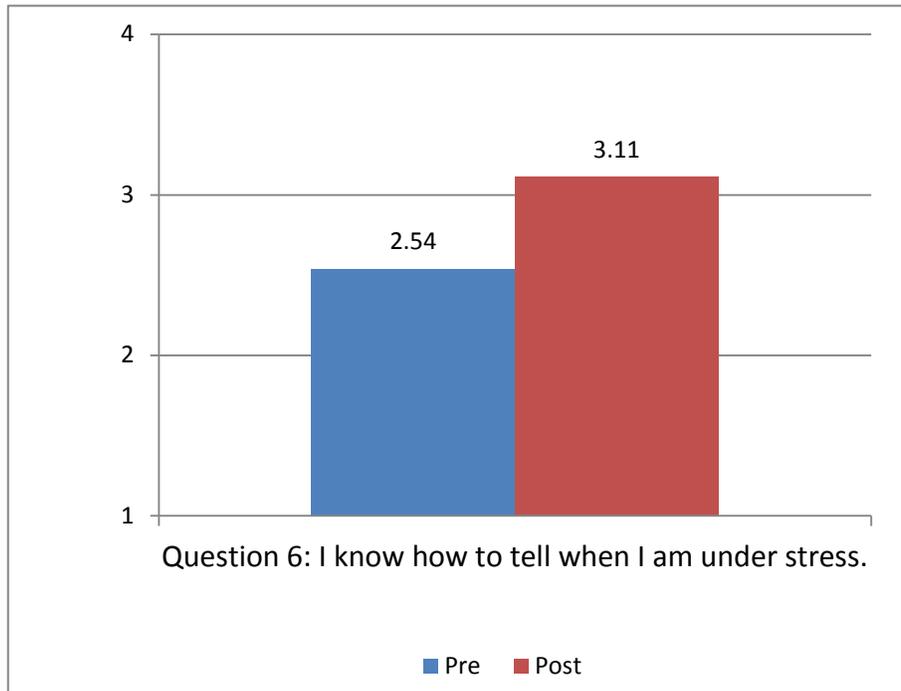




In comparing the pre- and post-test survey results, the following four questions showed significant *positive*

changes at the 5% level, indicating a 95% certainty that the results are not due to chance.





These results are encouraging for the Strengthening Families Program in Orange County with 7 out of 15 questions showing significant positive changes for youth. Refer to Appendix for a complete list of Youth Questions.

**Conclusion:**

Between October 2013 and March 2014, Cooperative Extension of Orange County conducted two series in Warwick Valley Middle School in Warwick and the Drew United Methodist Church in Port Jervis, New York. Twenty-seven caregivers and 28 youth participated in the program. Both caregivers and youth showed significant positive changes in their results.

Specifically, caregivers reported increased ability to: cool down before communicating with youth about problems, take time to do something fun together as a family, find ways to keep youth involved in family work activities, follow through with consequences, talk with youth about future goals without criticizing, spend

special time one-on-one with youth, work together with youth to solve problems, try and see things from youth's point of view, help youth understand the family and house rules, and show youth love and respect.

As a result of participating in the Strengthening Families Program, youth reported having family meetings to discuss plans and schedules as well as an increased ability to: listen to their parent(s)/caregiver(s)' point of view, work on a problem with a parent or caregiver without yelling or getting mad, do things to help them feel better when stressed, appreciate the things that their parent(s)/caregiver(s) do for them, know when they are under stress, and feel loved and respected by parent(s)/caregiver(s).

These results from the Strengthening Families Program at Warwick and Port Jervis conducted in cooperation with Orange County Cooperative Extension indicate positive outcomes for both caregivers and youth.

## Appendix

### **Caregiver Questions:**

1. I wait to deal with problems with my child until I have cooled down.
2. I remember that it is normal for children to be harder to get along with at this age.
3. I help my youth understand what the family and house rules are.
4. I take time to do something fun together as a family.
5. I let my youth know what the consequences are for breaking rules.
6. I find ways to keep my children involved in family work activities, like chores.
7. I follow through with consequences each time he or she breaks a rule.
8. I talk with my child about his or her future goals without criticizing.
9. I often tell my child how I feel when he or she misbehaves.
10. I find ways to include my child in family decisions about fun and work activities.
11. I spend special time one-on-one with my youth.
12. I let my youth know the reason for the rules we have.

13. I listen to my youth when he or she is upset.

14. I set regular times for homework.

15. I work together with my youth to solve problems that come up.

16. I try to see things from my youth's point of view.

17. I talk with my child about ways to resist peer pressure.

18. I give compliments and rewards when my child does chores at home or learns to follow rules.

19. I show my child love and respect.

20. I explain to my child the consequences of not following my rules concerning alcohol use.

### **Youth Questions:**

1. When I have a goal, I make a plan for how to achieve it.

2. I do things to help me feel better when I am under stress.

3. I appreciate the things my parent(s)/caregiver(s) do for me.

4. If a friend suggests that we do something that can get us both into trouble, I am able to get out of doing it.

5. We have family meetings to discuss plans, schedules, and rules.

6. I know how to tell when I am under stress.

7. I listen to my parent(s) or caregiver(s)' point of view.

8. I understand the values and beliefs my family has.

9. I know there are consequences when I don't follow a given rule.

10. My parent(s) or caregiver(s) and I can sit down together to work on a problem without yelling or getting mad.

11. I know the qualities that are important in a true friend.

12. I know what my parents/caregivers think I should do about drugs and alcohol.

13. My parent(s)/caregiver(s) are calm when they discipline me.

14. I feel truly loved and respected by my parent(s)/caregiver(s).

15. I am able to tell when my parent(s)/caregiver(s) are stressed or having a problem.

**Visit the *Parenting in Context* project at:**

<http://www.human.cornell.edu/pam/outreach/parenting/>

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