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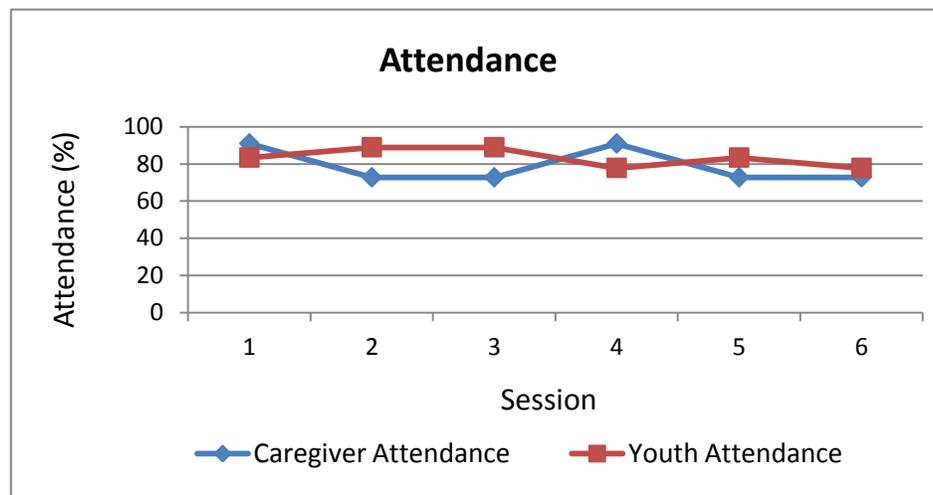
Strengthening Families Program Rockland County, Haverstraw, NY

Strengthening Families is a parent, youth and family skills-building curriculum designed to prevent teen substance abuse 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. Rockland County combined sessions six and seven for the three series of the Strengthening Families Program presented in this Report. The combined session is reflected in the attendance statistics.

Rockland County Cornell Cooperative Extension conducted a series of the Strengthening Families Program at the Haverstraw Center in Haverstraw, NY. This report includes three separate series that were conducted on May 5th through June 9, 2010, October 6th through November 3,

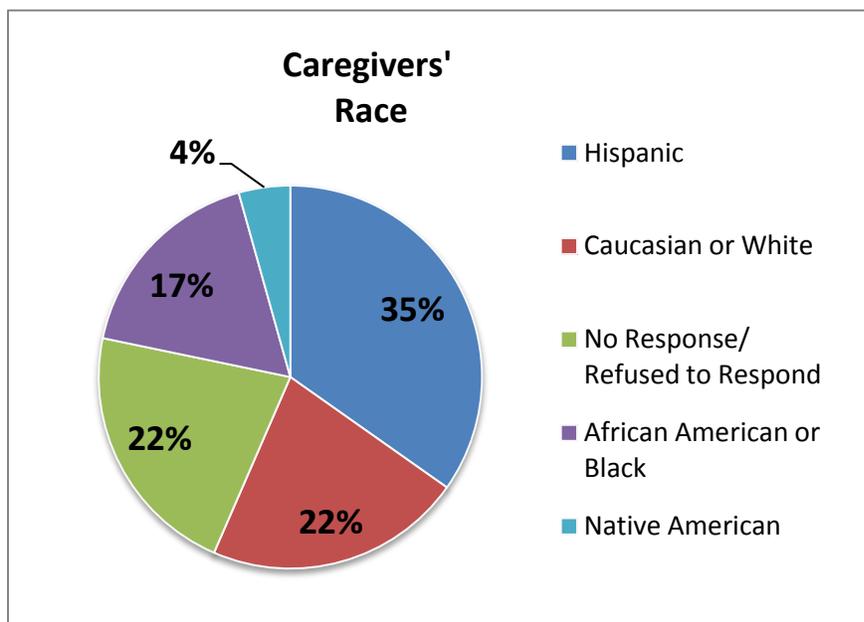
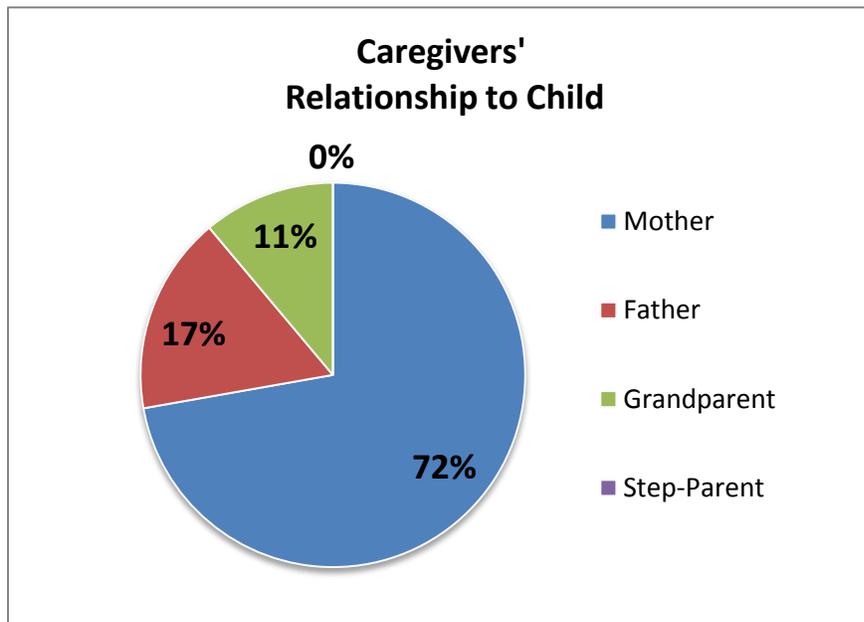


2010 and an additional session on May 4th through June 8, 2011.

Eighteen caregivers and 19 youth participated in one of the three sessions offered. The average attendance for caregivers was 83.3% while the average attendance for youth was 79.8%.

Caregiver Demographics:

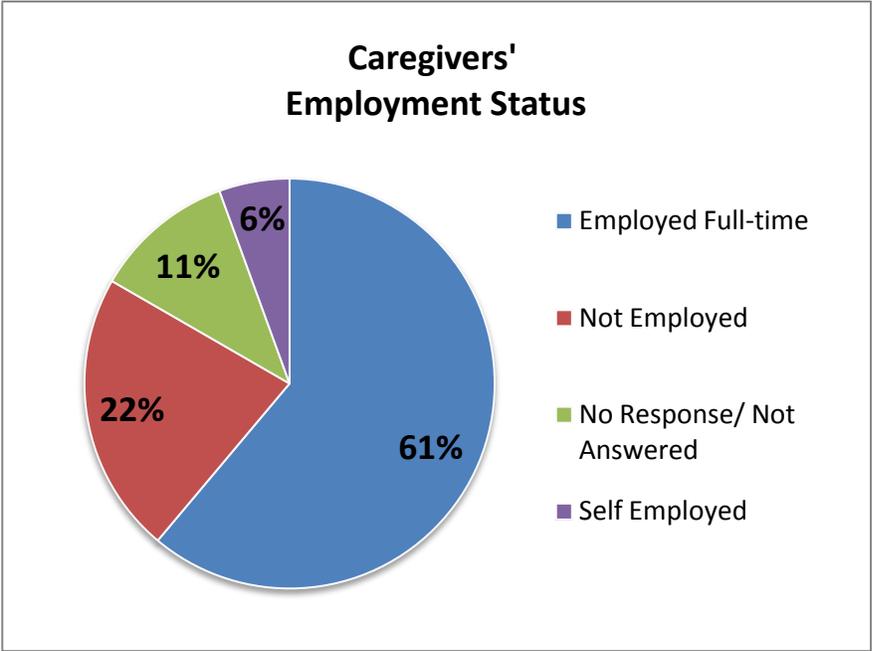
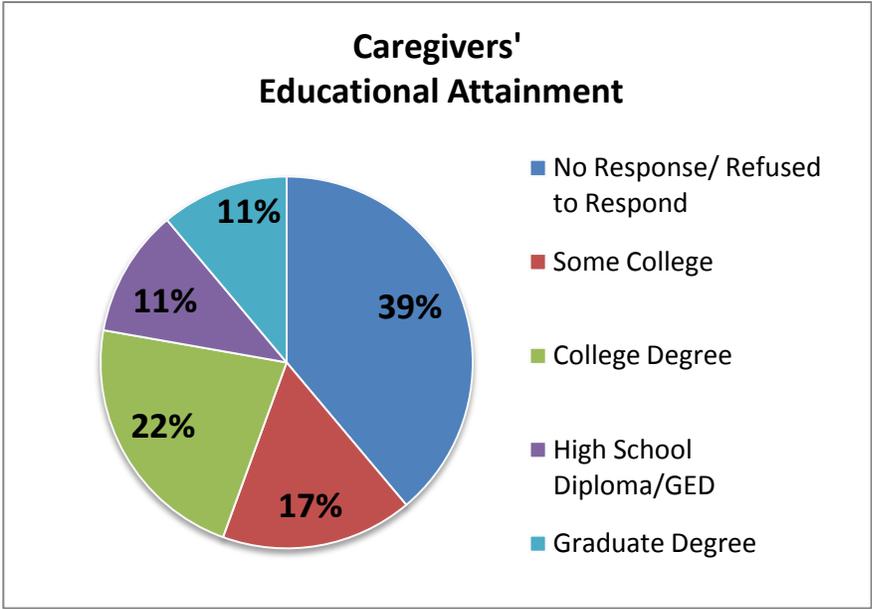
The following summaries use data of the 18¹ caregivers who participated in the program. The overwhelming majority of participants were mothers (72%) and the average age of caregivers was 48.6 years. In addition, most of caregivers who participated in the Rockland Strengthening Families

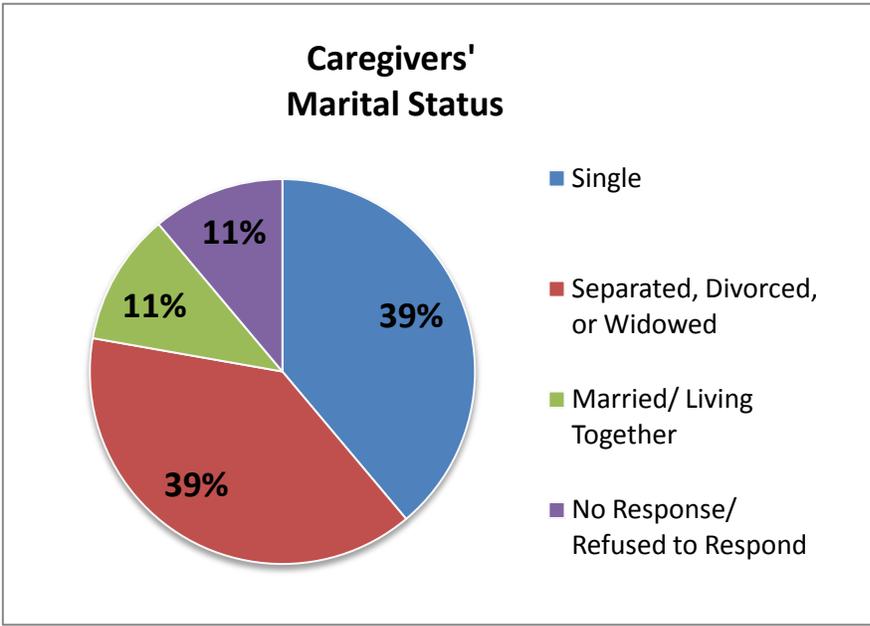


¹ This Report includes results for 17 caregivers' due to the absence of one participant's pre- and post-test survey.

program were Hispanic (35%). Educational attainment ranged from High School Diploma/GED to obtaining a Graduate Degree. Employment status varied, but a majority of caregivers reported full time employment (61%), with not employed being the second largest category (22%). The majority of

caregivers reported being single (39%) or separated, divorced or widowed (39%). Caregivers reported an average number of 2.1 children living at home. The average age of the youngest child was 8.7 years while the average age of the oldest was 11.9 years. Children's ages ranged from five months to 18 years.

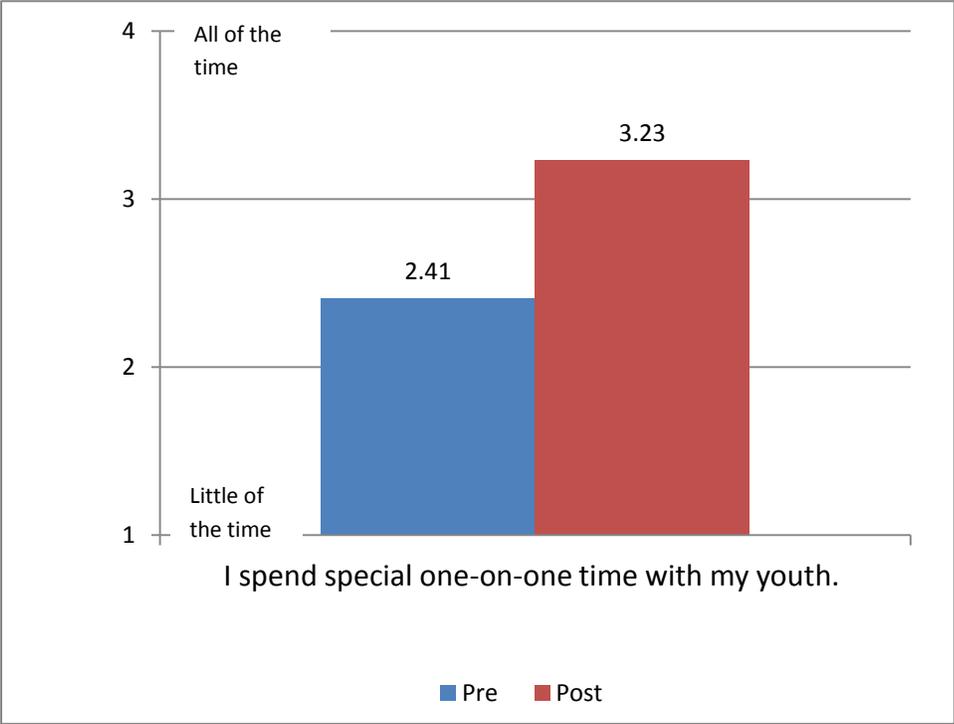




Caregiver Results:

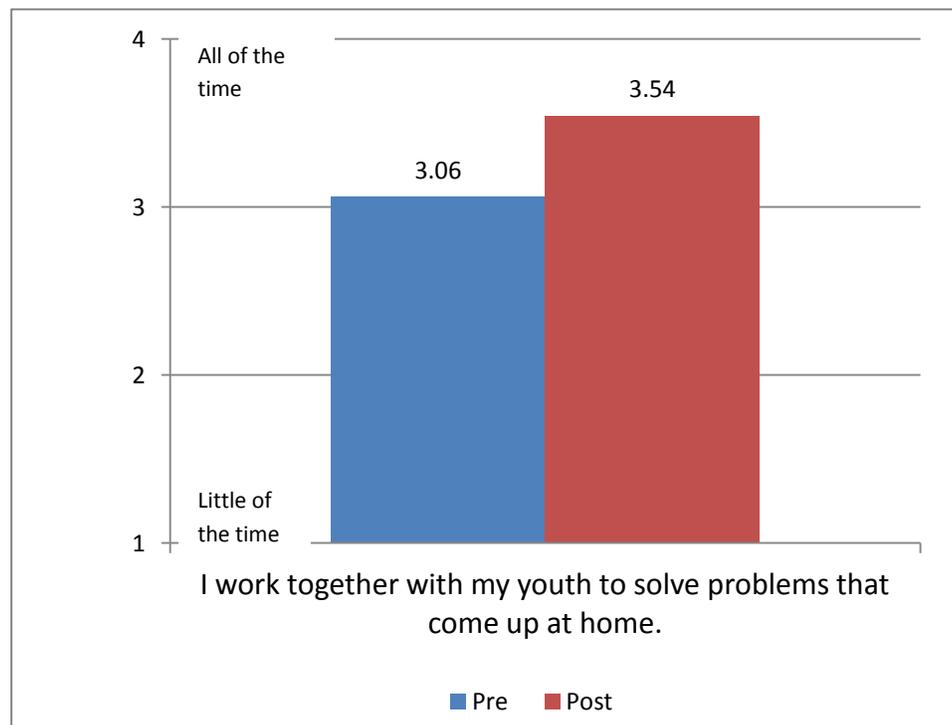
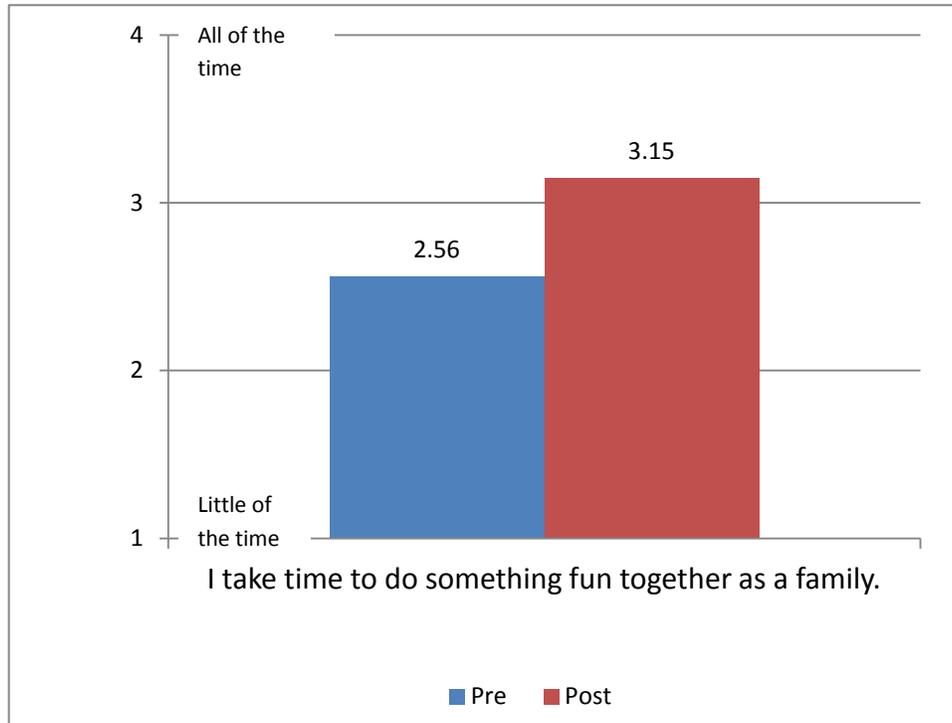
In comparing the pre- and post-test survey results, the following question showed significant *positive* changes at

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



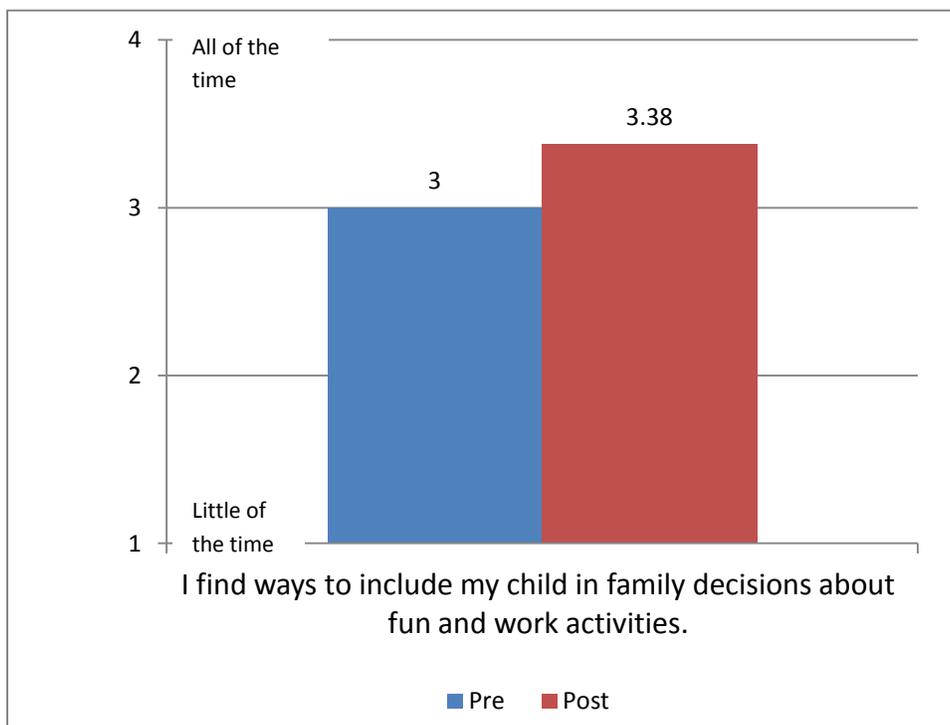
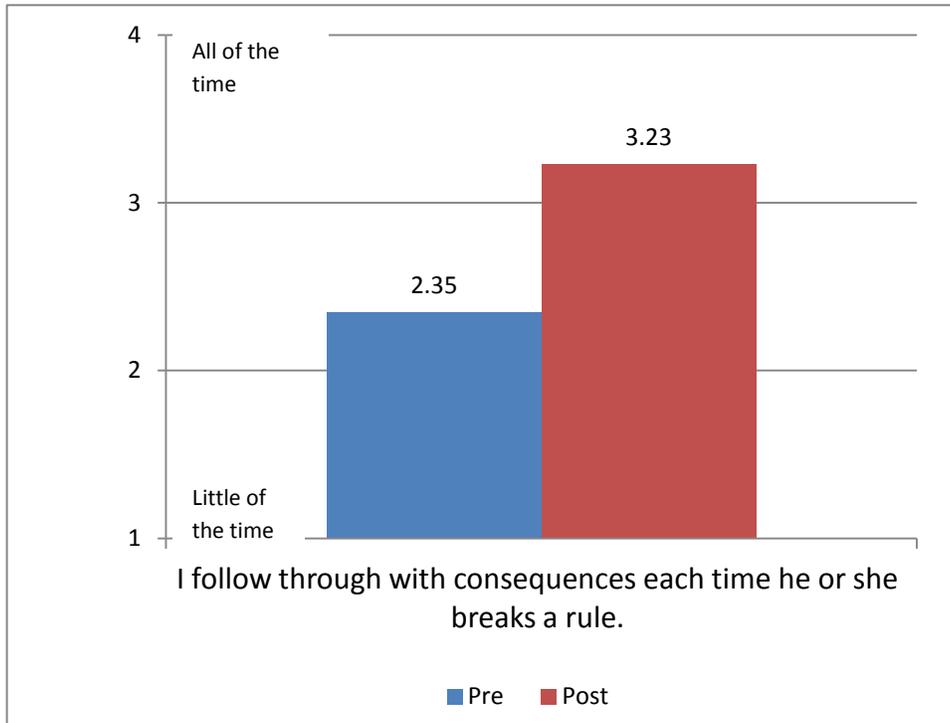
In comparing the pre- and post-test survey results, the following two questions showed significant *positive*

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 a significant

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



The following two questions also *approached* positive significance at the 10% level:

- I wait to deal with problems with my child until I have cooled down.
- I find ways to keep my child involved in family work activities, like chores.

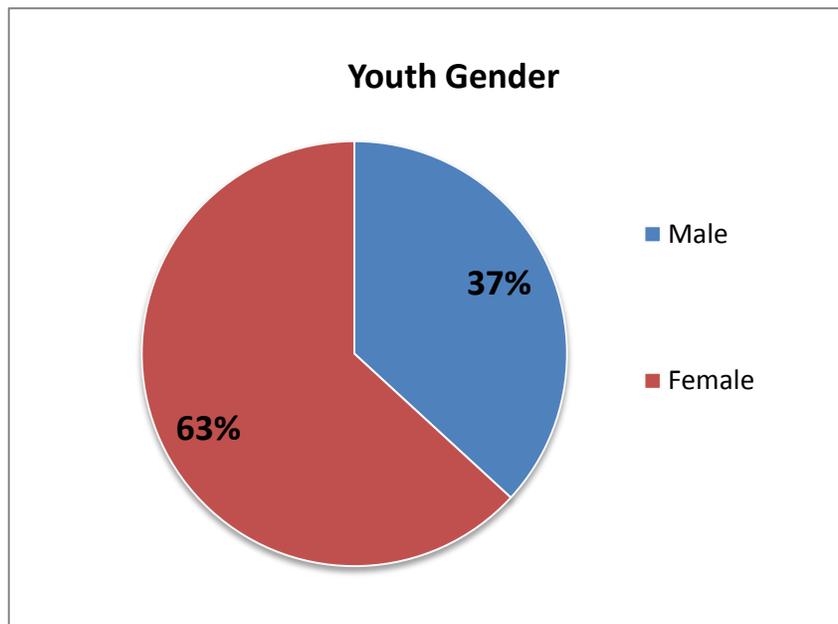
These results are highly encouraging for the Strengthening Families

Program in Rockland County with 5 out of 20 questions showing significant positive changes and two additional questions approaching positive significance.

Refer to Appendix for a complete list of Caregiver Questions.

Youth Demographics:

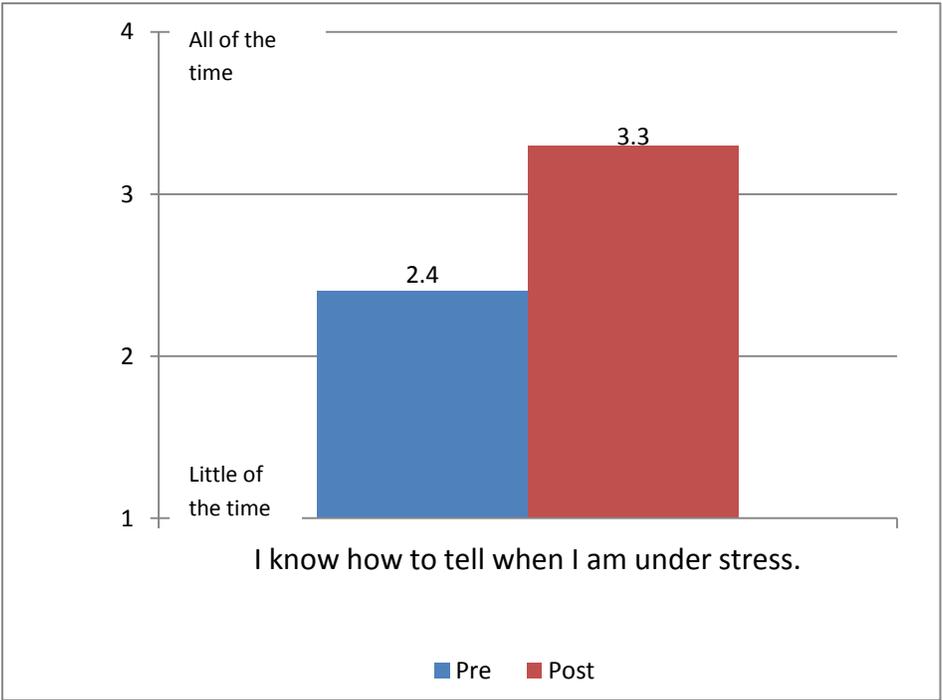
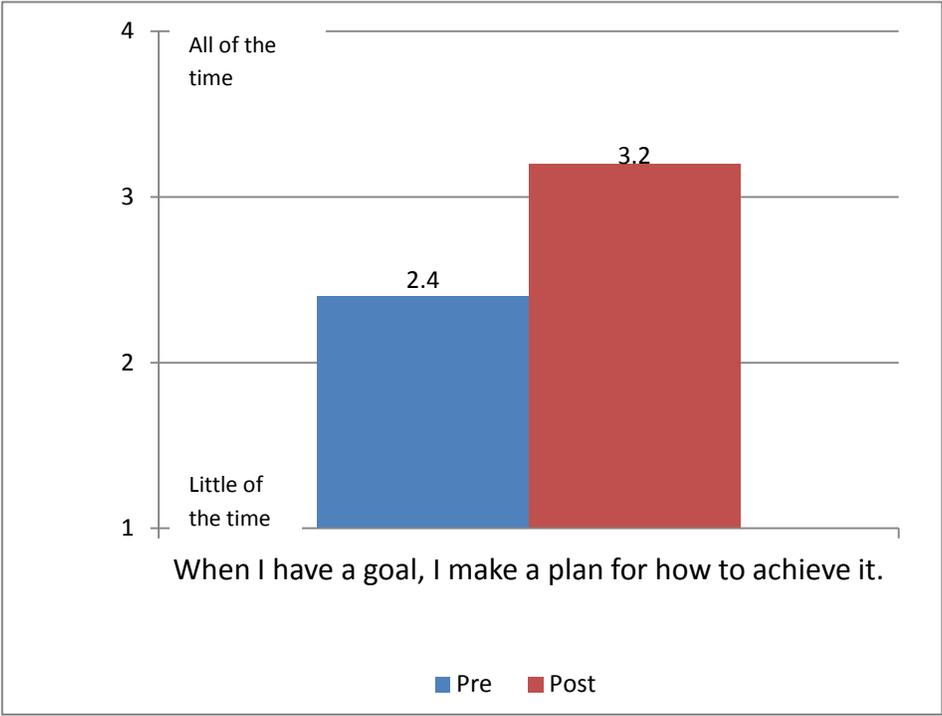
Of the 19 youth who participated in the program, 12 were females and 7 were male.



Youth Results:

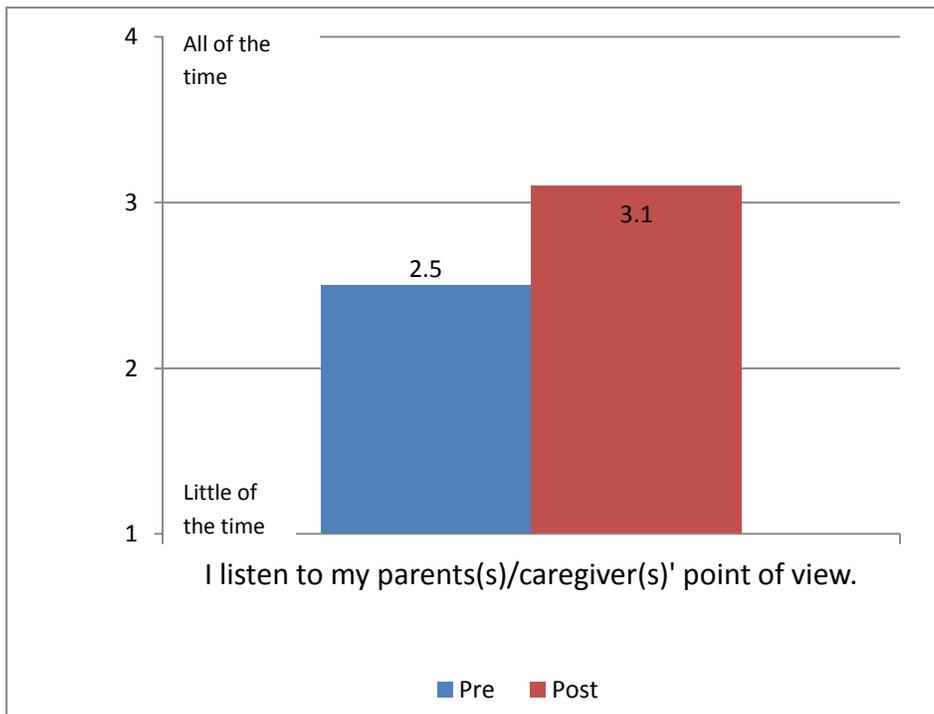
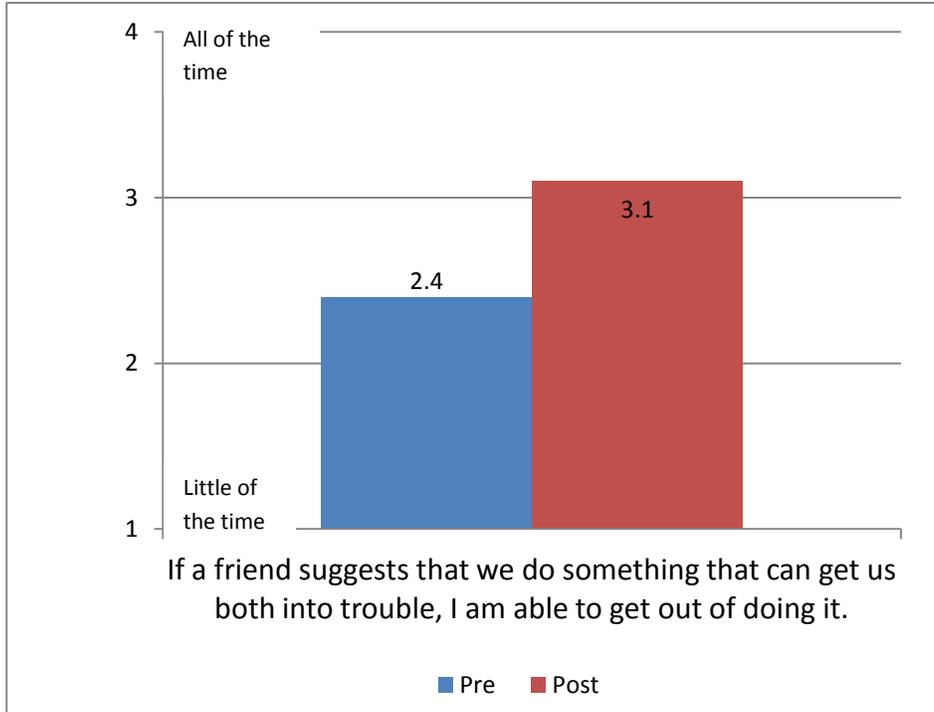
In comparing the pre- and post-test survey results, the following two questions showed a significant

positive change 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 a significant

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



The following question also *approached* positive significance at the 10% level:

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

These results are encouraging with 4 out of 15 questions showing significant positive changes and 1 additional question approaching significant positive change.

Refer to Appendix for a complete list of Youth Questions.

Conclusion:

During three separate sessions between May 2010 and June 2011, 18 caregivers and 19 youth participated in the Strengthening Families program in Rockland County. Both caregivers and youth showed significant positive changes in their results.

Specifically, caregivers reported increased amount of special one-on-

one time spent with youth, increased time spent having fun together as a family, increased involvement of youth to solve problems that come up at home, improved follow through with consequences, and improvements in involving youth in decisions about fun and work activities.

As a result of participating in the Strengthening Families Program, youth reported increased ability to: plan and achieve goals, recognize and cope with stress, resist peer pressure, and increased listening to parent(s)/caregiver(s)' point of view.

In addition to the questions with significant positive changes, three questions also *approached* significant positive levels.

These results from the Strengthening Families Program in Rockland, conducted in cooperation with Rockland Cooperative Extension, indicate very positive outcomes for 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.parenting.cit.cornell.edu>

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