

NREPP RATING ANALYSIS BY THE CALIFORNIA HEALTHY KIDS RESOURCE CENTER STRENGTHENING FAMILIES PROGRAM

Program Abstract Posted on NREPP

The Strengthening Families Program (SFP) is a family skills training program designed to increase resilience and reduce risk factors for behavioral, emotional, academic, and social problems in children ages 3-16 years. SFP comprises three life-skills courses delivered in 14 weekly, 2-hour sessions. The Parenting Skills sessions are designed to help parents learn to increase desired behaviors in children by using attention and rewards, clear communication, effective discipline, substance use education, problem solving, and limit setting. The Children's Life Skills sessions are designed to help children learn effective communication, understand their feelings, improve social and problem-solving skills, resist peer pressure, understand the consequences of substance use, and comply with parental rules. In the Family Life Skills sessions, families engage in structured family activities, practice therapeutic child play, conduct family meetings, learn communication skills, practice effective discipline, reinforce positive behaviors in each other, and plan family activities together. Participation in ongoing family support groups and booster sessions is encouraged to increase generalization and the use of skills learned.

A. Does this program meet the minimum program requirements for inclusion on the Science-Based Programs List?

- YES** This indicated, selective, and universal alcohol (underage, binge drinking), tobacco, violence prevention program targets elementary through high school aged children and their families.
- NO**

Program Requirements

- Universal, selective, and/or indicated prevention program
- Targets one or more alcohol, tobacco, drug, disruptive behavior, and/or violence outcomes
- Targets students in one or more grades K-12

B. Do this program's NREPP ratings meet the minimum research ratings for inclusion on the Science-Based Programs List?

- YES** NREPP reports one behavioral outcome related to disruptive behavior for Strengthening Families Program. This behavioral outcome is rated at or above the minimum standards on all criteria.
- NO**

NREPP's Quality of Research Ratings by Criteria (0.0-4.0 scale)

Outcome	Reliability	Validity	Fidelity	Missing Data/Attrition	Confounding Variables	Data Analysis	Overall Rating
Outcome 1: Children's internalizing and externalizing behaviors	3.3	3.3	3.0	3.0	3.0	3.0	3.1
Outcome 2: Parenting practices/parenting efficacy	3.3	3.3	3.0	3.0	3.0	3.0	3.1
Outcome 3: Family relationships	3.3	3.3	3.0	3.0	3.0	3.0	3.1

Posted on NREPP: March 2008

CHKRC NREPP Rating Analysis Completed: March 2008

Download analysis at www.californiahealthykids.org/nrepp.html

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Behavioral Outcome(s) Reported by NREPP

Outcome 1: Children's internalizing and externalizing behaviors

Children's internalizing and externalizing behaviors were assessed using items from the Ontario Child Health Study scale, the Gresham and Elliot Social Skills scale, parental reports of grades, and the Parent Observation of Child Adaptation Scale. In a study conducted in the United States and Canada, families with a parent who had problems with alcohol in the past 5 years were exposed to SFP or a control condition (receiving free and widely available educational materials on parenting and family life skills to study at home). Children who received SFP had lower scores on conduct disorder symptoms ($p < .01$), oppositional defiance symptoms ($p < .05$), and behavior problems ($p < .05$) than children in the control group. The effects were modest (standardized coefficient = $-.096$, $-.071$, and $-.078$, respectively). Among parents who received SFP, U.S. parents reported significantly larger decreases in conduct disorder symptoms than Canadian parents ($p < .025$).

NREPP Criteria	Reliability	Validity	Fidelity	Missing Data/Attrition	Confounding Variables	Data Analysis	Study Design
NREPP Ratings	3.3	3.3	3.0	3.0	3.0	3.0	Experimental, Pre-experimental
CDE Minimum Ratings	2.0	2.0	2.0	2.0	2.0	3.0	Experimental or Quasi-experimental
Meets Minimum?	✓	✓	✓	✓	✓	✓	✓

Outcome meets minimum standard for all criteria