CAFY, Inc. Certified Facilitators in Prince George's County, MD
Family Session begin November 11, 2019 - Call 301-883-7322 to register

Strengthening Families Program: For Parents and Youth 10-14 (ISFP or SFP 10-14)
The original version of this program was developed through Project Family by the Social and Behavioral Research Center for Rural Health at Iowa State University.

Logic Model created by the Evidence-based Prevention and Intervention Support Center (EPISC) at the Pennsylvania State University

Program Components

- **Parent Sessions**
  - Goal: Enhance parenting skills and promote effective parenting styles

- **Youth Sessions**
  - Goal: Build life skills and foster positive attitudes

- **Family Sessions**
  - Goal: Strengthen family bonds, promote positive communication, and enhance joint problem solving

Target Underlying Causes of Problem Behaviors

- Decrease Risk Factors
- Increase Protective Factors

Proximal Participant Outcomes

- Improved Parenting Skills/Styles
- Improved Youth Skills/Attitudes
- Improved Family Relationships

Distal Public Health Outcomes

- Reduced Youth Substance Use
- Reduced Youth Antisocial Behavior
- Improved Academic Engagement & Performance

Researched Delivery Model:

- targets youth ages 10 to 14 and their caregivers
- goal of serving 10 families per program
- delivered once weekly for 7 weeks
- a scripted curriculum with interactive video instruction
- led by three facilitators
- parent and youth sessions run concurrently followed by a joint family session for approximately two hours of instruction
- a family meal is recommended prior to program delivery to promote bonding and facilitator modeling

$$$ It has been shown that for every dollar spent on implementation of SFP 10-14, there is a return of up to $9.60 and a cost benefit of $5,923 per youth. $$$
