

# STRENGTHENING RACINE COUNTY FAMILIES

## UW-EXTENSION PROGRAM BUILDS RESILIENT YOUTH AND MORE EFFECTIVE PARENTS

**U**W-Extension in partnership with John XXIII Educational Center and Focus on Community has brought the Strengthening Families Program for Parents and Youth 10-14 to Racine. This nationally recognized program has been scientifically evaluated and shown to be effective in **preventing alcohol and other drug use** as well as in **preventing aggressive and hostile behavior** in youth.

The Strengthening Families Program 10-14 (SFP 10-14) is part of a new class of programs that are certified as effective by federal agencies such as the Department of Education and the National Institute on Drug Abuse. Such evidence-based programs are part of UW-Extension's current initiative **bringing the**

**most effective, state of the art and scientifically proven programs to Wisconsin's families.** What's more, the program is cost effective; studies show that **for every dollar invested in the SFP 10-14, \$9.60 is saved** in future costs such as drug treatment and juvenile detention.

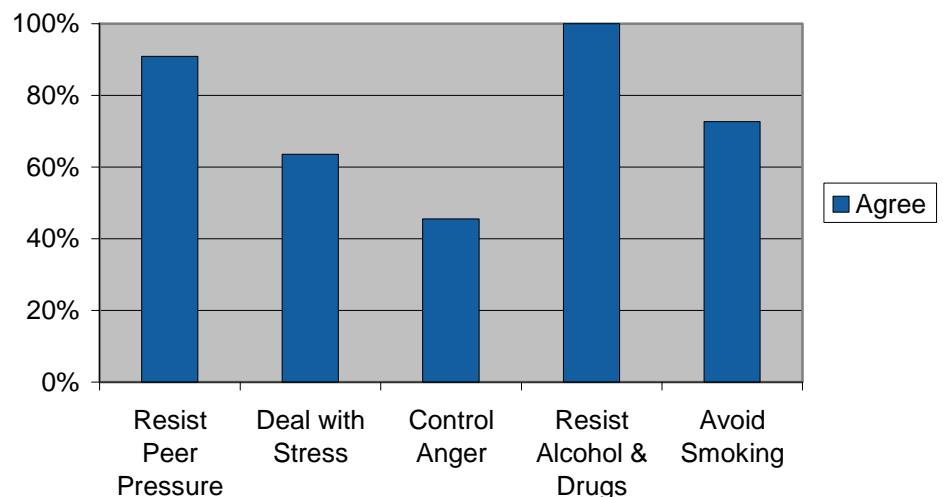
In fall 2013, 6 families participated in seven nights of learning and fun at John XXIII Educational Center. Families enjoyed dinner together, and then the 7 parents and 11 youth met in separate groups. During the last hour of each session, families worked together on activities and skills. At the last program session, participants completed a questionnaire about what they learned as a result of the program.

*National studies have documented that SFP 10-14 reduced not only alcohol and tobacco use, but also marijuana and methamphetamine use.*

### Research shows that family-focused programs are more effective

- *Programs that change family dynamics proved nine times more effective than approaches that focus on individual youth.*

### Program Effectiveness: % of youth who learned to...



# STRENGTHENING RACINE COUNTY FAMILIES

## Value for Youth



**Peer Pressure** to use drugs increases the chances that young people will do just that. Youth are more apt to use drugs if their friends do. Teens need the skills to resist negative peer pressure which is a powerful force on their behavior. Of the youth who participated in this class...

- **91%** learned ways to keep from being pushed by friends to do things like smoking, drinking alcohol or using other drugs.
- **91%** learned steps to keep from doing something they know is wrong.

**Controlling Anger and Stress** also helps protect youth from being vulnerable to substance abuse and from acting out in potentially aggressive ways. Of the youth who participated in this program...

- **64%** learned better ways to deal with stress.
- **46%** can control their anger better.

**Avoiding Drugs** altogether is key for healthy youth development. After participating in this program...

- **100%** of youth know more ways to say no to drugs and alcohol.
- **73%** of youth learned new ways to avoid smoking.

## Parents and Caregivers Say...

- *The Program is very important and can help to improve parenting skills.*
- *The program helped me to understand the importance of having house rules.*

## Value for Parents

**Parent child communication** is very important to preventing substance abuse among teenagers. As a result of participating in the SFP 10-14...

- **100%** of parents are better able to talk to their children about important family rules and expectations AND every parent acquired skills to talk with their children about how important it is for them to not use alcohol and other drugs.

**Parental monitoring** is one of the most powerful predictors of adolescent problem behaviors; youth substance abuse and delinquency are higher when parents fail to know where their children are, who they are with and what they are doing. After participating in the SFP 10-14...

- **Every parent** is now more likely to set appropriate limits for their children, encourage positive behaviors in their children AND all parents reported they are less likely to blame or criticize their children.

**Establishing firm rules for children's behavior.** If parents set clear rules and expectations, youth are less likely to get in trouble. As a result of the SFP 10-14...

- **100%** of parents are more likely to monitor the whereabouts of their children and ask, "Who, What, When, and Where?" when their children leave the house.