

Parent Sessions

The seven parent sessions consist of presentations, role-plays, group discussions, and other skill-building activities.

Parent Topics

- * Using Love and Limits
- * Making House Rules
- * Encouraging Good Behavior
- * Using Consequences
- * Building Bridges
- * Protecting Against Substance Abuse
- * Using Community Resources

Youth Sessions

Youth sessions engage each youth in small and large group discussions, group skill practice, and social bonding activities.

Youth Topics

- * Having Goals and Dreams
- * Appreciating Parents
- * Dealing with Stress
- * Following Rules
- * Handling Peer Pressure I
- * Handling Peer Pressure II
- * Reaching Out To Others

Family Sessions

Family sessions use specially-designed games and projects to increase family bonding, build positive communication skills, and facilitate learning to solve problems together.

Family Topics

- * Supporting Goals and Dreams
- * Appreciating Family Members
- * Using Family Members
- * Understanding Family Values
- * Building Family Communication
- * Reaching Our Goals
- * Putting It All Together & Graduation



For Information about this free program:

**Alan Zeuge MPA, CPP
Spokane County, CSHCD
Substance Abuse Prevention Division
312 W. 8th Avenue
Spokane, WA 99204**

**Phone: 509-477-4508
Fax: 509-477-6827**

E-mail: azeuge@spokanecounty.org



**Spokane County, Community
Services, Housing, &
Community Development
Department**

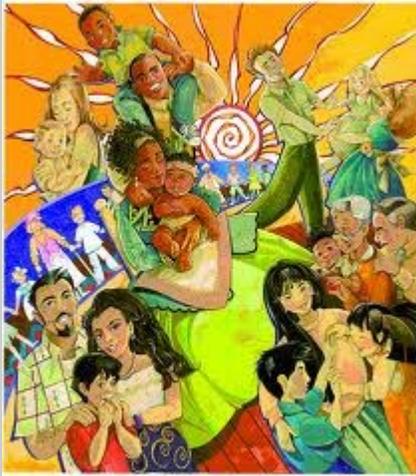
**STRENGTHENING
Families PROGRAM
for parents and youth 10-14**

**Improving
relationships
between
parents & youth**

**Community Prevention
& Wellness Initiative**

West Central Community Coalition & East Valley Community Coalition

AS part of the Community Prevention & Wellness Initiative there is funding for this program in the West Central and East Valley Communities of Spokane Washington. This program is free to the participating families and offered within the community it is serving.



There are 2 Strengthening Families programs offered in the West Central and East Valley Communities. This brochure is about the Strengthening Families Program 10-14 Iowa Version, a 7 week program for families with youth age 10-14.

There is another version of Strengthening Families for families with youth age 6-11. The Strengthening Families 6-11 Utah Version Is a 14 week program and is also being offered in the West Central and East Valley Spokane communities. For more information on the SFP 6-11 version please see the contact info at the back of this brochure.

Why Strengthening Families 10-14?

Parents are challenged every day to keep their children's small setbacks, like skipping household chores or not doing homework, from leading to serious behavior problems like drug and alcohol abuse, and kids need skills to help them resist the peer pressure that leads to dangerous behaviors.

The *Strengthening Families* program can help. It is designed for parents or caregivers and their children ages 10 to 14. The goal of the program is to prevent substance abuse in youth by helping them to build skills and giving parents more tools to help their children become responsible young adults.

The program also helps families improve the relationship between parents and youth, increasing clear communication and decreasing family conflict.

This program gets results

The *Strengthening Families 10-14* program has been evaluated hundreds of families by several research Institutes.

Analysis of data has shown positive results for both parents and their children.

- * Youth had significantly lower rates of alcohol, tobacco, and marijuana use compared to youth who were not in the program.
- * Youth had significantly fewer conduct problems in school.
- * Parents improved skills such as building a positive relationship with their youth, setting appropriate limits, and following through on consequences.

The *Strengthening Families 10-14* program is delivered in seven weekly group sessions that feature parent, youth, and family sessions. Parents and youth meet in separate groups for the first hour and together as families during the second hour to practice skills, play games, and do family projects. Sessions are highly interactive and include role-playing, discussions, learning games, and family projects.