

Program Evaluation

 SFP Implementation in County X

<b>Location:</b>	<b>Smith School</b>
<b>Dates of Program:</b>	<b>2/2/05 – 3/30/05</b>
<b>Outcome Data Sent By:</b>	<b>Jane Doe</b>
<b>Number of Families:</b>	<b>12</b>
<b>Number of Adult/Caregiver Participants (Total)</b>	<b>21</b>
<b>Average Adult/Caregiver Age</b>	<b>30 (range 21-41)</b>
<b>Adults who Completed both Pretest and Posttest:</b>	<b>12</b>
<b>Number of Youth Participants (Total):</b>	<b>19</b>
<b>Average Youth Age</b>	<b>12 (range 10-14)</b>
<b>Youth who Completed both Pretest and Posttest:</b>	<b>4</b>
<b>Retention Rate (Families who Completed Pre and Posttest) :</b>	<b>3</b>
<b>Number of adults who reported their primary ethnicity :</b>	<b>14</b>
<b>White</b>	<b>1</b>
<b>Hispanic/Latino</b>	<b>3</b>
<b>Native American</b>	<b>6</b>
<b>Other</b>	<b>4</b>
<b>Program Language</b>	<b>English</b>

Report date: 5/24//2006

Questions?

Please contact Angel Cantu at  
509-335-5476 or [sfp@wsu.edu](mailto:sfp@wsu.edu)



## About the WSU Outcome Evaluation

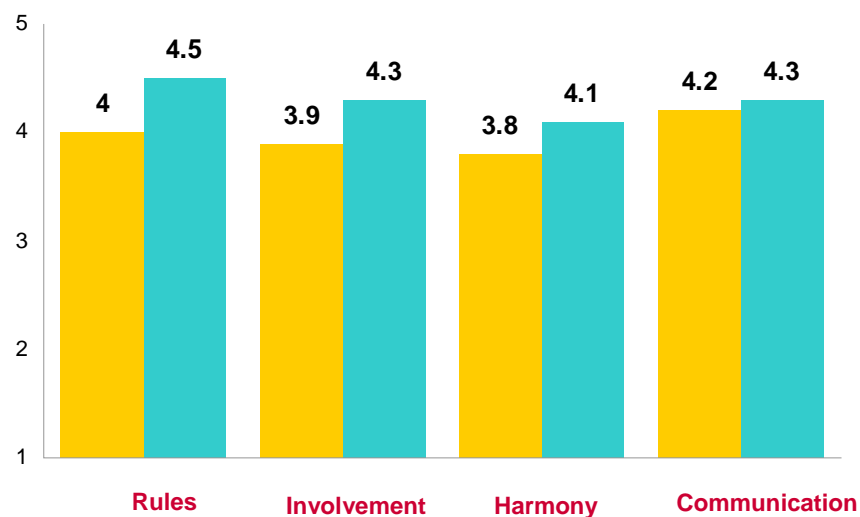
- Evaluations are administered to program participants during the first (pretest) and last (posttest) sessions of the 7-week Strengthening Families Program for Parents and Youth 10-14
- Youths and parents/caregivers complete evaluations separately
- All evaluations are confidential
- Evaluation reports are prepared by faculty, program staff, and graduate students in the Department of Human Development and sent back to those who submit outcome data
- The evaluation tools have changed several times in response to program needs and research requirements.
  - ❖ WSU is now collaborating with several state agencies to conduct a uniform statewide evaluation. Program providers who use funds from multiple agencies to implement SFP will no longer need to complete multiple evaluations.
  - ❖ The WSU adult caregiver evaluation includes scales developed by Iowa State researchers for the original SFP research trial
  - ❖ The WSU youth evaluation includes scales from the Healthy Youth survey administered in Washington State schools
  - ❖ All scales and items are used by permission or are in the public domain

## PARENT / CAREGIVER RESULTS

### Family Protective Factors

- Some family characteristics (“protective factors”) promote healthy development of children and youth
- We measured improvement in four family protective factors:
  - ❖ **Rules About Substance Use:** Parents/caregivers have clear and specific rules, and they apply consequences when rules are not followed. Daily routines run smoothly.
  - ❖ **Positive Involvement:** Parents/caregivers enjoy spending time with their youth and keep youth involved in family decisions and activities.
  - ❖ **Family Harmony:** Parents/caregivers control their tempers and avoid harsh criticism when disciplining
  - ❖ **Communication.** Parents/caregivers openly discuss situations and feelings with their youth
- Positive change on these scales indicate that parents/caregivers report improvement in their parenting practices over the course of the program

### Before and After Scores



More than half of parents who attended this program in County X reported positive improvement on all family protective factors.

## PARENT / CAREGIVER RESULTS

### Parent/Caregiver Comments

#### Parents in this program thought these tools were most helpful:

- The one-on-one time, to me it is the most important, it works for me. The I message is really strong message to my youth. Positive reinforcement works really well
- Family discussions, one-on-one time, and I messages
- One-on-one time, family meetings, cooling off, communication
- Talk about values and hopes, discussing peer pressure, talking about drugs and alcohol
- I messages, family meetings, one-on-one time
- Positive reinforcement, talk about values and hopes, point system
- Family meetings, one-on-one time, leave the room to cool off
- I messages, positive reinforcement, family meetings
- Consequences, positive reinforcement and talk about our values and hopes
- Remove privilege, one-on-one time, positive reinforcement
- I messages, positive reinforcement, consequences
- One-on-one time, positive reinforcement, point system
- Positive reinforcement, family meetings, talking about values and hopes
- I messages, leave the room to cool off, and remove a privilege
- Family meetings, one-on-one time

#### When thinking about raising their kids, the issues that worry these parents the most are:

- Communication- he talks but not a whole lot
- What will happen the first time they are asked to use drugs
- Sex, alcohol, drugs
- Drugs and alcohol and school
- Safety
- Not being a great mom! (Not living up to my job)
- Peer pressure
- Drugs, alcohol, gangs, running away from home

**When thinking about raising their kids, the issues that worry these parents the most are: (continued...)**

- Losing communication
- How they will turn out in the future
- Drinking, drugs, not graduating high school, being disrespectful
- Drugs
- Drugs, alcohol, peer pressure
- Peer pressure
- Them getting distracted and leading to drugs and alcohol
- Drugs and alcohol

**When their son or daughter breaks a rule, these parents say they:**

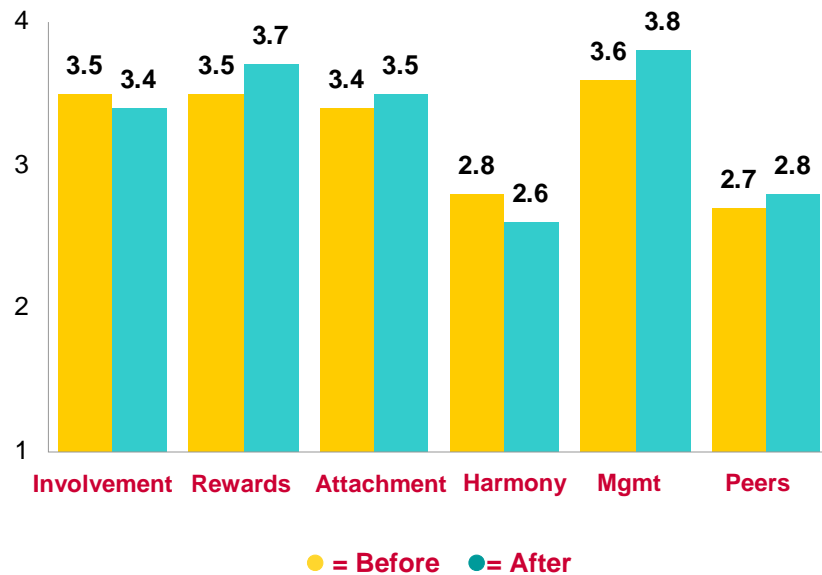
- I now use I statements. Also, removal of privilege and their consequences
- Put them on time out and ask them not to do it anymore
- I let her know it isn't nice and it is disrespectful
- Remove a privilege for the day
- Sit back, think how bad the rule that was broken was, then think of an appropriate punishment
- I take phone and TV and music away for a day or two
- Remove a privilege
- Not pay her
- Take away a privilege. For talking back I ask him or her to have a seat to think of one.
- Calmly explain what was done and let them know why it is important to do or not to do and remind them of the rules and consequences
- Find out why, what we can do about it, find a consequence if we need to
- Talk about consequences
- I calm down, take a time out to think about a consequence, listen without lecturing
- Talk about consequences
- Tell them how it makes me feel and let them know that that behavior is not okay
- Send her to her room

# YOUTH RESULTS

## Youth Protective Factors

- We also measured family and individual protective factors from the youths' perspective:
  - ❖ **Involvement:** Parents/caregivers include youth in decision-making and fun activities
  - ❖ **Rewards:** Parents/caregivers reward good behavior
  - ❖ **Attachment:** Youth feel close to parents/caregivers
  - ❖ **Family Harmony:** Parents/caregivers control their tempers and avoid harsh criticism when disciplining
  - ❖ **Family Management:** Parents/caregivers are supervise and enforce rules
  - ❖ **Peer Resistance Skills:** Youth are able to resist peer pressure
- Positive change on these scales indicate that youth think parents/caregivers have changed their parenting practices over the course of the program. Youth scores change more slowly than parent scores as effects of new parenting practices take hold
- Items were rated on a scale ranging from 1 ("NO!") to 5 ("YES!")

## Before and After Scores



More than half of youth who attended this program in County X reported improvement on Attachment and Family Management.

## ● Youth Reports of Substance Use

- We also asked youth to report their substance use over the past 30 days. Only youth age 13 or older completed the questions about substance use. Youth reported on their use of following:
  - ❖ **Cigarettes:** Youth were asked if they smoked cigarettes
  - ❖ **Smokeless Tobacco:** Youth were asked if they used smokeless tobacco
  - ❖ **Alcohol:** Youth were asked to indicate if they had alcoholic beverages (more than a few sips) including beer, wine, wine coolers, liquor.
  - ❖ **Drunk:** Youth were asked to indicate if they had been drunk or very high from drinking alcoholic beverages.
  - ❖ **Marijuana:** Youth were asked to indicate if they had used marijuana (grass, pot) or hashish (hash, hash oil).
  - ❖ **Inhalants:** Youth were asked to indicate if they
  - ❖ **Other Illegal Drugs:** Youth were asked to indicate how many occasions they had alcoholic beverages (more than a few sips) including beer, wine, wine coolers, liquor.
- The following table illustrates the percentage of youth 13 or older that reported use of each of the following substances on one or more occasions.

## ● Before and After Scores

In the last 30 days youth reported that they had:

	Before	After	
100% of youth who attended this program in County X reported absolutely no use of substances upon completion of the program.	Smoked Cigarettes	0%	0%
	Used Smokeless Tobacco	0%	0%
	Used Alcohol	0%	0%
	Been Drunk	0%	0%
	Smoked Marijuana	0%	0%
	Used Inhalants	14%	0%
	Used Other Substance	7%	0%