

Core Skills Content

- Parent/ Youth Attachment & Bonding (Weeks 1-4)
- Parent/ Youth Communication & Family Meetings (weeks 5-10)
- Parent Supervision & Setting Limits (Weeks 11-14)
- Graduation Celebration (Week 15)



Meeting Times/Agenda

Meeting are held once per/ week for 15 weeks from 5:15-7:30 pm.
Dinner is provided.

Dinner: 5:15-6:00pm

Split Groups: 6-7pm
Parents
Teens

Family Group: 7-730pm



Providing the *right services* at the *right time* for families *in need*.

Midland County
Juvenile Care Center

Strengthening Families
Program



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Midland County
Juvenile Care Center

Strengthening Families Program



Strengthening Families Program provides selective prevention for high-risk youth, ages 12-16.

About SFP

The Strengthening Families Program is a 15 week family skills course that helps parents and higher risk teens to develop positive relationships and behaviors.

SFP provides selective prevention for high stress families and focuses on building resiliency.

SFP has three skills courses

- Parenting Skills
- Children's Social Skills
- Family Skills

SFP makes learning Life Skills easier for high-stress families providing them with time and opportunities to learn at their own pace.

STRENGTHENING
families

SFP Resilience Skills

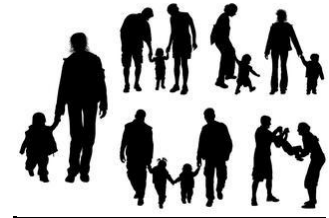
- Social Skills; Speaking Listening
- Planning & Organizing; Family Meetings
- Peer Resistance
- Restoring Self-esteem
- Identifying Feelings, Taking Criticism
- Emotional Management & Coping with Anger



SFP Emphasizes

- Importance of one caring adult
- Opportunities to help others
- Social skills for home and away
- Self-control
- Communication of expectation about risky behaviors including drugs and alcohol
- Parent's help with critical life decisions

Outcomes & Objectives



Parents

- Increase Parenting Efficacy
- Increase Parenting Skills
- Increase Marital Communication
- Decrease Stress
- Decrease Depression
- Decrease Alcohol & Drug Use
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Teens

- Decrease Depression
- Decrease Conduct Disorder
- Decrease Aggression
- Decrease Alcohol & Drug Use
- Increase Cooperation
- More Pro-social Friends
- Increase Social competencies
- Increase School Grades
- Positive Pro-social Behaviors