

2019 PROGRAM SPECIFICATION  
Focus on Community

PROGRAM #: 100

STANDARD PROGRAM: Strengthening Families

TARGET POP: Youth

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YEAR: 2019

UNITS: Actuals

CLIENTS: 40 families

ALLOCATION: TBD

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UNIT DEFINITION: Actual Expenses

GEOGRAPHICAL AREA TO BE SERVED: Racine County

DAYS/HRS OF SERVICE AVAILABILITY: Traditional and Non-Traditional Days and Hours

MINIMUM STANDARDS:

Provider must agree to comply with the following terms and conditions:

- Standard contract language
- Certification standards where applicable
- Fiscal and program reporting criteria
- Allowable Cost Policy
- Audit criteria
- Policies and procedures as defined in Racine County Human Services Department Contract Administration Manual
- Maintain adequate liability coverage
- Recognize that authorization for services is approved by Racine County Human Services Department.
- All informational materials (program descriptions, brochures, posters, etc.) must identify it as a RCHSD program through the use of a standardized RCHSD format provided by Racine County.
- The program must be identified as a RCHSD program in all public presentations and media contacts/interviews.
- The Provider must be willing to work with RCHSD's Youth and Family Division – particularly the Community Projects Coordinator in developing and operating the program.

## PROGRAM DESCRIPTION:

### Strengthening Families

The program provides a county-wide substance abuse prevention program targeted to families that have been referred to the Youth and Family Division. A referral system will be necessary to identify appropriate families for the program. The Strengthening Families Program (SFP) is a nationally and internationally recognized parenting and family strengthening program for high-risk and general population families. SFP is an evidence-based family skills training program found to significantly improve parenting skills and family relationships, reduce problem behaviors, delinquency and alcohol and drug abuse in children and to improve social competencies and school performance. Child maltreatment also decreases as parents strengthen bonds with their children and learn more effective parenting skills.

The Strengthening Families Program consists of 7 or 14-session modules that contain evidence-based parenting skills, children's social skills, and a family life skills training program specifically designed for high-risk families. Parents and children participate in SFP, both separately and together. Group Leader Manuals contain a complete lesson for every session. Parents' and children's handouts are also provided for every session.

There is a participation requirement of serving a total of 75 families in no less than 7, 14-session modules in 2019 and no less than 10 Booster sessions between April and December of 2019.

### Program Requirements:

Program services must:

- Be provided in both eastern and western Racine County.
- Utilize a strength-based approach.
- Must utilize group leader manual for every lesson and every session and provide relevant handouts to families
- A minimum of 4 staff must be present at every coaching session. All staff at sessions must be trained group leaders in SFP certified curriculum.
- Provide flexible hours and diverse and accessible locations, and make meeting families where they are a priority. e.g., community/neighborhood centers, churches, schools, family resource centers, hospitals, public meeting rooms, etc.
- Demonstrate competency in the areas of diversity, e.g., culture, race/ethnicity, religion; language, social customs, disabilities, economics, gender and age.
- Provide accurate information about substance use and abuse.
- Stress substance abuse prevention motivators, e.g., self-esteem, health, economics, education, career goals, etc.
- Assess youth for interests and skills and provide opportunities for skill development.
- Provide linkages to community resources to participate in positive free-time activities, develop hobbies and develop and increase skills.
- Involve parents and other adults who interact with youth on a regular basis, e.g., teachers, counselors, clergy, health care professionals, mentors, etc.
- Provide ways to promote and teach healthy parent-child communication.
- Have a strong knowledge of community resources and refer youth to needed services.
- To reinforce the message (not just a one-shot approach, provide and promote a continuity of program involvement through the years.
- Maintain a data base and conduct program follow-ups to obtain required program evaluation outcomes.
- Coordinate services with other community providers of substance abuse prevention services.

## PROGRAM EVALUATION:

1. Provide annual SAPSIS demographic data for all participants in accordance with SABG reporting requirements.
2. Provide annual program workplan and semi-annual reports due July 10 of each year.
3. Provide evidence-based programming fidelity measures as defined by the Strengthening Families Program.
4. Maintain and report demographic data for all participants in accordance with SPF PFS reporting requirements
5. Provide outcome data on the Pre- & Post-Parent Survey and the Pre-& Post-Youth Survey. Data will be supplied to Aging and Disability Services Division Administrator at the start and end of each session.

## PROGRAM EVALUATION OUTCOME GOALS:

1. 75% of the families will complete the Strengthening Family Program.
2. 75% of the families will demonstrate improved family cohesion
3. 75% youth will develop understanding of consequences
4. 80% of parents will express increased effectiveness in the discipline and guidance of their youth
5. 75% of youth will demonstrate peer refusal skills.
6. 80% of parents and children will report a positive relationship.

A Semi-Annual Evaluation Outcome Report must be provided to the Racine County HSD Contract Compliance Monitor and to the Behavioral Health Services Administrator in accordance with State reporting requirements. This Semi-Annual Report is due no later than July 10, 2019. An Annual Report is required no later than January 10, 2020.