

Strengthening Families Program Year 8 Report

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Strengthening Families Program by Dr. Karol Kumpfer

Prepared For: Prevent Child Abuse NC

Submitted By: Ahearn Greene Associates, LLC

Ahearn Greene Associates, LLC

2624 Queen Mary Drive, Olney, Maryland 20832

Phone: 240-460-3931 ✦ aga@ahearngreene.com ✦ Fax: 240-389-1318

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Strengthening Families Program

Year 8 North Carolina Evaluation Report

Introduction and Overview

Strengthen Families Program

The *Strengthening Families Program (SFP)* (Kumpfer & DeMarsh, 1983; 1985; Kumpfer, DeMarsh, & Child, 1989) is an evidence-based 14-week family skills training program. There are three age versions of *SFP*— 3-5 Years, 6-11 Years, and 12-16 Years that are developmentally specific. Each is designed to build skills for both the children and their parents that will increase protective factors and reduce risk factors known to lead to substance abuse.

SFP is a unique family skills training program because it involves the whole family in three classes that run on the same night once a week. The parents, foster, and/or kinship caretakers of children attend the *SFP* Parent Training Program in the first hour. At the same time, their children attend the *SFP* Children's Skills Training Program. In the second hour, the families participate together in an *SFP* Family Skills Training Program to practice the skills they have learned in their separate sessions. The skills are then reinforced through weekly home practice assignments. The program utilizes two group leaders for the parent session, two group leaders for each of the children's sessions that are offered and a site coordinator to run the program.

Evidence of Effectiveness

Multiple replications of *SFP* in randomized control trials with different ethnic groups by independent evaluators have found *SFP* to be an effective program in reducing multiple risk factors for later drug abuse, mental health problems, and delinquency, by increasing family strengths, children's social competencies, and improving parent's parenting skills (Kumpfer, Alvarado, Smith, & Bellamy, 2002). A meta-analysis conducted at Oxford University comparing family approaches to substance abuse prevention to child-only approaches found effect sizes averaged nine times larger in family approaches. The study also concluded that the *SFP* (Kumpfer, Molgaard & Spoth, 1996) was twice as effective as the next best prevention program—also a parenting program.

North Carolina *SFP* Network

The NC *SFP* Network is coordinated by Prevent Child Abuse North Carolina and made possible through the collaborative support of public and private funders committed to the dissemination and effective implementation of specific evidence-based programs within North Carolina. The Network offers a range of membership benefits to support quality implementation at local program sites implementing *SFP6-11*. These include priority access to *SFP6-11* pre-service trainings hosted by PCANC, program orientation and support with pre-group planning and program start-up, on-site coaching visits to support staff's goals for improving their practice, coaching calls, skill days, learning collaboratives, network meetings, and linkage to agency and statewide evaluation provided through Ahearn Greene Associates.

Scope of Evaluation

PCANC began providing support to North Carolina agencies implementing *SFP6-11* in September of 2009. This Year 08 evaluation report includes a process evaluation to measure program fidelity to the evidence-based model and an outcome evaluation to measure effectiveness of the intervention. The major goal of this evaluation is to determine if the program is still working and effective when implemented for the identified population of families at-risk for child abuse and neglect in the State of North Carolina.

The Year 08 report includes six agencies with 16 cycles serving 140 families: 181 parents and 228 children across 8 counties.

Table 1. Number of Cycles/Agency in Year 08

Agency Number	Number of Cycles
Agency #2	1
Agency #3	2
Agency #6	3
Agency #7	3
Agency #10	2
Agency #11	5

Evaluation Contractors

Ahearn Greene Associates (AGA) is comprised of a team of health and human service professionals with combined expertise in evaluation, research, substance abuse treatment and prevention, mental health, and multi-system intervention. The principal evaluator for NC *SFP*, Jeanie Ahearn Greene, Ph.D., MSW, has combined expertise in research and clinical practice and is responsible for technical assistance, training, and program development of multiple established evidence-based substance abuse and health promotion programs since 1993. AGA has conducted *SFP* research and evaluation since 1998, including *SFP* training, evaluation, and technical assistance for evidence-based *SFP* implementations.

Fidelity/Process Evaluation Methods

Instrument

Standardized fidelity instruments were developed by AGA and used to assess overall Program Fidelity and for comparisons across sites and with the evidence-based program standards. “The Site Information Survey” was developed to collect key information regarding the fidelity of individual site implementations for comparison to program standards. The survey provides program-tracking data and is submitted for all cycles conducted during the reporting period. The survey assesses five primary domains aligned with *SFP* Fidelity Benchmarks:

- *Community/Environmental Fidelity*: funding, community context (e.g., density, diversity), safe and welcoming environment, site facilities, transportation, community calendar congruity
- *Target Population*: intervention level, age of children, family composition, level of risk, special populations, cultural competence, recruitment
- *Program Fidelity*: program length/dosage, meal provision, retention, incentives, childcare, follow-up/booster session, program evaluation, availability of program materials, graduation activities
- *Staffing Fidelity*: group leaders, site coordinator, training, additional staff (e.g., childcare, adolescent mentor, food preparation, aides), cultural competence of staff
- *Curriculum Fidelity*: three skills training curriculums, developmental appropriateness, modeling of program skills, cultural and local adaptations, creative and interactive content delivery

Analysis

Fidelity and process data were analyzed using a constant comparative method (Glaser & Strauss, 1967). Fidelity is measured based on *SFP* established benchmarks of best practices. Each cycle is measured by domain and receives a fidelity rating based on a 5-point measurement scale:

- 5 - Exemplary Implementation (Range 4.75-5.00)
- 4 - Exceeds Program Standards (Range 3.75-4.74)
- 3 - Meets Program Standards (Range 2.75-3.74)
- 2 - Below Program Standards (Range 1.75-2.74)
- 1 - Does Not Meet Program Standards (Range 0.00-1.74)

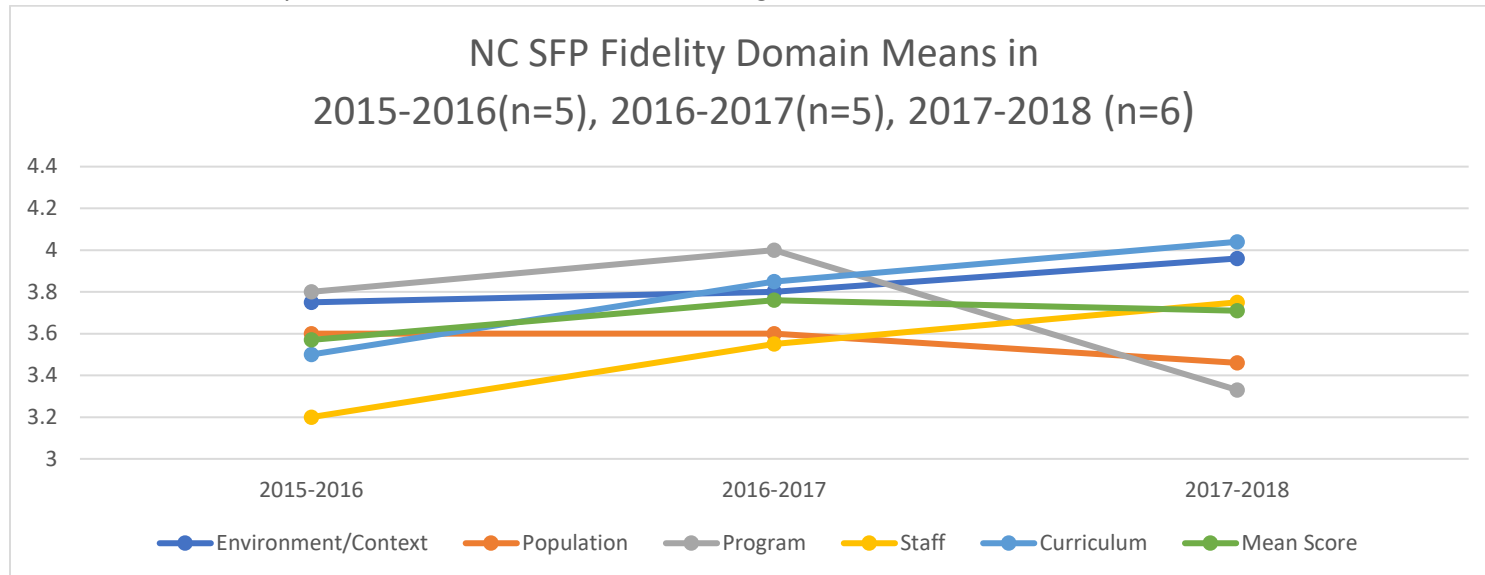
These values are averaged to provide an overall mean fidelity rating for each cycle and for the overall initiative. These ratings will be compared to prior and subsequent years for the life of the project in this ongoing annual evaluation plan.

Fidelity/Process Evaluation Results

Summary Findings

NC SFP agencies met (2.75-3.74) overall SFP standards and benchmarks for fidelity for the included cycles with a mean score of 3.71 for the six agencies in Year 08 that conducted the 16 funded cycles. This was a slight decrease from the 2016-2017 mean score of 3.76. NC SFP agencies exceeded program standards in the Environment/Context Fidelity, Staff, and Curriculum Fidelity and met program standards in the other two domains (Chart 1).

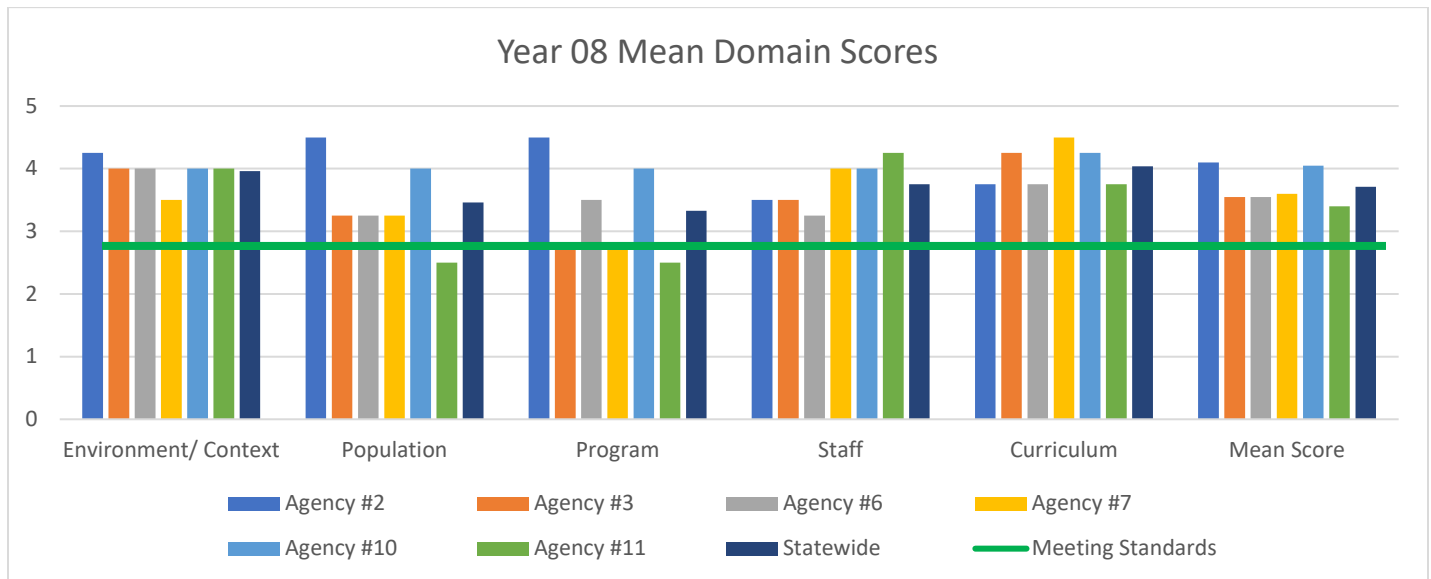
Chart 1. NC SFP Fidelity Domain Means from 2015-2016 through 2017-2018



The mean scores for the Staff, Curriculum, and Environment/Context Domains increased from Year 07 to Year 08. The Population Domains saw a slight decrease, and the program domain had the largest drop due, in large part, to recruitment and retention issues. These domains are discussed in more detail in their respective sections.

There was a wide range between the agency domain scores (2.50-4.50). Overall mean scores placed two agencies “above program standards” and four agencies “at program standards.”

Chart 2. Year 08 Mean Domain Scores Across Agencies Compared to Statewide Mean



While agency 11 fell below program standards for the Population and Program Domains overall the agencies performed well. There is consistency in service delivery when applying and reviewing the implementation in the context of the *SFP* fidelity benchmarks. NC *SFP* agencies continue to operate with fidelity to the *SFP* evidence-based model, thus supporting anticipated program effectiveness as measured in the outcome evaluation of this initiative.

Environment and Community Context Fidelity

The Site Information Survey measures Environment and Community Context Fidelity by assessing the following:

- Partnerships with other agencies and organizations
- Risk factors inherent in the community
- Sustainability and program expansion
- Program location
- Site accessibility
- Actual and perceived safety for attending families
- Availability of transportation
- And overall community risk factors

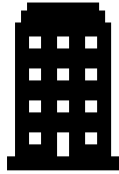
These factors indicate a community-based approach which reaches the intended at-risk population. The overall mean for NC *SFP* agencies was 3.96, “exceeding program standards.”

Cycle Locations. *SFP* prefers non-agency sites as they are usually community/neighborhood-based, less stigmatizing for the families, and typically provide “classrooms” and kitchens which accommodate the activities and family needs for delivering *SFP*. These sites also represent a partnership and community visibility which can increase enrollment and retention. Cycle location in Year 08 was a strong point for the state with 8 of the 16 cycles held at non-agency sites.

Year 08 Site Locations:



1 Community Center



8 Funded Agencies



4 Churches



3 Schools

Geographic Setting. Agencies reported 12 of the 16 cycles were in a rural geographic setting and four were in a suburban setting. NC *SFP* is a largely rural program, with no urban sites. This is viewed as a strength as parent programs and family services are not often available to rural families. This can however also present greater challenges with recruitment and retention because of barriers such as transportation.

Community Partnerships. Seventy-five percent of cycles were held in conjunction with a partner agency. These agencies included local DSS, schools, the housing authority, and churches, which is important to the development, referral base, logistics, and sustainability of the program. Based on referrals and the sites that host the program the agencies are receiving support at the community level with logistics and in identifying and engaging families.

Safety & Accessibility. The sites are reported to be accessible, safe, and welcoming to the families that are attending. Transportation is assured, with many cycles indicating that parents were able to provide their own transportation. Since no site visits were conducted, these environmental assessments are based on Site Survey data.

Community Calendar. A fidelity benchmark is to align the program with the community calendar. This often results in programs scheduling start and finish weeks according to the school calendar. For the NC *SFP* initiative, all 16 cycles were held in keeping with the school calendar starting either in the fall or after the winter holidays. All cycles were held weekly. The program operated on Mondays, Tuesdays, Wednesdays, and Thursdays. All cycles started at a time that was deemed congruent with the community calendar. With three cycles starting at 3:30 p.m., one cycle starting at 4:30 p.m., and 12 cycles starting at 5:30 p.m. On average the program operates for approximately 2½ - 3 hours. *SFP* recommends that the program be two hours, with the possibility of 2½ hours.

Population Fidelity

The Site Information Survey determines Population Fidelity by assessing:

- Level of Risk
- Family Demographics
- Referrals and Enrollment

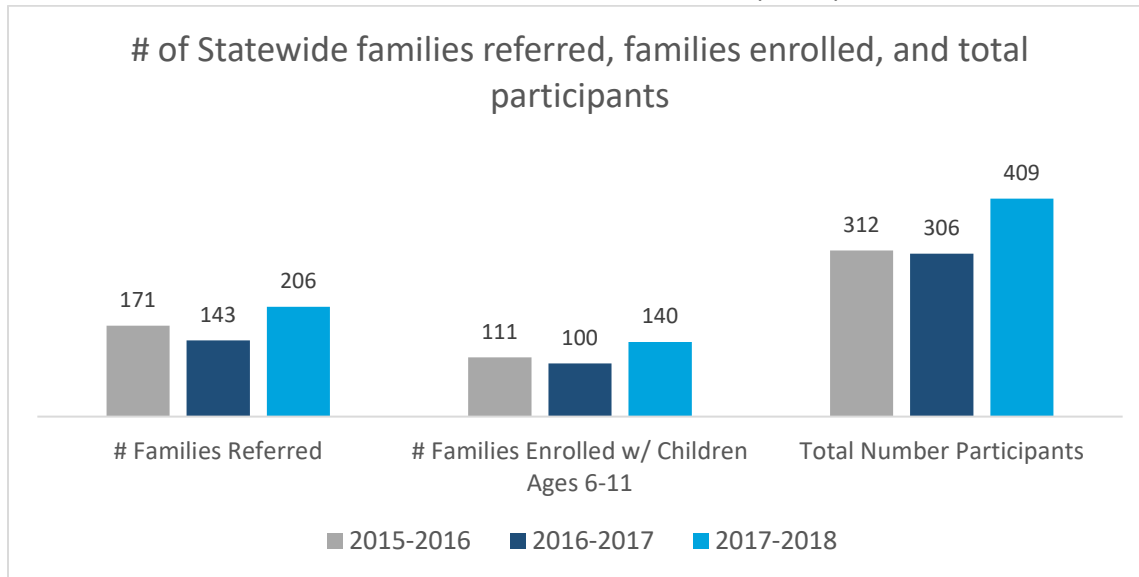
The Year 08 statewide score for Population Fidelity was 3.46, "meeting program standards." There was a range of 2.50-4.50 for the six providing agencies.

Enrollment. It is recommended in *SFP* best practices, in anticipation of attrition in high-risk families, that the sites heavily over recruit between eight and 12 families towards the *SFP* fidelity goal of completing at least six families. The larger the number of families that are enrolled, the more cost effective the program, as well as the stronger the relational effect of the program. However, when cycles enroll more than 12 families, the number of

participants in the skills groups is too large and the group operates more as an "education" group, as compared to a "skills" group where participants must have adequate time for practice and receive feedback from the facilitators and the other members of the group. An additional enrollment requirement is having at least one child in the 6-11 age range. In Year 08 all agencies met this requirement.

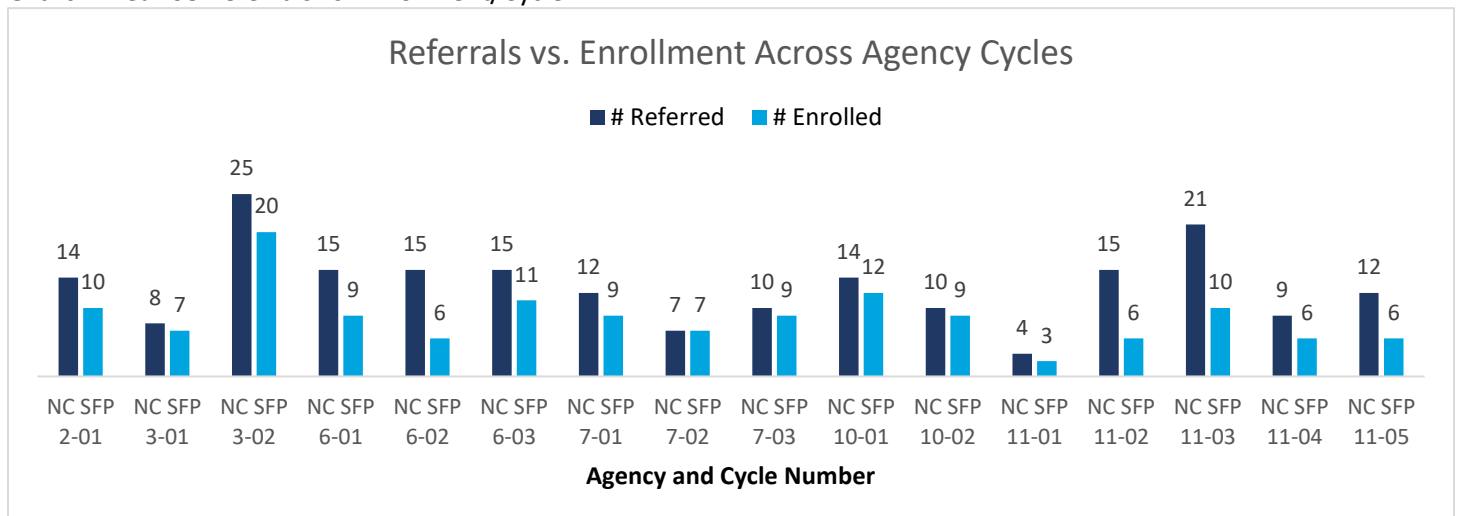
A total of 206 families with children between the ages of 6-11 were referred to the 16 NC SFP cycles that reported referrals; this was a mean of 12.88 referrals per cycle (Chart 3). This resulted in a total of 140 families enrolling, a referral rate of 67.96%, a small decrease from 2016-2017 when 69.93% of referrals enrolled.

Chart 3. Number of statewide referrals, enrollments, and total participants in Year 06, 07, & 08



At the agency level the fidelity benchmark for enrollment is a minimum of eight families per cycle and no more than 12. Eight of the 16 cycles met the fidelity enrollment benchmark. These numbers resulted in a lower fidelity score for the state. Seven cycles enrolled less than eight families and one cycle enrolled 20 families, greatly exceeded the fidelity benchmark limit of twelve families enrolled. Two of the 16 cycles did not have at least eight referrals, making it impossible to meet the minimum enrollment benchmark (Chart 4).

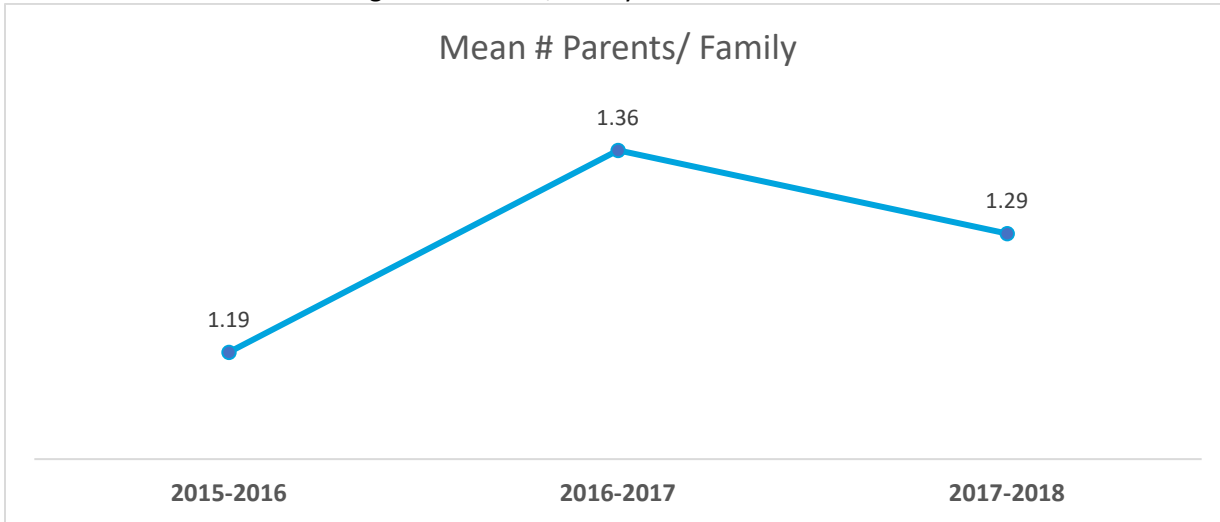
Chart 4. Year 08 Referrals vs. Enrollment/Cycle



Agencies need to ensure they receive an adequate number of referrals that are eligible and able/willing to attend (e.g., have children in the age range of 6-11; do not have competing schedule conflicts). If families are not enrolling due to barriers to attendance, then solutions and incentives should be devised that remove those barriers

Family Composition. One hundred-eighty-one parents and 228 children ages 6-11, resulting in a total of 409 participants, participated in the 16 cycles. The statewide mean number of parents per family was 1.29. Slightly below the *SFP* benchmark of 1.30 parents per family and a decrease from Year 07 (Chart 5). The mean number of children per family was 1.63.

Chart 5. Year 08 NC *SFP* Average # of Parents/Family

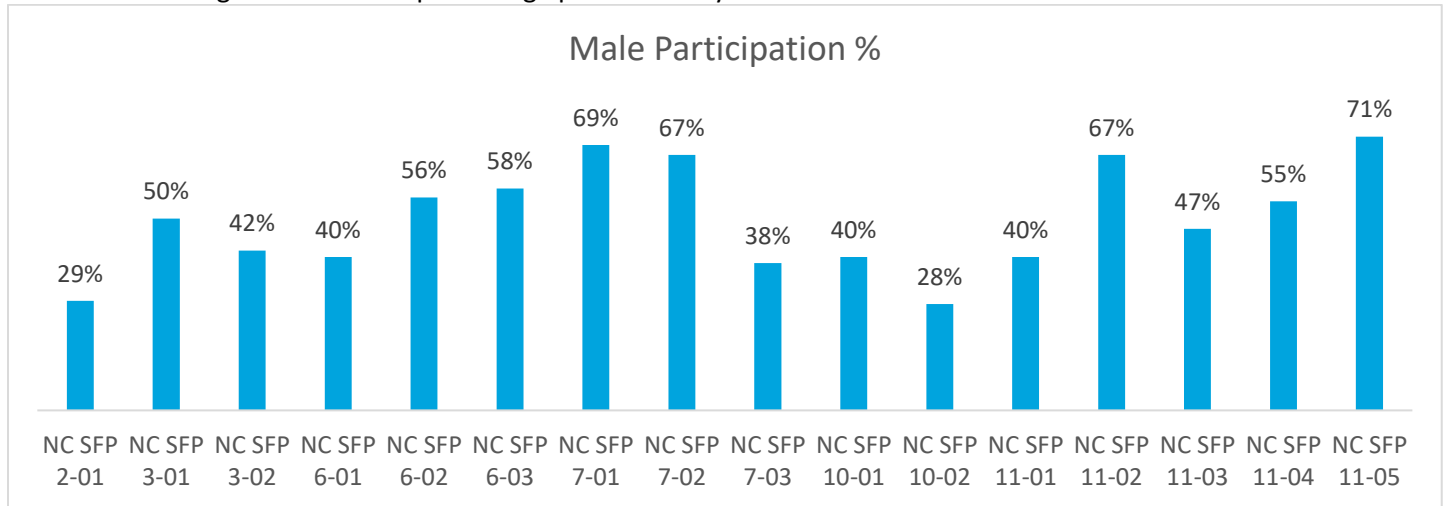


With further analysis, more telling is the broad range of caregiver/family ratios by cycle and agency. Note that in Year 08 seven cycles had a parent/family mean over 1.29 and alternatively, nine cycles had a mean below 1.29.

Ninety-nine (70.71%) families had one adult enrolled, 41 (29.29%) families had two adults enrolled. The inclusion of all caregivers and supervisors of the child increases the opportunity and likelihood that the child will have a consistent and predictable "family" as the caregivers learn and practice the same skills that they learn at *SFP*. A 29.29% rate of families with multiple caregivers is a strong rate (See Appendix A for full table).

Demographics-Sex. Family demographics inform the risk assessment and better describe the population of families participating in the NC *SFP* cycles. Statewide, participants were 74.03% female and 25.97% male. There was a range of 0.00% male to 44.44% male per cycle. This was a strong positive for the state. Representing a slight increase in the number of male caregivers from Year 07, with a male caregiver rate of 23.88%. Notably, six cycles had 30% or greater male participation (Chart 6).

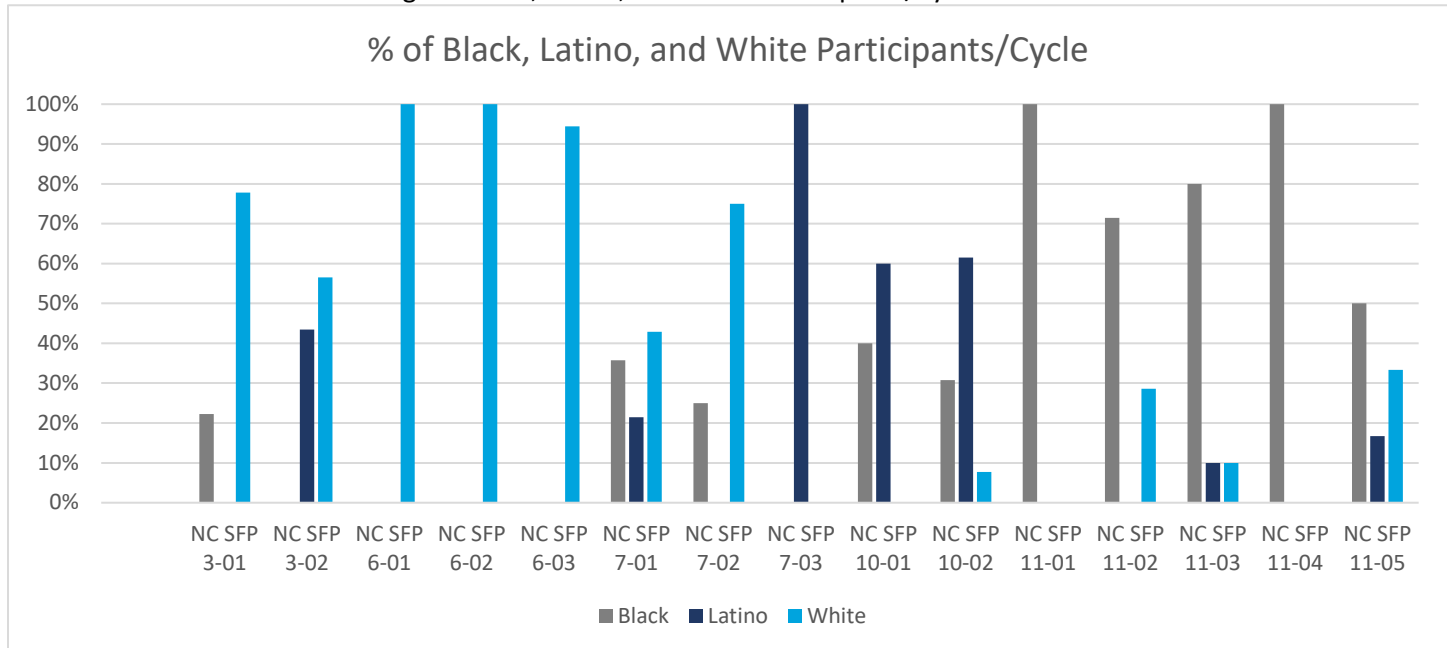
Chart 6. Percentage of adult male percentage per Year 08 cycle



The children were 52.63% female and 47.37% male, noting a relatively equal number of male and female children in the program consistent with previous years.

Demographics-Race. Parents enrolled in Year 08 were, 24.86% Black/African American, 26.52% Hispanic/Latino, 48.07% White/Caucasian and 0.55% were otherwise identified (Chart 7). Of note is that there was a large increase in the percentage of White/Caucasian and Hispanic/Latino parents in Year 08 and a notable decrease in the percentage of Black/African American families as compared to Year 07. NC SFP's overall diversity by enrolling families of racial and ethnic minorities is commendable.

Chart 7. Year 08 NC SFP Percentage of Black, Latino, and White Participants/Cycle

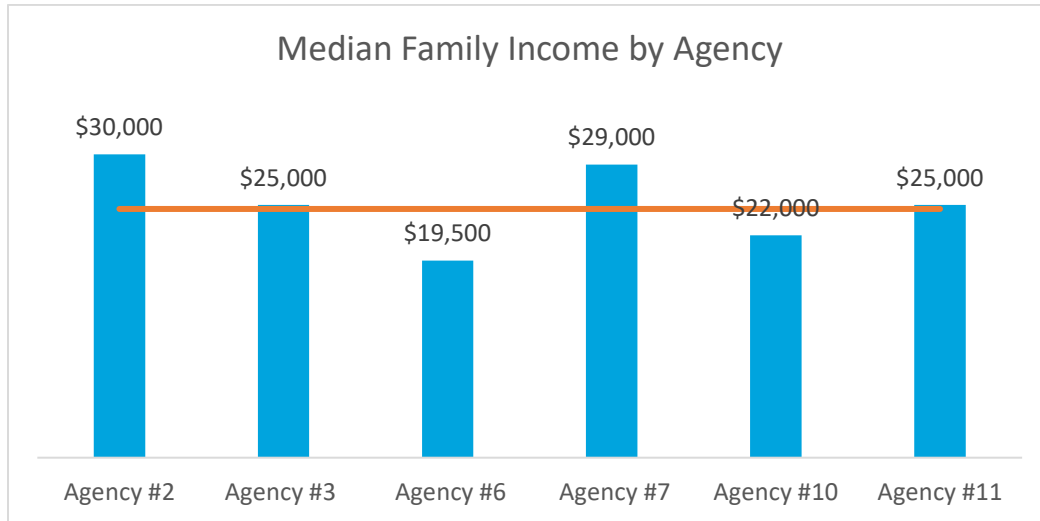


Racial diversity varied by cycle with one agency only serving White/Caucasian participants, and others serving more of a mix.

Demographics-Income. An additional indicator of family risk and differences between the communities served by the six agencies is the reported annual family income. In Year 08, the NC SFP mean reported annual income

was \$26,845.16, a notable increase from the Year 07 mean of \$19,502.49. The Year 08 median income was \$22,000.00. The range of mean income by Agency is from \$22,000.00 for Agency #10 to \$35,552.63 for Agency #7 (Chart 8).

Chart 8. Year 08 NC *SFP* Median Family Income by Agency compared to 2017 Family of 4 Poverty Line: \$24,600.



These findings are limited by the number of responses for the agencies. The sample size by agency varies greatly with a range of 2-34 responses.

Program Fidelity

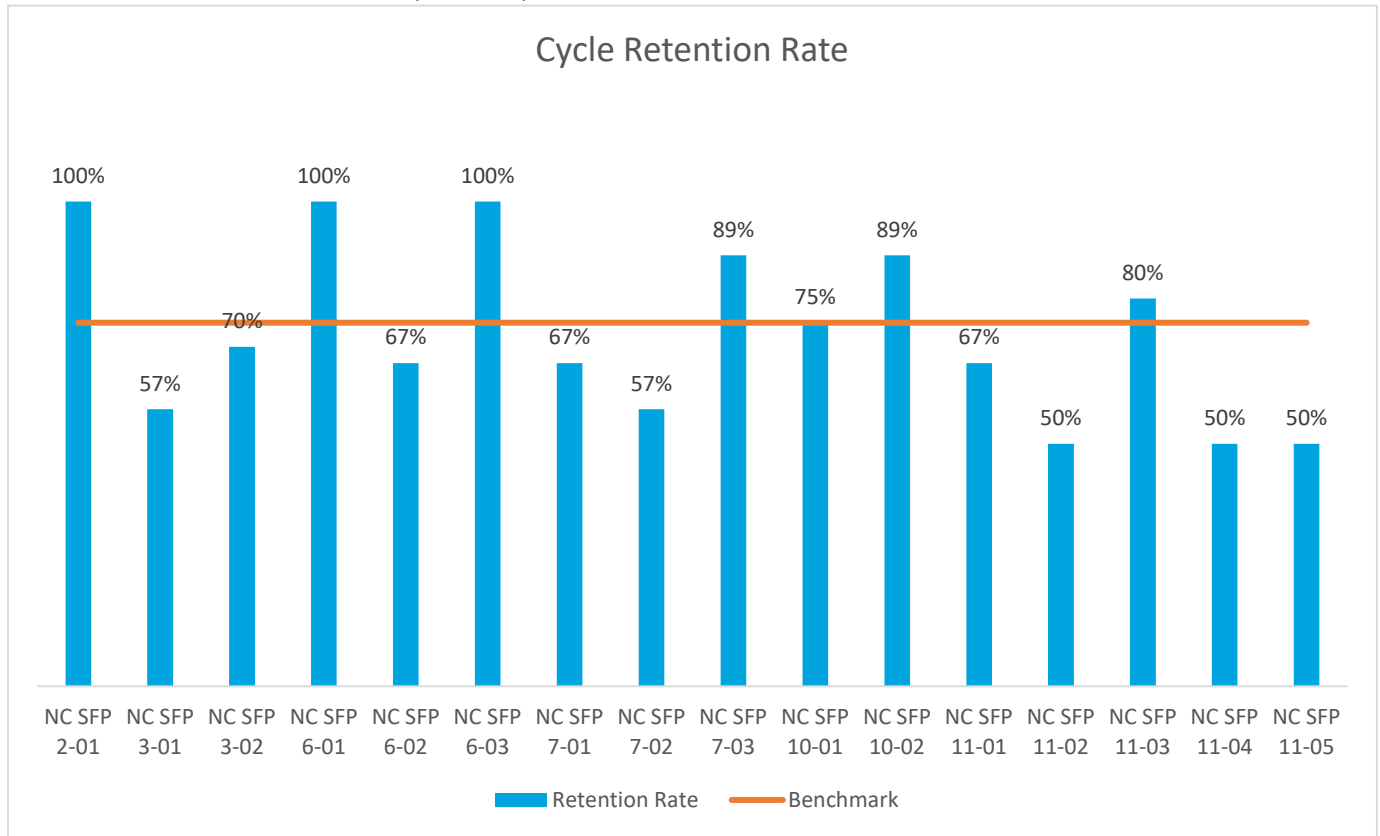
Program Fidelity measures the fidelity to the program structure and components that support skill development taught in the curriculum. It uses the Site Information Survey to assess a variety of benchmarks:

- Provision of a meal
- Small incentives for participation and attendance
- A graduation celebration
- The inclusion of an evaluation
- Overall organization
- Availability of childcare
- Retention

The average Program Fidelity score for NC *SFP* agencies in Year 08 was 3.33, "meeting program standards." This is a drop below the Year 07 score of 4.00, "above program standards." The individual agency Program Fidelity scores for this reporting period are 4.50 for agency #2, 4.00 for Agency #10, 3.50 for Agency #6, 2.75 for Agency #3 and Agency #7, and 2.50 for Agency #11. The statewide score indicates that the sites have provided the recommended program components to assure a program environment that is conducive to learning the skills, assuring the safety of the participants and removing barriers to attendance.

Retention Rate. Retention rate is one of the key benchmarks that factors into the Program Fidelity score. Therefore, the Year 08 change in the Program Fidelity score for NC *SFP* is reflective of the fact that only seven of the 16 cycles met or exceeded the benchmark retention rate for both the percent of families enrolled that completed (75%) and the number of families that completed (8) (Chart 9).

Chart 9. Year 08 Retention Rate/Cycle Compared to Benchmark Rate (75%)



The second benchmark for completion is number of families completing/cycle with a benchmark of six. The average number of families completing per cycle was 6.63, resulting in an overall program that slightly exceeds *SFP* program standards and that is strong, viable, and cost effective. However, seven of the 16 cycles had less than six complete the program: with three having only four families complete, three having three families complete, and one having two families complete.

Staffing Fidelity

The Site Information Survey assesses Staffing Fidelity by measuring:

- Number of Staff
- Training of Staff
- Cultural competence/diversity

The average Staffing Fidelity score for NC *SFP* agencies in Year 08 was 3.75, "exceeds program standards." This is an increase from the Year 07 score of 3.55, "meets program standards." The range of fidelity scores for staffing was from 3.50 to 4.25. Table 2 summarizes agency performance on each of the 3 areas for Year 08.

Table 2. Agency Level Performance on Staffing Fidelity Measurement.

Agency Number	# of Staff	Training of Staff	Diversity
Agency #2	Had all staff	100% Trained	All female
Agency #3	Had all staff	100% Trained	All female
Agency #6	Only one parent leader in cycle 3	One child leader not trained	All female
Agency #7	Had all staff	One untrained parent and child leader in cycle 3	All female
Agency #10	Had all staff	One untrained parent and child leader	All female
Agency # 11	Had all staff	One parent leader not trained	One male parent leader

Group Leaders. Staffing Fidelity requires two group leaders in each parent and child group and a separate site coordinator. The site coordinator is a dedicated position, and not to be performed by a group leader. For 16 NC *SFP* cycles, this meant that there was a total of 88 fidelity staff positions. Of the total of 36 *SFP* Parent Group Leader positions for the 16 cycles, 32 (88.89%) of those positions were filled as reported. There was a total of 36 Child Group Leader positions with 100% of those positions filled. Of the 68 filled Group Leader staff positions, 55 (80.88%) of the staff had completed training at the time they facilitated the groups, similar to last year when 77% of group leaders were trained.

Site Coordinators. There were 16 site coordinator positions with 100% of those filled. It is essential to have an on-site coordinator. Having a site coordinator, who is not leading any groups, as the fifth person on site to supervise the families and staff, handle disruptions, crises, and ensure that the program and evening are organized is essential.

Staff Diversity. There was diversity in ethnicity and race at all six agencies that was congruent with the participating families. The group leaders varied by site with black/African American, white/Caucasian, and Hispanic/Latino diversity in staffing. However, five of the six agencies had all female group leaders, with Agency #11 having male parent group leaders for all five cycles. It is strongly recommended that all agencies actively recruit and hire male group leaders to work both with the parents and the children. The fidelity benchmark/goal would be for each group to be staffed by one male and one female group leader.

Curriculum Fidelity

The NC *SFP* fidelity evaluation does not include site visits or fidelity checklists; therefore, the overall fidelity evaluation scores for Curriculum Fidelity are limited. Overall, the NC *SFP* initiative Curriculum Fidelity score was 4.04, “above program standards.” When reviewing the six agency Curriculum Fidelity scores, three agencies were above program standards and three met program standards. NC *SFP* performed well on all indicators of curriculum fidelity that could be calculated:

- 100% of the cycles provided all 14 sessions of curriculum content, with seven cycles providing an additional data collection, orientation and/or family fun session.
- All cycles delivered *SFP6-11*, including the separate family, parent, and child groups.
- Eleven of the cycles were conducted in English-only, four cycles being bilingual Spanish-English, and one cycle was Spanish-only.
- Twelve cycles reported scheduled Booster/Follow-up Sessions for cycle participants, three reported Boosters with dates "to be determined" and one cycle reported no Booster Session.

Outcome Evaluation Methods

The effectiveness of the NC *SFP* program is evaluated in comparison to the *SFP* normative database. A repeated measures retrospective pre- and post-test design with standardized instruments was administered to parents attending the program. The outcome evaluation assessed program effectiveness for identified and targeted parent, child, and family risk and protective factors for substance abuse.

Instruments

The “*SFP* Retrospective Parent Pre/Posttest” uses standardized CSAP and NIDA core measures developed and used because of the need for a short, non-research quality, and practitioner friendly evaluation instrument. A multi-measure, multi-informant (child, parent, and group leader) data collection strategy is used to improve triangulation of the data to approximate real changes being measured. The instrument is available in both Spanish and English. These instruments are designed to assess child and parent mental health, substance abuse risk and resiliencies, family management and cohesiveness, and parent and child social skills and attitudes.

Measures

The survey measures change across the family, parent, and child. Family change was measured by:

- Increased cohesion: MOOS FES
- Increased communication: MOOS FES
- Reduced conflict: MOOS FES
- Increased organization: MOOS FES

Parent Change was measured by:

- Increase in efficacy: Alabama Parenting Scale
- Increase in involvement: Alabama Parenting Scale
- Increase in positive parenting: *SFP* Parenting Skills
- Increased parenting skills: *SFP* Parenting Skills
- Increased parental supervision: *SFP* Parenting Skills

Child Change was measured by:

- Increased concentration: POCA
- Reduced covert aggression: POCA
- Reduced overt aggression: POCA
- Reduced depression: POCA
- Increased social skills: Social Skills Rating Scale

Data Collection & Analysis

All outcome data is collected on the *SFP* Parent Retrospective Questionnaire. Parents completed paper copies of the questionnaire at Session 13 or 14. They are collected by the *SFP* Site Coordinator and transmitted to the NC *SFP* Project Director at PCANC. Upon review PCANC transmits the pretest/posttests to AGA for data entry. After data cleaning (removing any names, assuring readable marks, checking for missing data, and random markings) by the researchers, the data is entered into a computer for analysis on a network PC using SPSS for Windows. For this study, only the de-identified (coded) parent pre- and post-test quantitative data is used in the SPSS analysis.

A total change score is calculated as well as summed scores for the family, parent, and child outcomes. The effect sizes of the outcomes are calculated using both an eta squared or Cohen’s (*d*) and the *d*’ statistics for the cluster variables and 15 individual outcome variables related to family, parent, and child risk factor

improvements and improved protective factors for substance abuse and child maltreatment. Analyses of Variance (ANOVAs) and the effect sizes for the pre- to post-test changes are conducted and reported in outcome tables categorically by family, parent, and child variables.

Statistical Significance and Effect Size. A *p*. value of <.05 means that this result is likely to not be due to chance since it would have happened only five times out of 100 times. However, a more important statistical outcome is the clinical effectiveness or how much the participants changed from pre-to post-test. This is called “effect size.” Similar to percent change, effect size is a more scientific way that researchers today report how much participants in an intervention have changed. The effect sizes reported are calculated in SPSS software by eta squared or Cohen’s *d*.

Sample Size. The Year 08 statewide sample size rate was 87.23% of the 141 parents that completed the program. The total number of parents in the sample was 123 pretest/posttests, with a range of 9 to 40 per agency (Table 3). Five of the six agencies had large enough samples to achieve statistical power for the analysis.

Table 3. Year 08 NC SFP Agency Response Rate

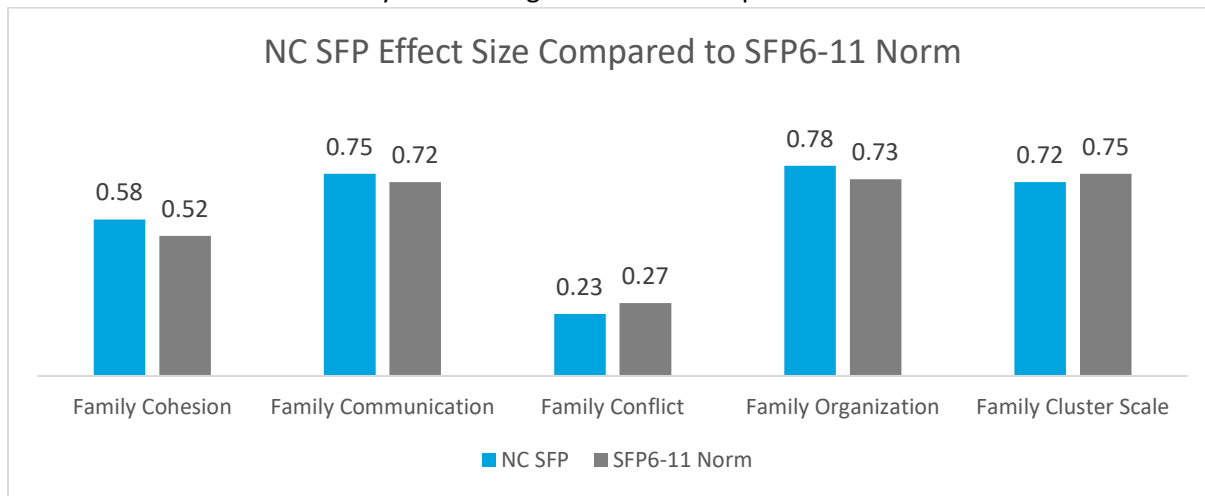
Agency	# Cycles Conducted	# Parents Completed Program	# Pretest/ Posttest Submitted	Sample Rate % (N=181)	% Respondents of Total NC SFP Sample (N=123)
NC SFP Agency #2	1	12	9	75%	7.32%
NC SFP Agency #3	2	22	21	95%	17.07%
NC SFP Agency #6	3	38	40	105%	32.52%
NC SFP Agency #7	3	27	20	74%	16.26%
NC SFP Agency #10	2	22	17	77%	13.82%
NC SFP Agency #11	5	20	16	80%	13.01%
2017-2018 TOTAL	16	141	123	87.23%	100.00%

Outcome Evaluation Results

Family Functioning Findings

One hundred percent of the five family functioning outcome measures were found to be statistically significant positive changes ($p < 0.00$) (See Appendix B for full table and means). This included large program effects for three outcomes: Family Communication ($d = .75$), Family Organization ($d = .78$), and Family Cohesion ($d = .58$). Family Conflict ($d = .23$) measured a medium program effect (Chart 10).

Chart 10. Year O8 NC SFP Family Functioning Effect Sizes Compared to SFP6-11 Norm



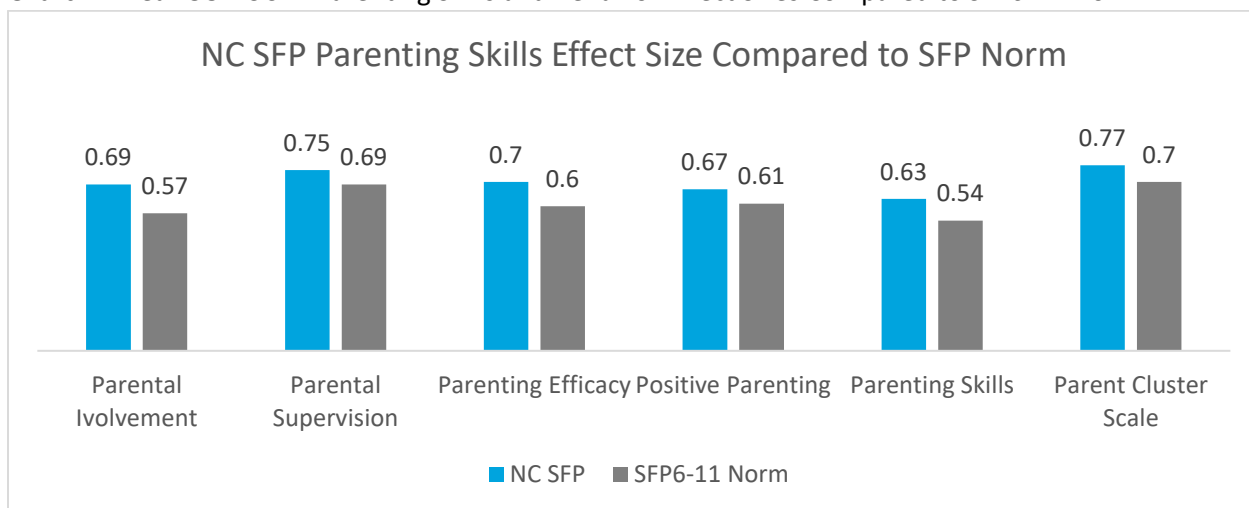
NC SFP showed strong significant improvements across all four family measures. NC SFP had larger effect sizes than the National Norm in 3 of the 4 family measures. Of note is the large effect size for family cohesion, an area that typically takes a longer time to change. To see such a large effect after only 14 weeks indicates the families have begun to implement the parenting skills, family organization, and communication skills in their homes thereby increasing family cohesion.

Family conflict is another area that typically takes longer to being to see the effects of the program. As families begin to implement other behavior changes and communication skills they will start to see a reduction in conflict. To have a medium effect size at 14 weeks is impressive. This effect should continue to grow with time.

Parenting Skills and Behaviors Findings

Parenting Skills and Behaviors saw the strongest effect sizes in year O8. All five parent outcomes had statistically significant p . values ($p < 0.00$). They also all had large effect sizes ranging from $d = .63$ for Parenting Skills to $d = .75$ for Parental Supervision (Chart 11).

Chart 11. Year O8 NC SFP Parenting Skills and Behavior Effect Sizes Compared to SFP6-11 Norm



All the effect sizes were larger than the SFP norms. This indicates a profound effect on skills and parental behaviors, including parent/child involvement, parenting skills, parenting efficacy, positive parenting, and

parental supervision, which promise to positively impact the likelihood of child abuse and neglect (See Appendix C for full table with means).

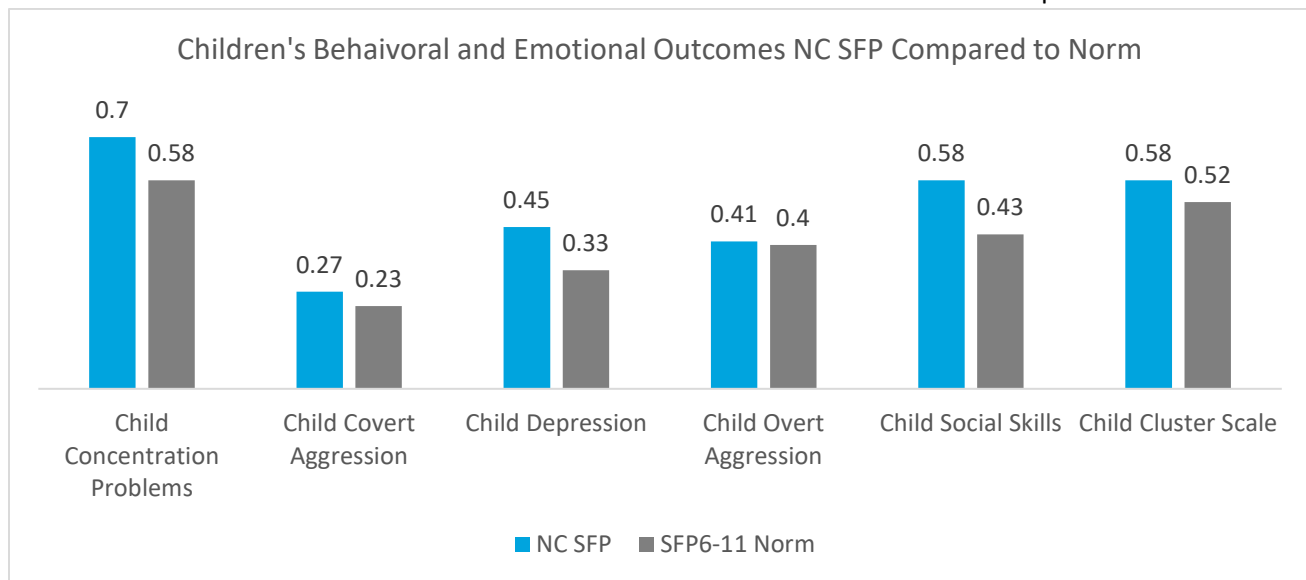
Parental Supervision ($d = .75$) had the largest amount of positive change for the NC SFP sites' in Year 08, measuring a profoundly large effect size. This indicates that the parents increased their supervision and monitoring of their children, a key skill taught in weeks nine through 12 of the program. The second largest changes were in Parenting Efficacy ($d = .70$) and Parental Involvement ($d = .69$). Parenting Efficacy ($d = .70$) reports that the parents had more confidence in their overall ability to parent in the short time period of 14 weeks from the beginning of the program until the end.

The large effect size for Positive Parenting ($d = .67$) indicates that the parents were using rewards, problem solving, and limit setting for discipline instead of punishment. This measure is a key protective factor for reducing child maltreatment as parents replace physical and harsh punishment with positive behavior change strategies. Lastly, parenting Skills ($d = .63$) measured a strong large effect size. This measure reports that the parents have learned and used the core skills of SFP and are able to implement them and see the intended results.

Children's Behavior and Emotional Outcome Findings

All five youth outcomes were statistically significant ($P < 0.00$) (See Appendix D for table with means). This included large program effects for two outcomes: Child Concentration Problems ($d = .70$) and Child Social Skills ($d = .58$) and medium effects for three outcomes: Child Covert Aggression ($d = .27$), Child Depression ($d = .45$), and Child Overt Aggression ($d = .41$) (Chart 13). All five NC SFP child outcomes measured larger program effects than the normative sample.

Chart 12. Year 08 NC SFP Children's Behavior and Emotional Outcome Effect Sizes Compared to SFP6-11 Norm



Child Concentration ($d = .70$) measured a robust and large program effect. This indicates that the children were better able to listen, follow directions, and complete tasks. Child Social Skills & Behavior ($d = .58$) also measured a large program effect. This includes peer relations, communication, and skills such as ignoring and problem solving.

Child Depression ($d = .45$) measured a significant medium program change. Overall, this measure indicates that the parents have reported that the children are more hopeful and happier. This change is indicative of growing resilience in the children as they use their learned skills and get support from their parents.

Child Overt Aggression ($d = .41$) measured a medium program effect size. Child Overt Aggression measures overt physical and verbal outbursts and aggression. It is likely an indication that the children have learned communication skills taught in *SFP* and see them as an alternative to Overt Aggression.

Child Covert Aggression ($d = .27$) measured a medium program effect size. Covert aggression, such as verbal and non-verbal and often invisible aggression, takes more time for parents to notice a change. Covert aggression involves stealing, lying, gossiping, whispering, eye rolling, and bullying. It also includes other "deceptive" behaviors, and by its definition is often difficult to discern. These behaviors are often difficult for parents to identify, especially in the early stages of improved parent/child relations. As parents and children build trust and children become better able to advocate for themselves and problem solve, it is likely that covert aggression will diminish even further and that parents will be more aware of the change and better able to report it, making the strong change in the NC *SFP* children even more notable.

These improvements exceeded those that have been found across the United States over the last five years in all measures. These are particularly profound and strong results since for child behavior change, in contrast to the parent and family outcomes, often agencies find reduced immediate improvements in the children or do not find improvements until months after the parenting practices and family systems dynamics have changed after participating in *SFP*.

Recommendations

It is recommended that this program continue as it is being delivered presently with the following recommendations for maintaining and improving Program Fidelity, effectiveness, and evaluation:

Recruitment, Enrollment and Retention

In Year 08 seven of the sixteen cycles enrolled less than eight families and one cycle exceeded 12 families, enrolling 20 families. Cycles should enroll 8-12 families with a completion rate of at least six families and/or 75% of enrolled families attending 10 or more sessions.

Agencies need to limit parent and child groups to 12-15 to keep groups manageable and engaged. If child or parent groups exceed 15 they are not able to share and elicit feedback-split them into two groups.

For cycles that do not have at least six families signed up for the first session, the program should be postponed until there are at least six families, noting that for fidelity there should be eight families enrolled. When cycles have less than eight families ready to participate, agencies should consider combining cycles or postponing starting while reaching out for more referrals and families that enroll.

Staffing Levels

It is necessary for all cycles and sites to staff the program with two group leaders for each of the parent and child skills training groups; that all four group leaders attend and support the Family Skills Training Session; and, that each site have an additional and separate person that is not a group leader serve as the Site Coordinator for all sessions. This is necessary for best practices and to assure the safety of the families. Particularly, Agency #6 needs to have two Parent Group Leaders. Additionally, it is recommended that all Skills Groups have one male and one female group leader.

Conclusion

Overall, NC *SFP* is an initiative that has achieved high capacity and completion rates and strong fidelity resulting in excellent outcome results with large effect sizes in nine of the fourteen measures, medium program effect sizes in five of the fourteen measures and large program effect sizes in all three cluster variables that overall exceeded the national norms. The NC *SFP* results are excellent and commendable with ongoing improvement over the seven years of this longitudinal evaluation.

All six agencies delivered the program with strong fidelity and robust outcomes, demonstrating the sustainability of NC *SFP* and the ability for NC *SFP* to deliver *SFP* with consistency and quality at multiple and variable sites across the state. This speaks to the notable accomplishment of a strong and solid, well organized, well-funded and sustainable program.

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Appendix A

NC SFP 2017-2018 Demographic Overview of Enrolled Parents by Cycle: Number Parents/Family

Parents/Family	One Parent Enrolled		Two Parents Enrolled		Three or More Parents Enrolled		TOTAL Families
	N	%	N	%	N	%	N
2015-2016 TOTAL	92	82.88%	17	15.32%	2	1.80%	111
2015-2016 Mean/Cycle (N=12)	7.67	82.88%	1.42	15.32%	0.17	1.80%	9.25
2016-2017 TOTAL	67	67.00%	31	31.00%	2	2.00%	100
2016-2017 Mean/Cycle (N=12)	5.58	67.00%	2.58	31.00%	0.17	2.00%	8.33
NC SFP 2-01	8	80.00%	2	20.00%	0	0.00%	10
NC SFP 3-01	5	71.43%	2	28.57%	0	0.00%	7
NC SFP 3-02	17	85.00%	3	15.00%	0	0.00%	20
NC SFP 6-01	3	33.33%	6	66.67%	0	0.00%	9
NC SFP 6-02	5	83.33%	1	16.67%	0	0.00%	6
NC SFP 6-03	4	36.36%	7	63.64%	0	0.00%	11
NC SFP 7-01	4	44.44%	5	55.56%	0	0.00%	9
NC SFP 7-02	6	85.71%	1	14.29%	0	0.00%	7
NC SFP 7-03	4	44.44%	5	55.56%	0	0.00%	9
NC SFP 10-01	9	75.00%	3	25.00%	0	0.00%	12
NC SFP 10-02	5	55.56%	4	44.44%	0	0.00%	9
NC SFP 11-01	2	66.67%	1	33.33%	0	0.00%	3
NC SFP 11-02	5	83.33%	1	16.67%	0	0.00%	6
NC SFP 11-03	10	100.00%	0	0.00%	0	0.00%	10
NC SFP 11-04	6	100.00%	0	0.00%	0	0.00%	6
NC SFP 11-05	6	100.00%	0	0.00%	0	0.00%	6
2017-2018 TOTAL	99	70.71%	41	29.29%	0	0.00%	140
2017-2018 Mean/Cycle (N=16)	6.19	70.71%	2.56	29.29%	0.00	0.00%	8.75

Appendix B

NC SFP 2017-2018 Family Risk and Protective Factors Outcomes: Means, SDs, Changes, F, P values and ES *d* Compared to SFP6-11 Norms

OUTCOME MEASURE	N	Pre-Test	SD	Post-Test	SD	Change	F	sig	Effect Size <i>d</i>
Family Cohesion							0.63	0.43	0.00
<i>SFP6-11</i> Norms	923	3.71	0.88	4.55	0.53	0.85	993.59	0.00	0.52
NC <i>SFP</i> Year 08	119	3.80	0.94	4.71	0.47	0.91	164.82	0.00	0.58
Family Communication							0.14	0.71	0.00
<i>SFP6-11</i> Norms	886	3.10	0.74	4.22	0.55	1.12	2305.08	0.00	0.72
NC <i>SFP</i> Year 08	90	3.32	0.73	4.41	0.47	1.09	271.70	0.00	0.75
Family Conflict							0.00	0.99	0.00
<i>SFP6-11</i> Norms	917	2.30	1.07	1.80	0.80	(0.49)	333.11	0.00	0.27
NC <i>SFP</i> Year 08	115	2.31	1.01	1.82	0.84	(0.49)	34.49	0.00	0.23
Family Organization							1.55	0.21	0.00
<i>SFP6-11</i> Norms	902	2.71	0.81	4.07	0.63	1.36	2478.49	0.00	0.73
NC <i>SFP</i> Year 08	91	2.79	1.00	4.27	0.64	1.48	313.54	0.00	0.78
Family Cluster Scale							0.09	0.77	0.00
<i>SFP6-11</i> Norms	897	3.26	0.63	4.28	0.43	1.02	2648.09	0.00	0.75
NC <i>SFP</i> Year 08	91	3.38	0.72	4.38	0.44	1.00	255.36	0.00	0.74

Appendix C

NC SFP 2017-2018 Parent Risk and Protective Factors Outcomes: Means, SDs, Changes, F and P values, and *d* with Comparison to SFP6-11 Norms

OUTCOME MEASURE	N	Pre-Test	SD	Post-Test	SD	Change	F	sig	Effect Size <i>d</i>
Parental Involvement							1.22	0.27	0.00
<i>SFP6-11</i> Norms	908	3.46	0.92	4.40	0.59	0.94	1196.43	0.00	0.57
NC <i>SFP</i> Year 08	113	3.45	0.95	4.48	0.57	1.03	254.42	0.00	0.69
Parental Supervision							3.03	0.08	0.00
<i>SFP6-11</i> Norms	916	3.22	0.70	4.27	0.49	1.05	2068.39	0.00	0.69
NC <i>SFP</i> Year 08	119	3.30	0.73	4.47	0.44	1.17	350.49	0.00	0.75
Parenting Efficacy							1.95	0.16	0.00
<i>SFP6-11</i> Norms	923	3.21	0.83	4.18	0.62	0.97	1372.61	0.00	0.60
NC <i>SFP</i> Year 08	120	3.37	0.81	4.44	0.57	1.08	272.55	0.00	0.70
Positive Parenting							9.11	0.00	0.01
<i>SFP6-11</i> Norms	925	3.72	0.86	4.64	0.46	0.92	1420.69	0.00	0.61
NC <i>SFP</i> Year 08	120	3.63	0.90	4.76	0.35	1.14	244.73	0.00	0.67
Parenting Skills							3.48	0.06	0.00
<i>SFP6-11</i> Norms	893	3.40	0.71	4.01	0.63	0.60	1035.85	0.00	0.54
NC <i>SFP</i> Year 08	112	3.52	0.64	4.22	0.52	0.71	192.35	0.00	0.63
Parent Cluster Variable							5.56	0.02	0.01
<i>SFP6-11</i> Norms	902	3.39	0.60	4.27	0.40	0.88	2094.92	0.00	0.70
NC <i>SFP</i> Year 08	116	3.43	0.64	4.45	0.36	1.02	394.48	0.00	0.77

Appendix D

NC SFP 2017-2018 Child Risk and Protective Factors Outcomes: Means, SDs, Changes, F and P values, and *d* with Comparison to SFP6-11 Norms

OUTCOME MEASURE	N	Pre-Test	SD	Post-Test	SD	Change	F	sig	Effect Size <i>d</i>
Child Concentration							2.87	0.09	0.00
<i>SFP6-11</i> Norms	843	3.14	0.68	3.77	0.61	0.64	1161.20	0.00	0.58
NC <i>SFP</i> Year 06	119	3.25	0.69	3.98	0.61	0.73	276.76	0.00	0.70
Child Covert Aggression							5.55	0.02	0.01
<i>SFP6-11</i> Norms	853	2.06	0.59	1.76	0.52	(0.29)	249.55	0.00	0.23
NC <i>SFP</i> Year 06	116	2.21	0.82	1.78	0.52	(0.43)	42.27	0.00	0.27
Child Depression							8.44	0.00	0.01
<i>SFP6-11</i> Norms	890	2.09	0.70	1.70	0.54	(0.39)	434.19	0.00	0.33
NC <i>SFP</i> Year 06	119	2.09	0.79	1.55	0.47	(0.54)	95.94	0.00	0.45
Child Overt Aggression							2.41	0.12	0.00
<i>SFP6-11</i> Norms	878	2.15	0.71	1.72	0.55	(0.43)	587.31	0.00	0.40
NC <i>SFP</i> Year 06	111	2.02	0.80	1.51	0.41	(0.51)	76.57	0.00	0.41
Child Social Skills							12.48	0.00	0.01
<i>SFP6-11</i> Norms	863	3.73	0.67	4.11	0.59	0.38	652.68	0.00	0.43
NC <i>SFP</i> Year 06	116	3.64	0.73	4.17	0.61	0.53	159.95	0.00	0.58
Child Cluster Scale							7.05	0.01	0.01
<i>SFP6-11</i> Norms	896	3.65	0.47	4.05	0.40	0.39	970.87	0.00	0.52
NC <i>SFP</i> Year 06	120	3.63	0.55	4.13	0.36	0.49	163.64	0.00	0.58