

Strengthening Families Program Year 10 Report

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Strengthening Families Program by Dr. Karol Kumpfer

Prepared For: Prevent Child Abuse NC

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Strengthening Families Program

Year 10 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 parents' 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 (PCANC) 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

This Year 10 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 producing intended outcomes when implemented for the identified population of families at-risk for child abuse and neglect in the state of North Carolina.

The Year 10 report includes six agencies that served 10 counties with eight cycles serving 55 families: 64 parents and 86 children.

Table 1. Number of Cycles/Agency in Year 10

| Agency Number | Number of Cycles |
|---------------|------------------|
| Agency #3 | 1 |
| Agency #6 | 1 |
| Agency #7 | 2 |
| Agency #10 | 1 |
| Agency #11 | 1 |
| Agency #12 | 2 |

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)

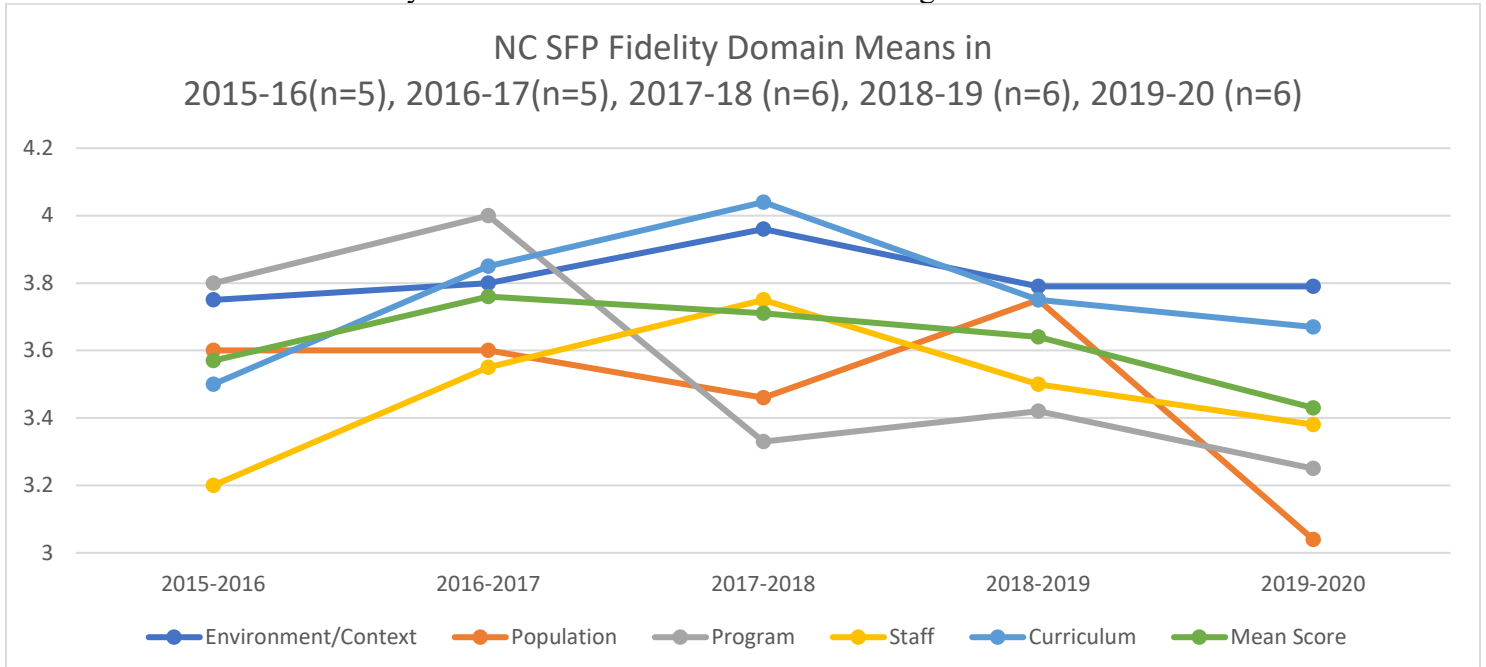
These values are averaged to provide an overall mean fidelity rating for each cycle and for the overall initiative. These ratings will be compared to prior and subsequent years for the life of the project in this ongoing annual evaluation plan.

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 3.43 for the six agencies in Year 10 that conducted the eight funded cycles. This was a slight decrease from the 2018-19 mean score of 3.64. NC *SFP* agencies exceeded program standards in Environment/Context and met program standards in the other domains (Chart 1).

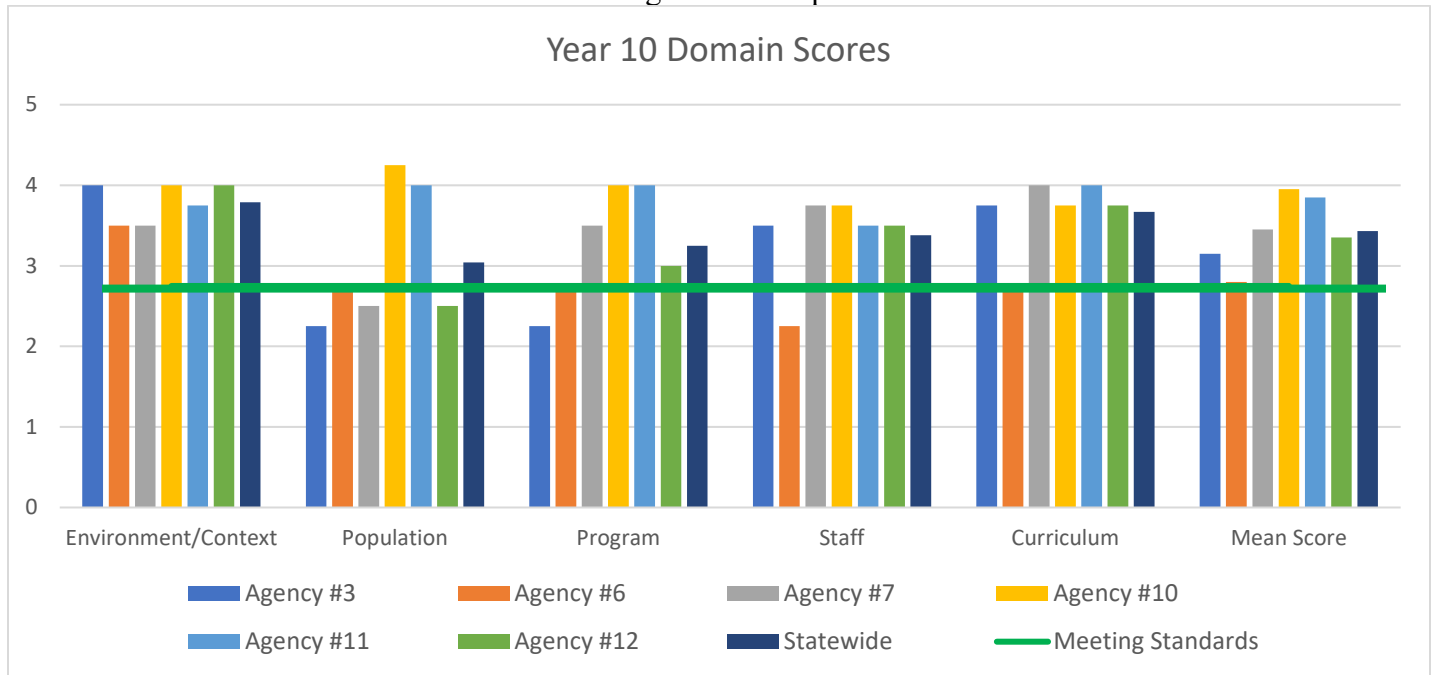
Chart 1. NC *SFP* Fidelity Domain Means from 2015-2016 through 2019-2020



The mean score for Environment/Context fidelity maintained from Year 09 to Year 10. The other domains saw small decreases. These domains are discussed in more detail in their respective sections.

There was a wide range between the agency domain scores (2.8-3.95). Overall mean scores placed two agencies “above program standards” and four agencies “at met program standards.”

Chart 2. Year 10 Mean Domain Scores Across Agencies Compared to Statewide Mean



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

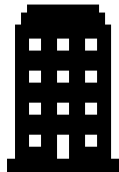
These factors indicate a community-based approach which reaches the intended at-risk population. The overall mean for NC *SFP* agencies was 3.79, “exceeding program standards.” There was a range from 3.5-4.0 across the six agencies.

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 10 was a strong point for the state with five of the eight cycles held at non-agency sites.

Year 10 Site Locations:



2 Schools



3 Funded
Agencies



3 Churches

Geographic Setting. Agencies reported six of the eight cycles were in a rural geographic setting and two 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. Many cycles appeared to have been supported by community partnerships. 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 should focus on receiving more 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 cycles were held in keeping with the school calendar starting in the fall. 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 one cycle starting at 4:00 p.m., six cycles starting at 5:30 p.m, and one cycle starting at 9:00 am. On average the program operates for approximately 2½ hours. *SFP* recommends that the program be two hours, with the possibility of 2½ hours.

Population Fidelity

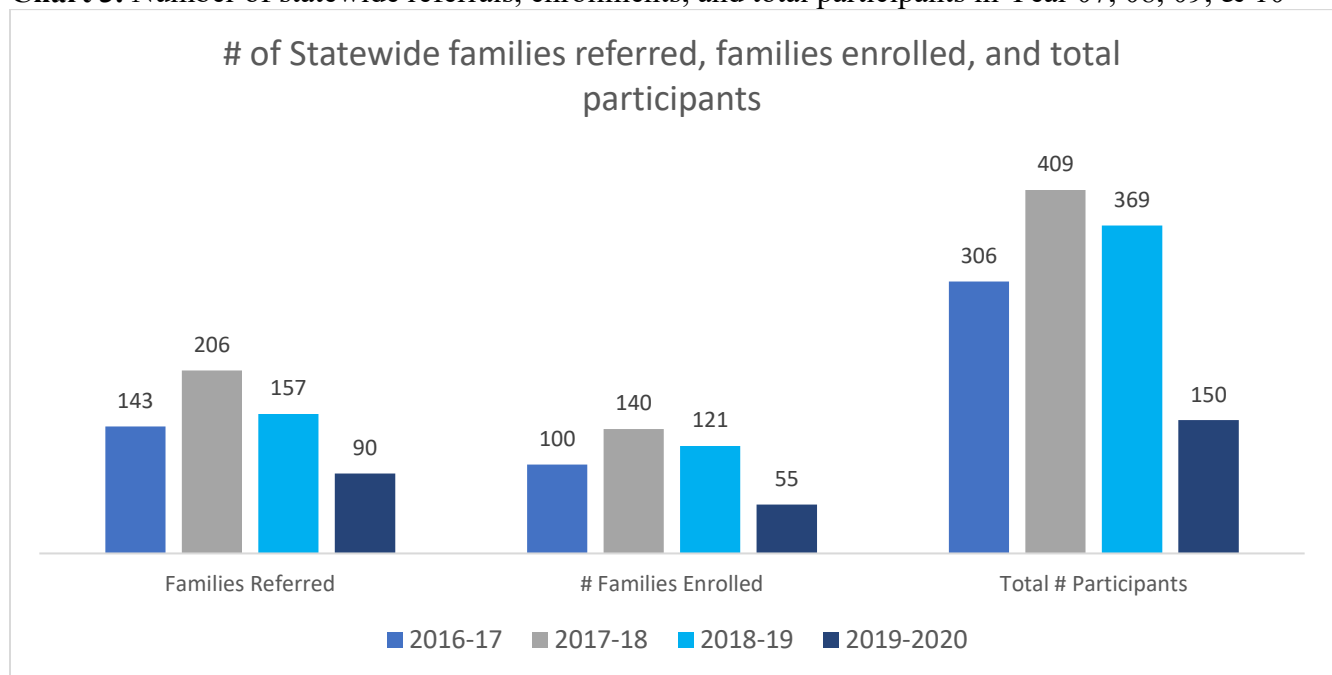
The Site Information Survey determines Population Fidelity by assessing:

- Level of Risk
- Family Demographics
- Referrals and Enrollment

The Year 10 statewide score for Population Fidelity was 3.04, "met program standards." There was a range of 2.25-4.25 for the six providing agencies.

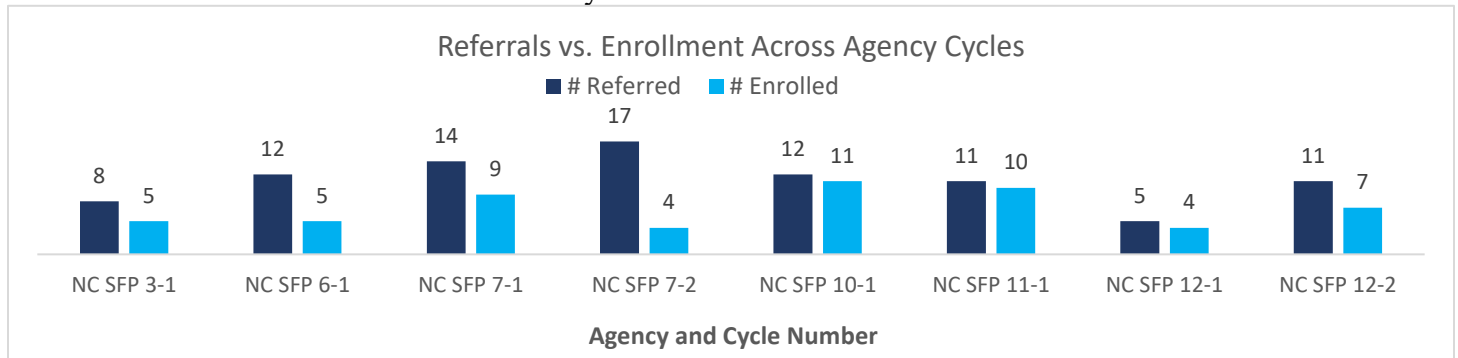
Enrollment. It is recommended in *SFP* best practices, in anticipation of attrition in high-risk families, that the sites heavily over recruit between eight and 12 families towards the *SFP* fidelity goal of completing at least six families. The larger the number of families that are enrolled, the more 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 10 the average enrollment rate dropped to 6.88 families/cycle, bringing down the state's fidelity score in this area. A total of 90 families were referred to the eight NC *SFP* cycles that reported referrals; this was a mean of 11.2 referrals per cycle (Chart 3). This resulted in a total of 55 families enrolling, a referral rate of 61%, a decrease from 2018-19 when 77% of referrals enrolled.

Chart 3. Number of statewide referrals, enrollments, and total participants in Year 07, 08, 09, & 10



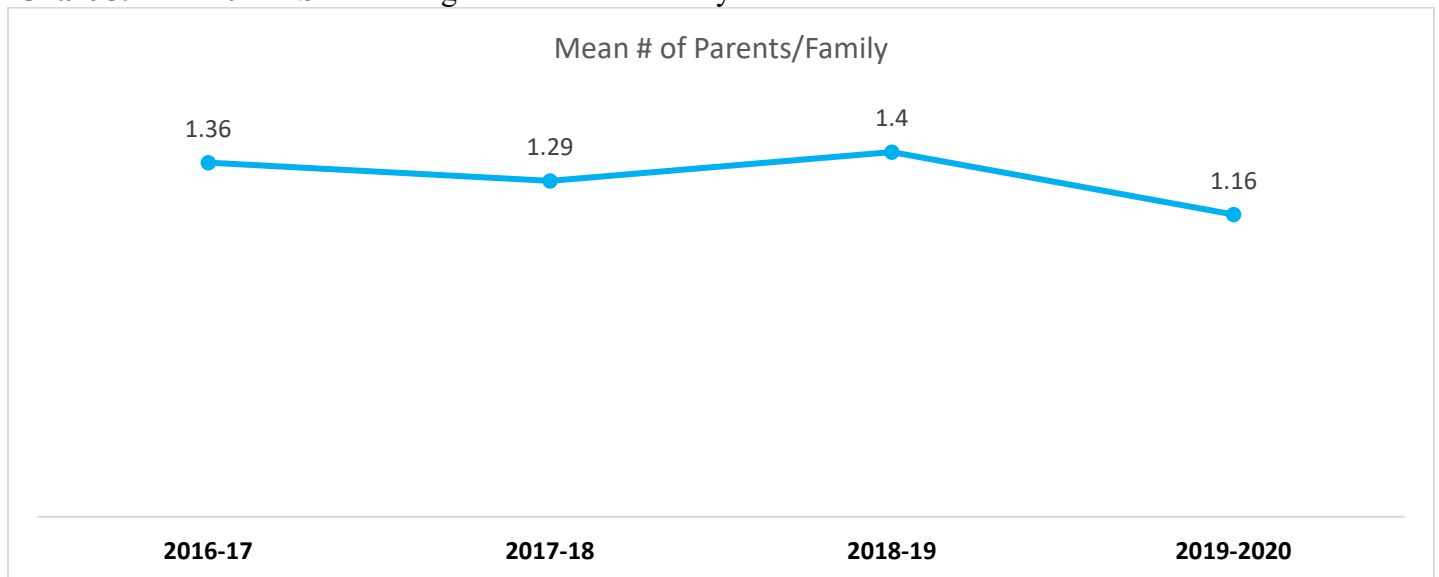
At the agency level the fidelity benchmark for enrollment is a minimum of eight families per cycle and no more than 12. Four of the eight cycles met the fidelity enrollment benchmark. Only one of the 14 cycles did not have at least eight referrals, making it impossible to meet the minimum enrollment benchmark (Chart 4).

Chart 4. Year 10 Referrals vs. Enrollment/Cycle



Family Composition. Sixty-four and 86 children, resulting in a total of 150 participants, participated in the eight cycles. The statewide mean number of parents per family was 1.16. Slightly below the *SFP* benchmark of 1.30 parents per family and a decrease from Year 09 (Chart 5). The mean number of children per family was 1.56.

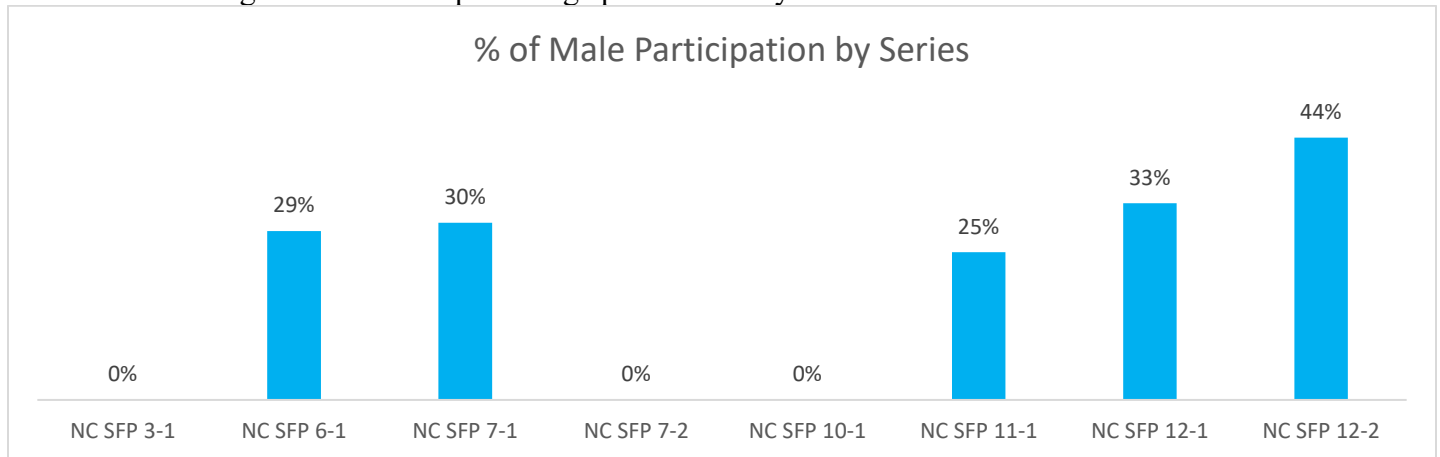
Chart 5. Year 10 NC *SFP* Average # of Parents/Family



Forty-six (84%) families had one adult enrolled and nine (16%) 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*. (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 78% female and 22% male. There was a range of 0.00% male to 44% male per cycle. This was a strong positive for the state. Notably, five cycles exceeded 25% or greater male participation (Chart 6).

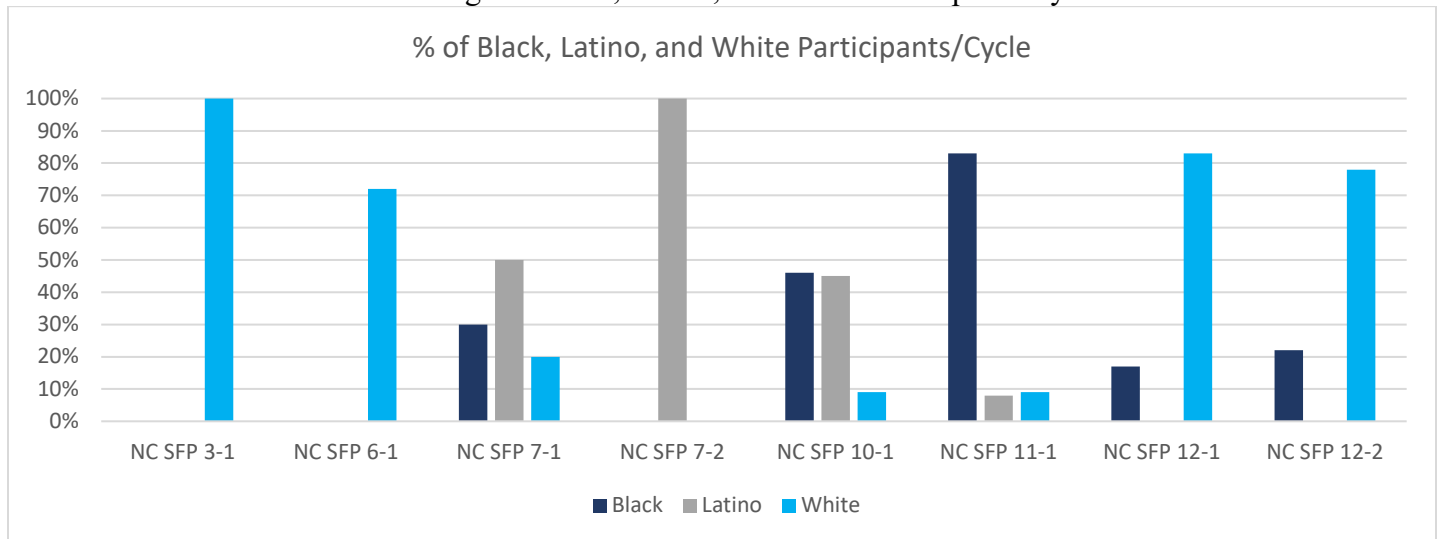
Chart 6. Percentage of adult male percentage per Year 10 cycle



The children were 52% female and 48% male, noting a relatively equal number of male and female children in the program consistent with previous years.

Demographics-Race. Parents enrolled in Year 10 were, 33% Black/African American, 23% Hispanic/Latino, 41% White/Caucasian and 3% were otherwise identified (Chart 7). NC SFP's overall diversity by enrolling families of racial and ethnic minorities is commendable.

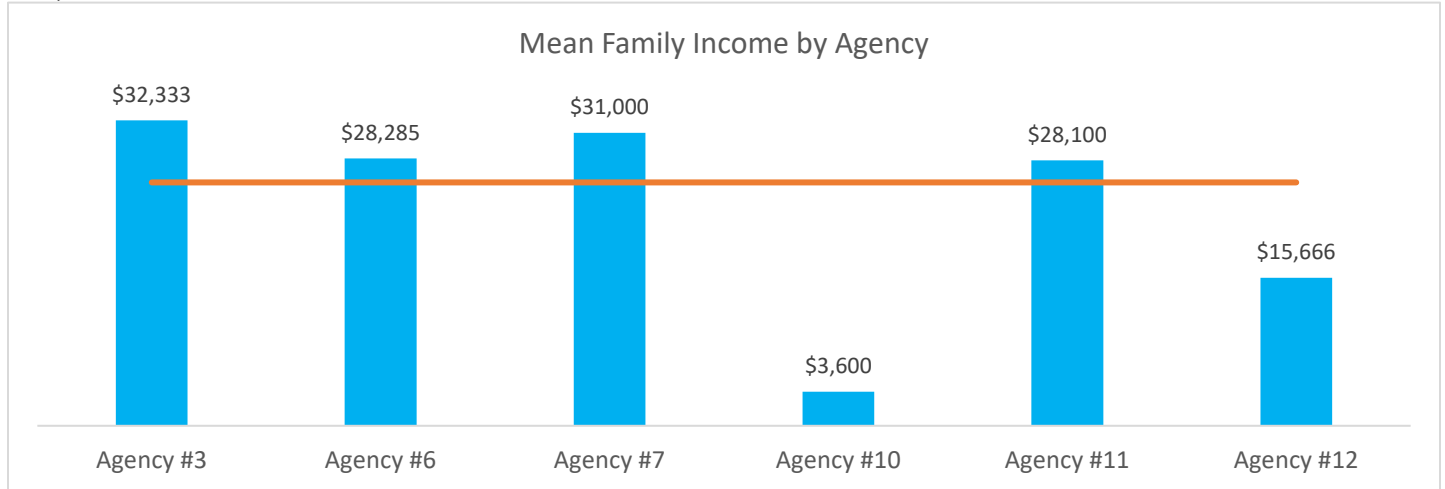
Chart 7. Year 10 NC SFP Percentage of Black, Latino, and White Participants/Cycle



Racial diversity varied by cycle with one agency only serving White/Caucasian participants, and others serving a more diverse 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 10, the NC SFP mean reported annual income was \$25,737.78, a notable increase from the Year 10 mean of \$19,715. The range of mean income by Agency is from \$3,000 for Agency #10 to \$32,333 for Agency #3 (Chart 8).

Chart 8. Year 10 NC *SFP* Mean Family Income by Agency compared to 2018 Family of 4 Poverty Line: \$25,750.



These findings are limited by the number of responses for the agencies. The sample size by agency varies greatly with a range of 2-14 responses.

Program Fidelity

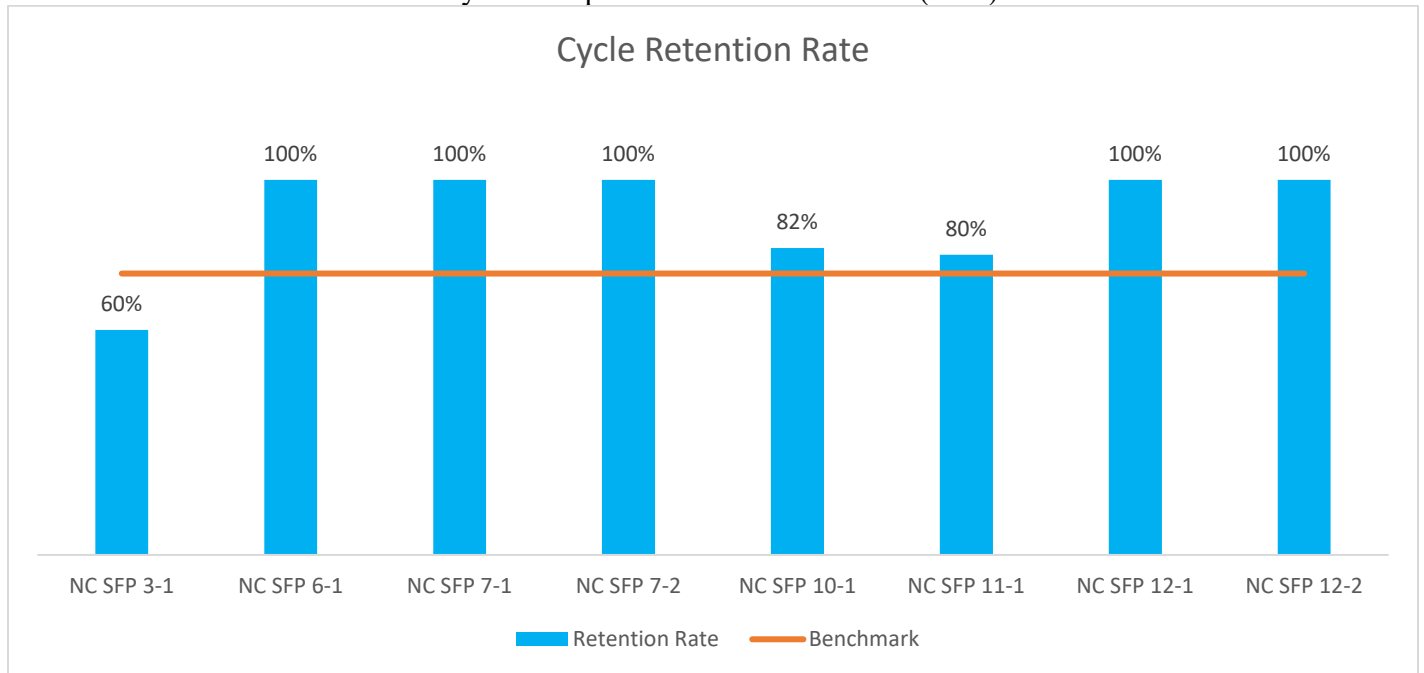
Program Fidelity measures the fidelity to the program structure and components that support skill development taught in the curriculum. It uses the Site Information Survey to assess a variety of benchmarks:

- 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 10 was 3.25, "meeting program standards." This is a slight decrease from the Year 09 score of 3.42, "meeting program standards." The individual agency Program Fidelity scores for this reporting period are 2.25 for agency #3, 2.75 for Agency #6, 3.5 for Agency #7, 4.0 for Agency #10 and Agency #11, and 3.00 for Agency #12. 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. In Year 10, seven of the eight cycles met or exceeded the benchmark retention for percent completing the program (75%) (Chart 9).

Chart 9. Year 10 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 6.88, resulting in an overall program that slightly exceeds *SFP* program standards and that is strong, viable, and cost effective. However, four of the eight cycles had less than six complete the program.

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 10 was 3.38, "meets program standards." This is a decrease from the Year 09 score of 3.5. The range of fidelity scores for staffing was from 2.25 to 3.75. Table 2 summarizes agency performance on each of the three areas for Year 10.

Table 2. Agency Level Performance on Staffing Fidelity Measurement.

| Agency Number | # of Staff | Training of Staff | Diversity |
|---------------|--|-----------------------------------|------------------------------|
| Agency #3 | Had all staff | All trained | All female |
| Agency #6 | Only one parent leader and only one child leader | All trained | All female |
| Agency #7 | Had all staff | All trained | One male child group leader |
| Agency #10 | Had all staff | One untrained parent group leader | All female |
| Agency # 11 | Had all staff | All trained | One male parent group leader |
| Agency #12 | Had all staff | All trained | All female |

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 eight NC *SFP* cycles, this meant that there was a total of 40 fidelity staff positions. Of the total of 16 *SFP* Parent Group Leader positions for the eight cycles, 15 (93.75%) of those positions were filled as reported. Of the total 16 Child Group Leader positions 15 (93.75%) were filled. Of the 40 filled Group Leader staff positions, 38 (95%) of the staff had completed training at the time they facilitated the groups.

Site Coordinators. There were eight 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 five of the 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, four of the six agencies had all female group leaders, 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 3.67, “meets program standards.” When reviewing the six agency Curriculum Fidelity scores, five agencies exceeded program standards and one 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
- All cycles delivered *SFP6-11*, including the separate family, parent, and child groups
- Six of the cycles were conducted in English-only and two cycles were bilingual Spanish-English
- All cycles reported scheduled Booster/Follow-up Sessions for cycle participants

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 10 statewide sample size rate was 100% of the 58 parents that completed the program. The total number of parents in the sample was 58 pretest/posttests, with a range of three to 15 per agency (Table 3). Only Agency #7, Agency #11, and Agency #12 had large enough samples to achieve statistical power for the analysis.

Table 3. Year 10 NC SFP Agency Response Rate

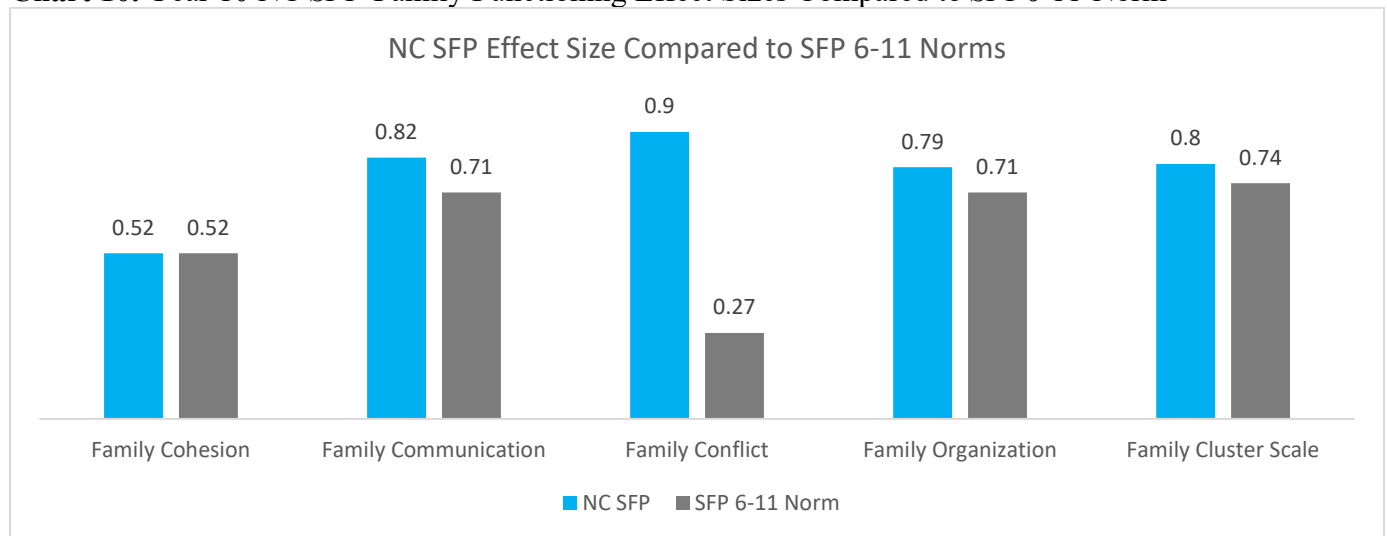
| Agency | # Cycles Conducted | # Parents Completed Program | # Pretest/ Posttest Submitted | Sample Rate % (N=181) | % Respondents of Total NC SFP Sample (N=123) |
|------------------------|--------------------|-----------------------------|-------------------------------|-----------------------|--|
| NC SFP Agency #3 | 1 | 3 | 3 | 100% | 5.17% |
| NC SFP Agency #6 | 1 | 7 | 7 | 100% | 12.07% |
| NC SFP Agency #7 | 2 | 14 | 14 | 100% | 24.14% |
| NC SFP Agency #10 | 1 | 9 | 9 | 100% | 15.52% |
| NC SFP Agency #11 | 1 | 10 | 10 | 100% | 17.24% |
| NC SFP Agency #12 | 2 | 15 | 15 | 100% | 25.86% |
| 2018-2019 TOTAL | 8 | 58 | 58 | 100% | 100% |

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 four outcomes: Family Cohesion ($d = .52$), Family Communication ($d = .82$), Family Organization ($d = .79$), and Family Cluster ($d = .80$). Family Conflict ($d = .09$) measured a small program effect size (Chart 10).

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

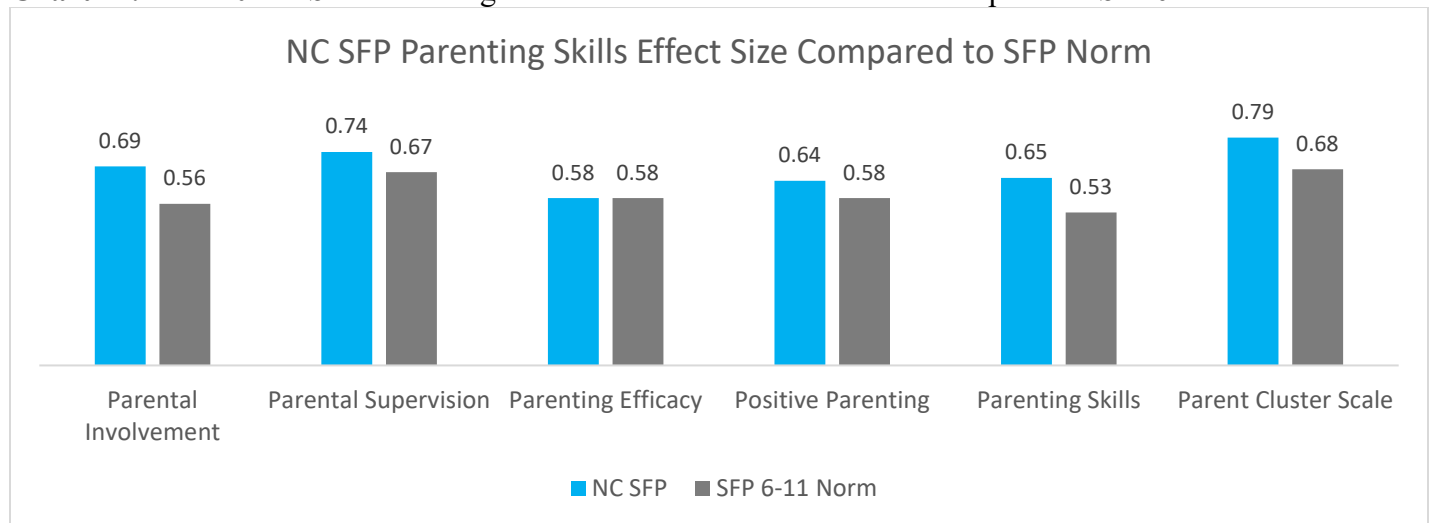


NC *SFP* showed strong significant improvements across all four family measures. All but Family Cohesion had larger effect sizes than the *SFP* norms. Of note is the large effect size for family cohesion, an area that typically takes a longer time to change. To see a large effect after only 14 weeks 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. This effect should continue to grow with time.

Parenting Skills and Behaviors Findings

Parenting Skills and Behaviors saw very strong effect sizes in year 10. All five parent outcomes had statistically significant *p*. values ($p < 0.00$). They also all had large effect sizes ranging from *d*. = .58 for Parenting Efficacy to *d*. = .79 for Parent Cluster Scale (Chart 11).

Chart 11. Year 10 NC *SFP* Parenting Skills and Behavior Effect Sizes Compared to *SFP6-11* Norm



All but Parenting Efficacy had larger effect sizes 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*. = .74) had the largest amount of positive change for the NC *SFP* sites in Year 10, 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 Involvement (*d*. = .69). This reflects a strong implementation of the parent/child bonding skills taught in the initial weeks of the program.

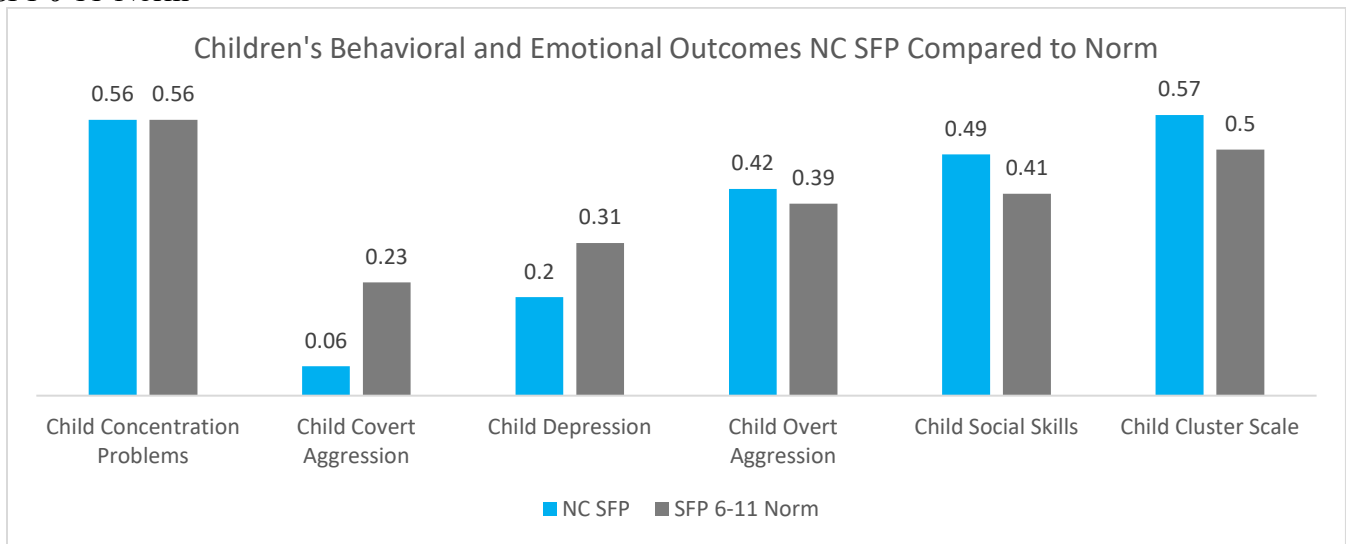
The large effect size for Positive Parenting indicates that the parents were using rewards, problem solving, and limit setting for discipline instead of punishment. This measure is a key protective factor for reducing child maltreatment as parents replace physical and harsh punishment with positive behavior change strategies. Lastly, parenting Skills (*d*. = .65) 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 Child Concentration Problems ($d = .56$) and the Child Cluster Scale ($d = 0.57$); medium effects for Child Depression ($d = .20$), Child Overt Aggression ($d = .42$), and Child Social Skills ($d = .49$); and a small effect size for Child Covert Aggression ($d = .06$) (Chart 13). Three of the five NC *SFP* child outcomes measured larger program effects than the normative sample.

Chart 12. Year 10 NC *SFP* Children’s Behavior and Emotional Outcome Effect Sizes Compared to *SFP6-11* Norm



Child Concentration ($d = .56$) 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 ($d = .49$) measured a medium program effect. This includes peer relations, communication, and skills such as ignoring and problem solving.

Child Depression ($d = .20$) 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 ($d = .42$) 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 ($d = .06$) measured a small 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*.

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 three measures, small effect sizes in two measures, and large program effect sizes in all three cluster variables. The NC *SFP* results are excellent and commendable with ongoing improvement over the eight 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.

It is noted that in the spring of 2020, the six agencies had started their spring cycles, which would have more than doubled the total number of cycles conducted by NC *SFP* in Year 10. Due to the outbreak of COVID-19 and the regulations and guidelines put in place in order to protect public health and safety and limit social contact and spread of the virus, evaluation of all spring cycles was halted. Thus, this report only includes the evaluation of cycles that were completed prior to the termination of spring *SFP* cycles in March 2020.

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Appendix A

NC SFP 2019-2020 Demographic Overview of Enrolled Parents by Cycle: Number Parents/Family

| Cycle | One Parent Enrolled | | Two Parents Enrolled | | Three or More Parents Enrolled | | TOTAL Families |
|------------------------------------|---------------------|---------------|----------------------|---------------|--------------------------------|--------------|----------------|
| | N | % | N | % | N | % | N |
| 2018-2019 TOTAL | 74 | 61.16% | 45 | 37.19% | 2 | 1.65% | 121 |
| 2018-2019 Mean/Cycle (N=14) | 5.29 | 61.16% | 3.21 | 37.19% | 0.14 | 1.65% | 8.64 |
| NC SFP 3-1 | 5 | 100.00% | 0 | 0.00% | 0 | 0.00% | 5 |
| NC SFP 6-1 | 3 | 60.00% | 2 | 40.00% | 0 | 0.00% | 5 |
| NC SFP 7-1 | 8 | 88.89% | 1 | 11.11% | 0 | 0.00% | 9 |
| NC SFP 7-2 | 4 | 100.00% | 0 | 0.00% | 0 | 0.00% | 4 |
| NC SFP 10-1 | 11 | 100.00% | 0 | 0.00% | 0 | 0.00% | 11 |
| NC SFP 11-1 | 8 | 80.00% | 2 | 20.00% | 0 | 0.00% | 10 |
| NC SFP 12-1 | 2 | 50.00% | 2 | 50.00% | 0 | 0.00% | 4 |
| NC SFP 12-2 | 5 | 71.43% | 2 | 28.57% | 0 | 0.00% | 7 |
| 2019-2020 TOTAL | 46 | 83.64% | 9 | 16.36% | 0 | 0.00% | 55 |
| 2019-2020 Mean/Cycle (N=8) | 5.75 | 83.64% | 1.13 | 16.36% | 0.00 | 0.00% | 6.88 |

Appendix B

NC SFP 2019-2020 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 | sig | Effect Size <i>d</i> |
|-----------------------------|-----|----------|------|-----------|------|--------|------|----------------------|
| Family Cohesion | | | | | | | 0.59 | 0.00 |
| <i>SFP6-11</i> Norms | 923 | 3.71 | 0.88 | 4.55 | 0.53 | 0.85 | 0.00 | 0.52 |
| NC <i>SFP</i> Year 10 | 57 | 3.66 | 0.87 | 4.45 | 0.51 | 0.79 | 0.00 | 0.52 |
| Family Communication | | | | | | | 0.29 | 0.00 |
| <i>SFP6-11</i> Norms | 886 | 3.10 | 0.74 | 4.22 | 0.55 | 1.12 | 0.00 | 0.71 |
| NC <i>SFP</i> Year 10 | 55 | 3.23 | 0.62 | 4.25 | 0.51 | 1.02 | 0.00 | 0.82 |
| Family Conflict | | | | | | | 0.00 | 0.01 |
| <i>SFP6-11</i> Norms | 917 | 2.30 | 1.07 | 1.80 | 0.80 | (0.49) | 0.00 | 0.27 |
| NC <i>SFP</i> Year 10 | 58 | 2.09 | 0.90 | 1.94 | 0.84 | (0.15) | 0.02 | 0.09 |
| Family Organization | | | | | | | 0.93 | 0.00 |
| <i>SFP6-11</i> Norms | 902 | 2.71 | 0.81 | 4.07 | 0.63 | 1.36 | 0.00 | 0.71 |
| NC <i>SFP</i> Year 10 | 58 | 2.52 | 0.78 | 3.89 | 0.60 | 1.37 | 0.00 | 0.79 |
| Family Cluster Scale | | | | | | | 0.01 | 0.01 |
| <i>SFP6-11</i> Norms | 897 | 3.26 | 0.63 | 4.28 | 0.43 | 1.02 | 0.00 | 0.74 |
| NC <i>SFP</i> Year 10 | 58 | 3.33 | 0.48 | 4.15 | 0.44 | 0.82 | 0.00 | 0.80 |

Appendix C

NC SFP 2019-2020 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 | sig | Effect Size <i>d</i> |
|--------------------------------|-----|----------|------|-----------|------|--------|------|----------------------|
| Parental Involvement | | | | | | | 0.59 | 0.00 |
| <i>SFP6-11</i> Norms | 908 | 3.46 | 0.92 | 4.40 | 0.59 | 0.94 | 0.00 | 0.56 |
| NC <i>SFP</i> Year 10 | 55 | 3.43 | 0.75 | 4.31 | 0.49 | 0.88 | 0.00 | 0.69 |
| | | | | | | | | |
| Parental Supervision | | | | | | | 0.22 | 0.00 |
| <i>SFP6-11</i> Norms | 916 | 3.22 | 0.70 | 4.27 | 0.49 | 1.05 | 0.00 | 0.67 |
| NC <i>SFP</i> Year 10 | 57 | 3.33 | 0.60 | 4.26 | 0.40 | 0.93 | 0.00 | 0.74 |
| | | | | | | | | |
| Parenting Efficacy | | | | | | | 0.38 | 0.00 |
| <i>SFP6-11</i> Norms | 923 | 3.21 | 0.83 | 4.18 | 0.62 | 0.97 | 0.00 | 0.58 |
| NC <i>SFP</i> Year 10 | 58 | 3.13 | 0.78 | 4.00 | 0.52 | 0.87 | 0.00 | 0.58 |
| | | | | | | | | |
| Positive Parenting | | | | | | | 0.91 | 0.00 |
| <i>SFP6-11</i> Norms | 925 | 3.72 | 0.86 | 4.64 | 0.46 | 0.92 | 0.00 | 0.58 |
| NC <i>SFP</i> Year 10 | 58 | 3.67 | 0.79 | 4.58 | 0.43 | 0.91 | 0.00 | 0.64 |
| | | | | | | | | |
| Parenting Skills | | | | | | | 0.31 | 0.00 |
| <i>SFP6-11</i> Norms | 893 | 3.40 | 0.71 | 4.01 | 0.63 | 0.60 | 0.00 | 0.53 |
| NC <i>SFP</i> Year 10 | 54 | 3.45 | 0.56 | 3.97 | 0.41 | 0.52 | 0.00 | 0.65 |
| | | | | | | | | |
| Parent Cluster Variable | | | | | | | 0.34 | 0.00 |
| <i>SFP6-11</i> Norms | 902 | 3.39 | 0.60 | 4.27 | 0.40 | 0.88 | 0.00 | 0.68 |
| NC <i>SFP</i> Year 10 | 54 | 3.40 | 0.52 | 4.21 | 0.29 | 0.80 | 0.00 | 0.79 |

Appendix D

NC SFP 2019-20120 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 | sig | Effect Size <i>d</i> |
|--------------------------------|-----|----------|------|-----------|------|--------|------|----------------------|
| Child Concentration | | | | | | | 0.24 | 0.00 |
| <i>SFP6-11</i> Norms | 843 | 3.14 | 0.68 | 3.77 | 0.61 | 0.64 | 0.00 | 0.56 |
| NC <i>SFP</i> Year 10 | 56 | 3.25 | 0.53 | 3.80 | 0.47 | 0.55 | 0.00 | 0.56 |
| | | | | | | | | |
| Child Covert Aggression | | | | | | | 0.03 | 0.01 |
| <i>SFP6-11</i> Norms | 853 | 2.06 | 0.59 | 1.76 | 0.52 | (0.29) | 0.00 | 0.23 |
| NC <i>SFP</i> Year 10 | 57 | 2.23 | 0.68 | 2.10 | 0.73 | (0.13) | 0.07 | 0.06 |
| | | | | | | | | |
| Child Depression | | | | | | | 0.05 | 0.00 |
| <i>SFP6-11</i> Norms | 890 | 2.09 | 0.70 | 1.70 | 0.54 | (0.39) | 0.00 | 0.31 |
| NC <i>SFP</i> Year 10 | 55 | 2.14 | 0.63 | 1.90 | 0.59 | (0.24) | 0.00 | 0.20 |
| | | | | | | | | |
| Child Overt Aggression | | | | | | | 0.18 | 0.00 |
| <i>SFP6-11</i> Norms | 878 | 2.15 | 0.71 | 1.72 | 0.55 | (0.43) | 0.00 | 0.39 |
| NC <i>SFP</i> Year 10 | 57 | 2.16 | 0.60 | 1.83 | 0.57 | (0.33) | 0.00 | 0.42 |
| | | | | | | | | |
| Child Social Skills | | | | | | | 0.39 | 0.00 |
| <i>SFP6-11</i> Norms | 863 | 3.73 | 0.67 | 4.11 | 0.59 | 0.38 | 0.00 | 0.41 |
| NC <i>SFP</i> Year 10 | 56 | 3.78 | 0.63 | 4.10 | 0.49 | 0.33 | 0.00 | 0.49 |
| | | | | | | | | |
| Child Cluster Scale | | | | | | | 0.06 | 0.00 |
| <i>SFP6-11</i> Norms | 896 | 3.65 | 0.47 | 4.05 | 0.40 | 0.39 | 0.00 | 0.50 |
| NC <i>SFP</i> Year 10 | 56 | 3.64 | 0.40 | 3.94 | 0.39 | 0.30 | 0.00 | 0.57 |