

## Information for Referrers

### Key features of the Strengthening Families Programme

- The SFP is a 14 week-session programme (two and a half hours per week)
- Parents and young people have a family meal at the start, then they meet separately for the first hour and spend the second hour together in family activities
- It is focussed on building upon strengths within the family and reducing family related risk factors for adolescent problem behaviour & substance misuse

### Referral Criteria

1. SFP is for any family with young people aged 12 – 16 years
2. The parent /carer and young person must be aware of and agree to the referral (Please have parent and young person sign in the space provided)
3. Families must be committed to attending all 14 sessions and be aware that groups will run after school hours, usually in the evening.

### Weekly Topics covered in the Programme

#### **Youth Group**

1. Getting Started and Dreams
2. Speaking and Listening
3. Staying Cool in Conflicts
4. Being Who You Want to Be
5. Speaking for Yourself
6. Speaking Up in a Family
7. Handling Peer Pressure and Temptation
8. Alcohol and Drugs
9. Problem Solving
10. Friends, Dating and Sexuality
11. Managing Emotions
12. Handling Criticism
13. Coping with Anger
14. Resources, Review and Graduation

#### **Parent Group**

1. Introductions and Group Building
2. What Teens can do and How to Manage Stress
3. Encouraging Good Behaviour
4. Goals and Objectives
5. Communication and Better Relationships
6. Communication and Family Meetings
7. Helping Your Teenager Handle Peer Pressure
8. Alcohol, Drugs and Families
9. Solving Problems and Giving Directions
10. Relationships, Love and Sexuality
11. Setting Limits 1
12. Setting Limits 2
13. Contracts for Changing Behaviour
14. Remembering All you Have Learned

### ***Family Group***

1. Introduction and Group Building
2. Appreciating Family Members
3. My Time and Rewards
4. Goals and Objectives
5. Communication for Better Relationships
6. Communication for Family Meetings
7. Supporting Teenagers Resistance
8. Learning from Parents
9. Problem Solving and Giving Directions
10. Relationships, Love and Sexuality
11. Empathy: the Other Person's Shoes
12. Family values
13. Managing anger
14. Graduation and Celebration

### **Agency Responsibility**

1. Referrals will only be accepted on SFP referral forms returnable to the coordinator at the address below.
2. The families must agree to the referral being made and parents and young person should sign the form in the space provided to confirm this.
3. Information will be held confidentially in line with the data protection act.
4. It is preferable for the referrer to maintain an open case with the referred family for the duration of the programme although it is not always applicable.
5. Please indicate on the referral form any specific difficulties within the family which may affect the smooth running of the sessions, such as:
  - current alcohol or drug problems
  - learning difficulties
  - literacy difficulties
  - child protection issues



6. If transport or childcare is a barrier to attending, the group leader will contact the referrer to discuss possible arrangements as there will be an onsite crèche facility and transport provided
7. In the case of parents attending the group under parenting orders, it is the duty of the referrer/responsible officer to monitor their attendance at the group.
8. Where requested the group leaders will make post-group feedback to the referrer with brief details of attendance and main outcomes. Follow up appointments remain the responsibility of the referrer.

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## Referral Pathway

