

What is Strengthening Families?

The Strengthening Families programme was developed in 1983 by Dr Karol Kumpfer, Professor of Psychology at the University of Utah. The core aim is to improve the family environment by helping parents to develop discipline techniques and to understand the importance of rewards and positive attitudes in their children.

Key outcomes have been identified as:

- Delayed onset or long-term prevention to adolescent substance abuse
- Improved family communication
- Increased parenting skills
- Reduction in anti-social behaviours in young people
- Increased resistance to peer pressure
- Improved stress management skills in young people

The 14 week programme uses separate structured sessions for parents and children to allow both to work on parenting and life skills, followed by a joint parent-child session where both have the opportunity to practice their new skills through experimental exercises. Sessions always begin with a family meal to encourage family time and normal parent-child interaction in a relaxed setting.

FAMILY MEAL } 30MINS

TEEN
SKILLS
SESSION

PARENTS
SKILLS
SESSION

FAMILY
SKILLS
SESSION

} 1HR

} 1HR

Alongside the programmes, food, childcare facilities, and transport is provided free of charge to enable families to fully participate in the programme sessions.

For further support or
information contact:

Strengthening Families
Service Co-Ordinator

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STRENGTHENING FAMILIES



A Free Fourteen week
Parenting Programme
delivered by ASCERT

Parents and Carers:

- Meet other parents/carers with young people of similar ages
- Develop positive family relationships and parent/child communication skills
- Increase parental confidence and skills
- Increase ability of parent/caregivers to set appropriate limits and show affection and support to their children



I am able to support my child's dreams and goals

I am able to stay calm and get my point across

I am able to solve problems with my child

Young people:

- You will meet other young people your age
- Learn new skills
- Take part in activities
- Prizes and have FUN!

I know how a good friend behaves

I know healthy ways to handle stress

I understand my parent's point of view

I can make good choices for myself



Referral Pathway

Family presented to agency showing interest in SFP
OR
Agency working with family who they think could benefit from the programme

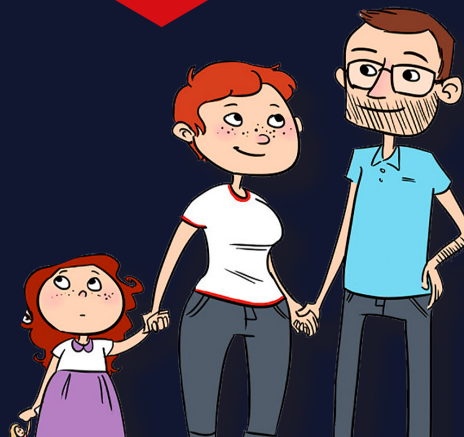
Referral agent meets with the family to explain the programme and to fill out the Family Nomination Form

Nomination form sent to SFP Co-ordinator
This must name: the primary referral agent who will work directly with the family and a nominated secondary agent who can work with the family if the primary referral is unavailable

Following receipt of all Family Nomination Forms a meeting is scheduled with the advisory panel to review applicants if the nomination form meets the criteria for SFP then a place is provided if appropriate and the SFP co-ordinator contacts agency

Agency contacts family / formal invite is sent to family from SFP Co-ordinator. Family confirm attendance.

Week 1 of SFP commences



Frequently Asked Questions

“Here are the most frequently asked questions we receive on the project...”

“Who is it for?”

Any family with young people aged 12-16.

“How much does it cost?”

It is FREE for families, fully funded by the PHA.

“Where will I have to go?”

The Programme is run in places near to your home such as in a community centre, youth club or a local school.

“How long will the sessions last?”

2 ½ hours per week for 14 weeks.

“Who will be there?”

Programme facilitators along with other parents/carers and young people

“Are there refreshments?”

Yes, we start every session with a family meal (food and drinks) and there are even prizes to be won!

“Are there childcare/play sessions?”

Yes, and these are fully funded by the PHA

“How do I get there?”

Where necessary, we can help with the cost of getting you to and from the programme.

“What areas are covered?”

You can join the programme if you live (or in the case of a referring agency if your family lives) in either:

Belfast Trust areas: Belfast and Castlereagh.

Southern Trust Areas: Newry Mourne, Armagh Dungannon and Craigavon/Tyrone.