

EVALUATION OF THE STRENGTHENING FAMILIES PROGRAMME

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Funder: Western Regional Drugs Task Force

Background

The Strengthening Families Programme (SFP) is a family skills training programme designed to enhance resilience and reduce risk factors, including those for alcohol and substance misuse in young people and their parents. It is adapted to a range of different age groups and has been run in 17 countries. First piloted in Ireland in 2007, the SFP has been run in a variety of locations and by a number of organisations. In 2010 the Western Region Drugs Task Force ran the 14 session programme on a pilot basis, over a 14 week period in four centres in the West of Ireland.

Research Aims

To determine the effectiveness of the Strengthening Families Programme in the West of Ireland.

Methods

This research has been commissioned to evaluate the application of the SFP in the West of Ireland. It is in three parts: a literature review, process and impact evaluation.

Literature Review:

Literature pertaining to the SFP was identified, gathered, reviewed and reported.

Process evaluation:

A qualitative approach to process evaluation of the Strengthening Families Programme was used with data collected through semi-structured face-to-face and telephone interviews with programme participants and group interviews with other stakeholders.

Impact evaluation:

A quantitative approach was used to assess the immediate effects of the intervention through pre and post intervention measurements with programme participants using a questionnaire comprised of components of the Family Environment Scale (Moos & Moos, 2002) and pertinent questions from the Slán Survey (adults) and the Health Behaviours in School Aged Children Study (children) about consumption of alcohol and drugs. The questionnaire was administered using the Interwrite Response System to promote an interactive and empowering approach to data collection

Progress to Date

A draft literature review has been written which provides the context to the programme. Data, for both process and impact evaluation components have been gathered, analysed and compiled in a draft report submitted to funders.

Dissemination

None to date.