



Embedding “Family Engagement” in Juvenile Justice Improves Outcomes

Amy Asher, Assistant Chief, Butte County Probation
Jessica Wyman, Deputy Probation Officer, Butte County
Jaynie Brown, CEO Strengthening Families Program LLC

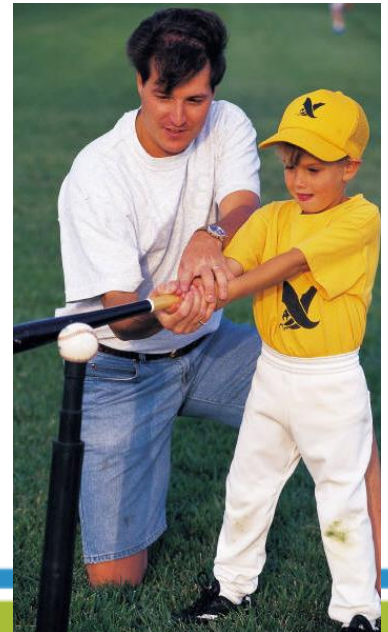


Bringing the Strengthening Families Program to Butte County

- Juvenile outcomes show limited success when interventions focus solely on youth.
- We identified a real need to engage the entire family system for sustainable impact.
- After research and consultation, we chose to implement the Strengthening Families Program (SFP-7-17) as a promising, evidence-based solution.

Family-Centered Intervention Outcomes Improve Over Time

- Youth-only centered treatment or prevention have **reduced** outcomes over time; family programs have **improved outcomes**.
- Improving parenting skills reduces relapse and recidivism in drugs, crime, and child maltreatment.
- Relationships between children and their primary caregiver are significant to the development of good mental health.





Strengthening Families
Program by Dr. Karol Kumpfer

Quick Facts About SFP

- Developed under a NIDA grant for drug-abusing parents
“What skills do parents need to keep kids from using?”
- Evidence-based **Family Skills** program taught since 1984
Used in 50 U.S. states & 30 foreign countries
- SFP is a **whole family** training course: Parent, Teen, Child
Family must practice SFP skills together during lesson
- **UPDATED Version SFP 7-17 includes Mindfulness**
Reduces alcohol, drugs, delinquency, depression



SFP Skills Useful for Every Family

In SFP a “**family**” is defined as “one or more adults responsible for one or more children; a “**parent**” is an adult with that responsibility

- Biological family
- Single/divorced parent
- Adoptive family
- Grandparent, uncle/aunt, adult relative
- Foster parent
- Non-family who is helping raise children
- LGBTQ partners (or ex-partners)

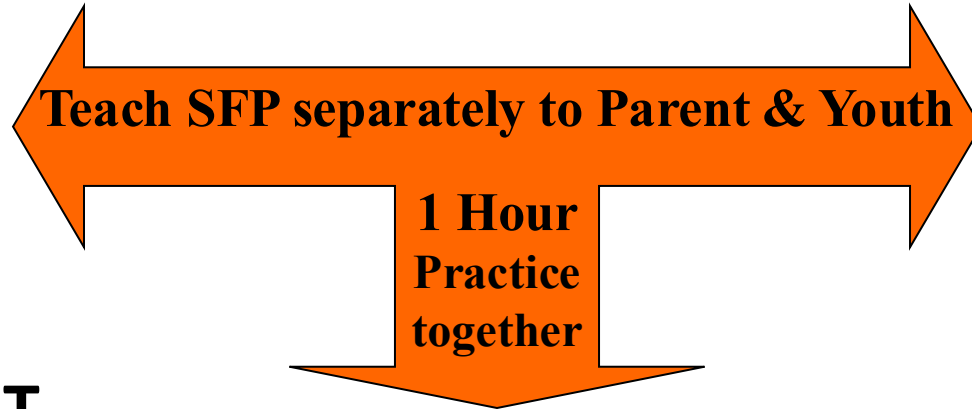


EVERY FAMILY IS WELCOME, VALUED & RESPECTED

SFP IN-PERSON CLASSES BEGIN WITH A FAMILY MEAL



TEACH PARENT



TEACH YOUTH



Parents & Youth learn skills separately; then practice them together during Family Practice hour

Optional Ways to teach SFP 7-17 Lessons: SFP Videos Online, in joint SFP Family Discussion Groups, In-home



- 1. SFP Video Discussion Groups for parents and children who watch SFP Videos with 2 SFP Family Coaches who direct discussions & skill practice**
- 2. Learn SFP skills online, with SFP videos, assignments, and handouts**
- 3. Detention facilities: To youth during the day; parents attend on Friday night for dinner, lesson, practice with youth**

SFP lessons work because they train parents in skills to reduce family Risk Factors:

- SFP corrects erroneous attitudes - teaching parents a better way
- SFP corrects skill deficiencies as the family learns and practices skills, then tracks and reports their behavior



➤ This practice changes their brain wiring and creates new healthy behavior patterns

Intro Lesson Skills Create Bonding

1) **“My Time”** (*one-on-one play*)



2) **Eat pleasant family dinners or meals together 3-5 x week**



3) **Practice Mindful Breathing**



4) **Dismiss A.N.T.s**

(*Automatic Negative Thoughts*)



What are the rules for “My Time?”

**Play one-on-one
10-15 minutes
daily**



**Parent looks
for and gives
all positive
comments**

**Child / Teen
picks activity
No electronics**

**Parent gives
loving,
undivided
attention**

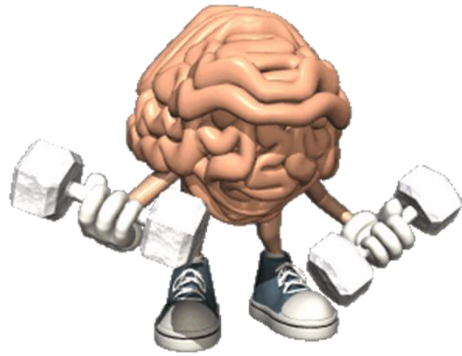
**Parent asks
no questions;
gives no
suggestions**

FAMILY DINNER to do's

- *Tell about kind deed each person did that day*
- *Each person say one thing they are grateful for*
- *Have pleasant conversation (use JAR questions)*



Pleasant dinners create more family bonding; kids get better grades, have less depression, and avoid risky behavior.



SFP added MINDFULNESS

**a “brain training skill” that
strengthens your ability to:**

- ✓ Pay attention
- ✓ Feel calm
- ✓ Develop impulse control
- ✓ Manage negative emotions

New Mindfulness skill taught in each SFP 7-17 lesson



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Lessons learned in Butte County:

- Quickly adapted strategies to **effectively engage families** and encourage consistent participation.
- Prioritized **building trust** and fostering positive relations with families.
- Implemented **adjustments** to better manage and support challenging behaviors.
- Refined the **referral process** and emphasized thorough family preparation for program success.



SFP works because it
trains parents to reduce
“Family Risk Factors”
and increase
“Protective Factors”

**Changes
the home
environment**



**Improves
youth brain
development**



SFP 7-17 trains parents and youth in pro-social skills that trigger feel-good brain chemicals, so it feels good to do them.

These skills increase self-esteem, family bonding, & pro-social behavior

***“When you DO good,
you FEEL good!”***

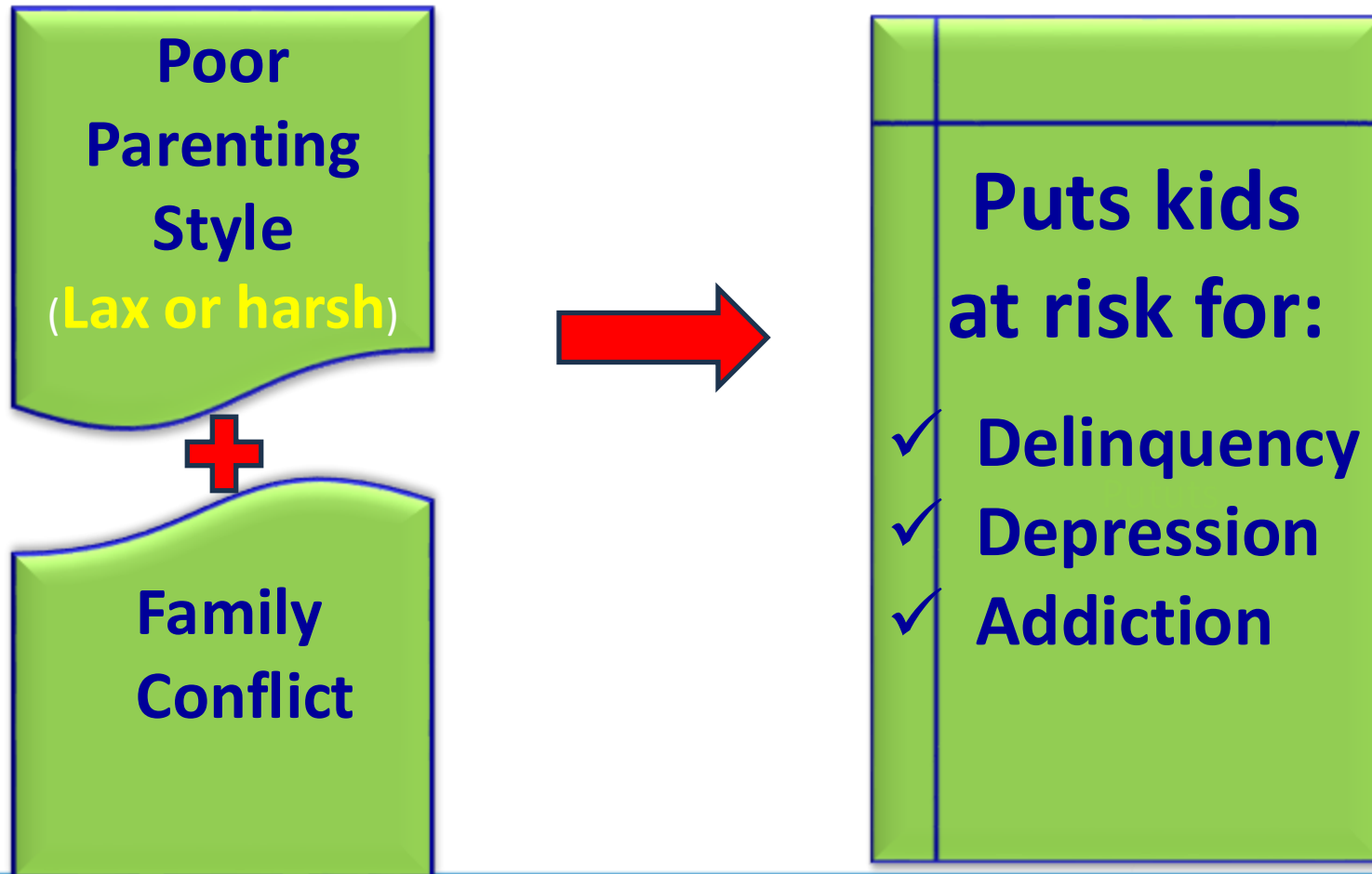


What puts kids at RISK?

for delinquency, alcohol & drugs, mental health problems?



Studies show “Two of the largest predictors of juvenile delinquency are:



Family factors that put kids at risk

for alcohol, tobacco, drug use, delinquency, depression

- Neglect; lack of love, care, & support
- Family conflict
- Poor communication skills
- Harsh or Lax discipline
- Lack of supervision
- Substance use by parents (or child)
- Exposure to violence/abuse
- Stressful life events
- Low expectations for school success / school failure



Risk factors in World Health Organization Report on Youth Mental Illness; called it a “Developmental Disorder”

Well-trained parents help kids become socially responsible & emotionally resilient



“Strong families avoid *many* adverse outcomes: substance abuse, teen pregnancy, school failure, aggression, and delinquency.” (Hops, et al.)



SFP Skills Protect Kids

from alcohol & drug use, ACEs, mental health problems, delinquency, and recidivism



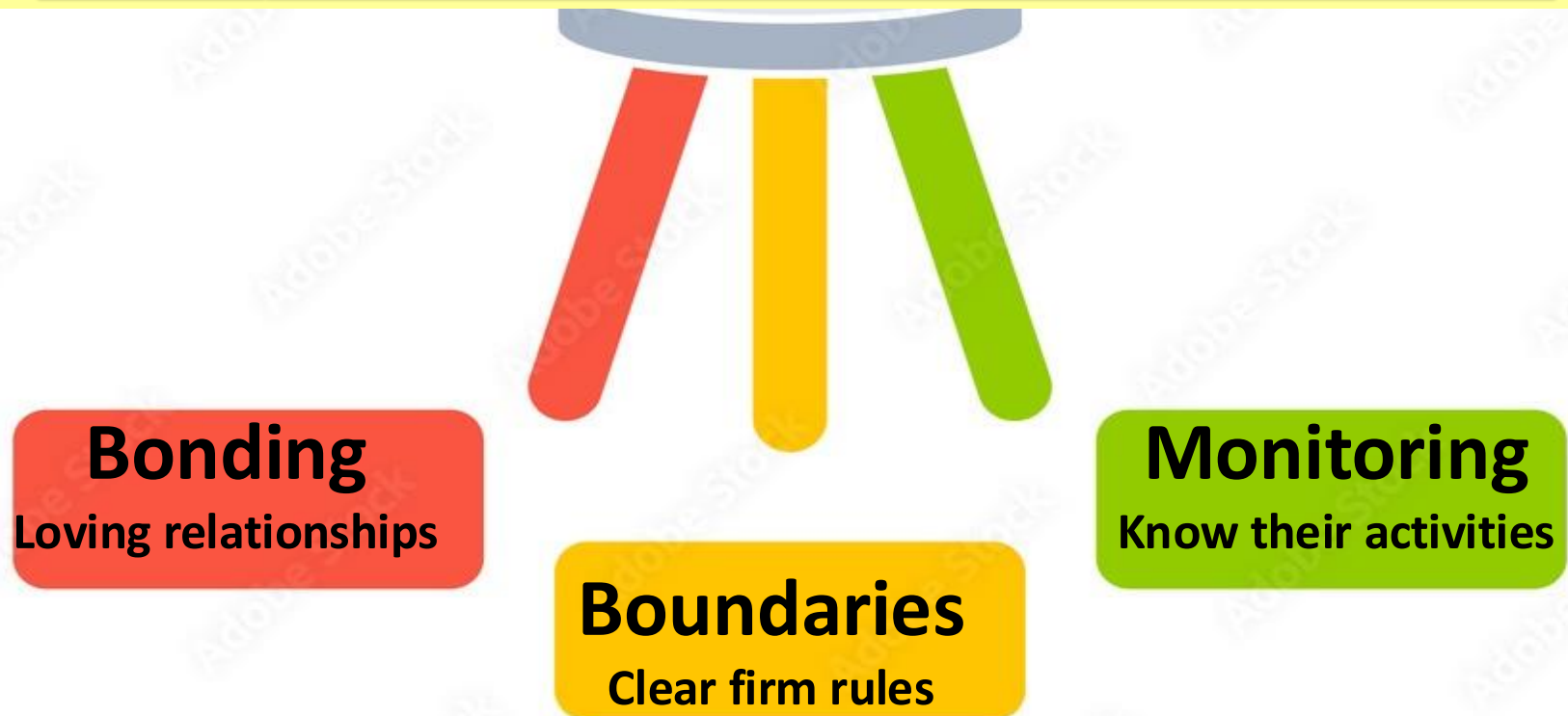
PARENTS learn SFP Nurturing Skills



- ☐ Have regular Bonding activities with child
(sincere compliments; one-on-one play time; fun; happy rituals)
- ☐ Use respectful family communication skills
- ☐ Make clear family rules, incl. no drugs or alcohol
- ☐ Set up positive Routines & weekly family Meetings
- ☐ Use anger management and stress reducing skills
- ☐ Use consistent Positive Discipline – not lax nor harsh
- ☐ Help kids make life goals & train them in prosocial skills
- ☐ Monitor kids' social activities and emotional well-being

Bonding, Boundaries, Monitoring

3 types of parent skills protect kids from alcohol, drugs, depression, delinquency, & recidivism



Like a 3-legged stool: Leave out one = ***Big Problems***

School-based Survey of 50K kids

(14 states use same anonymous survey)



**STUDENT
HEALTH
AND
RISK
PREVENTION**

2023

SHARP Survey
(Prevention Needs Assessment)
Results for State of Utah

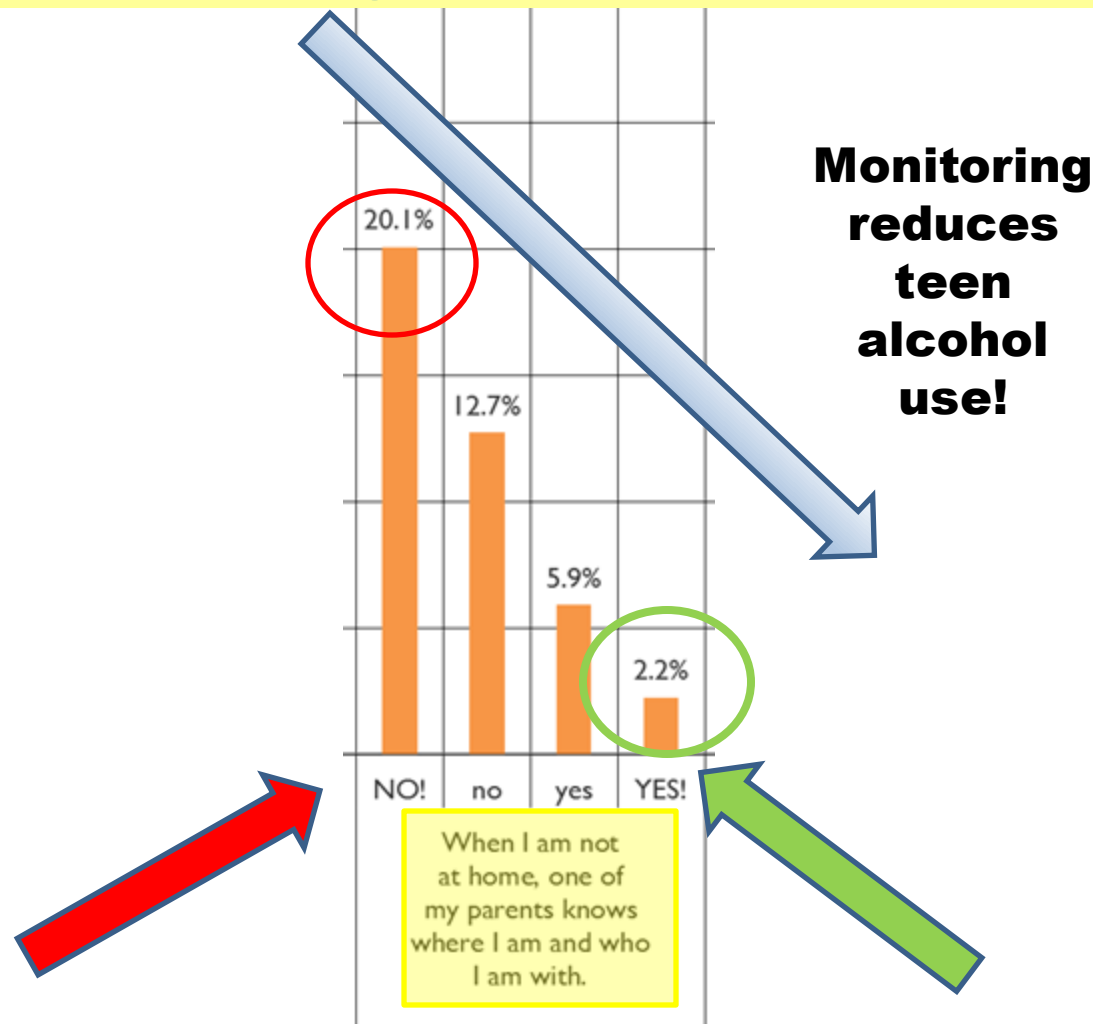
State of Utah
Department of Health & Human Services
Office of Substance Use and Mental Health



Students in grades 8, 10, 12 answer survey questions every two years that relate to how their parents are doing in skills that relate to **Bonding, Boundaries, Monitoring.**

These skills are then compared to students self-reported alcohol, tobacco, and drug use.

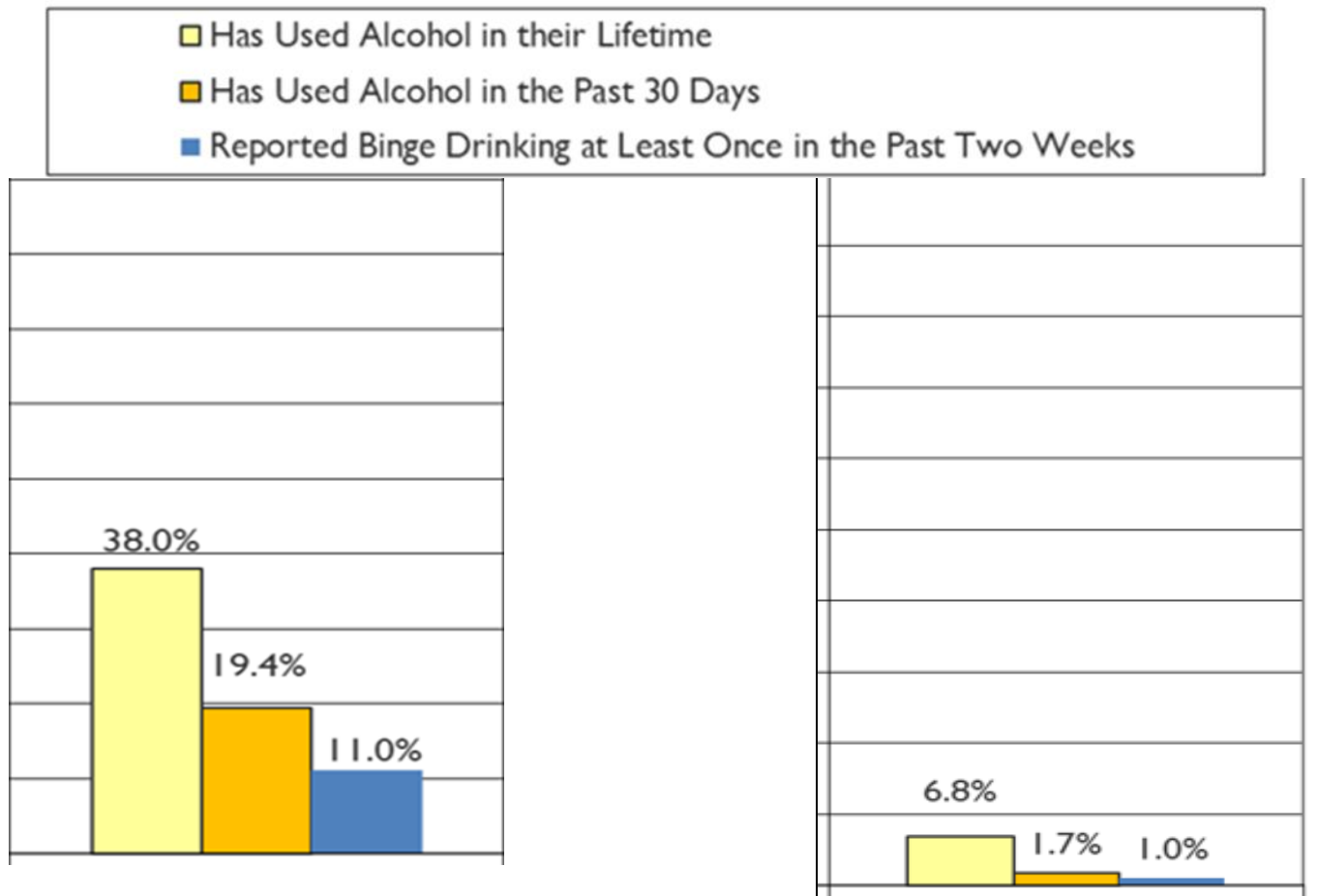
Utah school SHARP* Youth Survey Results: Parental Monitoring reduces Alcohol & Drug Use



***State Student Health And Risk Prevention Survey Results 2023**

SHARP* Survey Results when Parents Use All 3 Skills: Bonding, Boundaries, Monitoring

Alcohol Use in Relation to Parental Bonding, Monitoring, and Clear Rules & Expectations about No Alcohol Use (2023)



Youth drinking without 3 skills

Youth drinking with all 3 skills



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SFP 7-17 Concepts & Skills

include Bonding, Boundaries, Monitoring



What is a CONCEPT?

“A mental idea that serves as a foundation for a person’s beliefs and actions.”



What is a SKILL?

A behavior or action that you know how to do

(Like tying your shoes or giving a compliment)





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Example

What CONCEPT is taught in SFP Lesson 2?

Families who talk nicely increase love & bonding.

What SKILLS are taught in SFP Lesson 2?

- *LUV Listening (Listen, Ask to Understand, Validate)*
- *Use Respectful I-Messages*
- *Stop using C-Boulders (Communication Boulders)*

Believing SFP Concepts and Practicing SFP Skills Changes Behavior

YOUTH **CHILDREN HAVE 3 “JOBS”**

CONCEPT: **GROWING UP**

- 1) Learn to be kind, helpful, and honest so they can get along well with others
- 2) Study, go to school, and get a good education so they can get a good job when they grow up
- 3) Keep their brain healthy and safe from addictive behaviors and harmful chemicals like alcohol, tobacco, drugs, and breathing toxic fumes



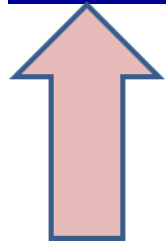
Kids Learn Life Skills in SFP



- ☐ Good Communication
- ☐ Problem solving
- ☐ Establish a vision for life; realize their power to do good
- ☐ Peer Resistance: Ways to say NO to alcohol, drugs, etc.
- ☐ Skills to manage stress; calm their anger responses
- ☐ Identify, express feelings calmly
- ☐ Plan, manage time, study, do well in school
- ☐ Give service, embrace pro-social values

➤ **Increases self esteem & resiliency to refuse ATOD**

Increased Parent & Family Outcomes from SFP



**Parental
Involvement**

Chores Done

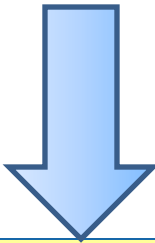
**Positive
Parenting Skills**

**Family
Organization,
Family Meetings**



**Family Bonding
Better Parent/Child
Relationship**

**Positive
Communication**



**Decreased
Family Conflict**

SFP Youth Outcomes

- Decreased depression
- Decreased conduct disorders
- Decreased aggression
- Decreased tobacco, alcohol, drug use
- Increased cooperation
- Increased number of pro-social friends
- Increased social competencies
- Increased school grades



SFP skills help keep youth out of Juvenile System & prevent recidivism



1) **Early Intervention**: Kids picked up after school; parents join for SFP Class after work

2) **Diversion** – Court sponsored SFP Classes

3) **Probation** – Mandated attendance at SFP Classes to teach SFP skills to parents & youth

4) **Detention**: Prepare families and youth for successful return. Monitor 6 mo. ➡ **no recidivism**

GIVES PARENTS & YOUTH SKILLS TO SUCCEED!

Soon-to-be-released online gamified version of SFP for parents and youth ages 11-18 (www.SFP-FindingHome.com)

**Strengthening Families Program** by Dr. Karol Kumpfer

Login

Home | About Us ▾ | Try Free!

Welcome to the Strengthening Families Program "Finding Home!". Your family will discover proven skills that help parents and kids create happy family relationships and protect youth from depression, delinquency, and drug and alcohol use.



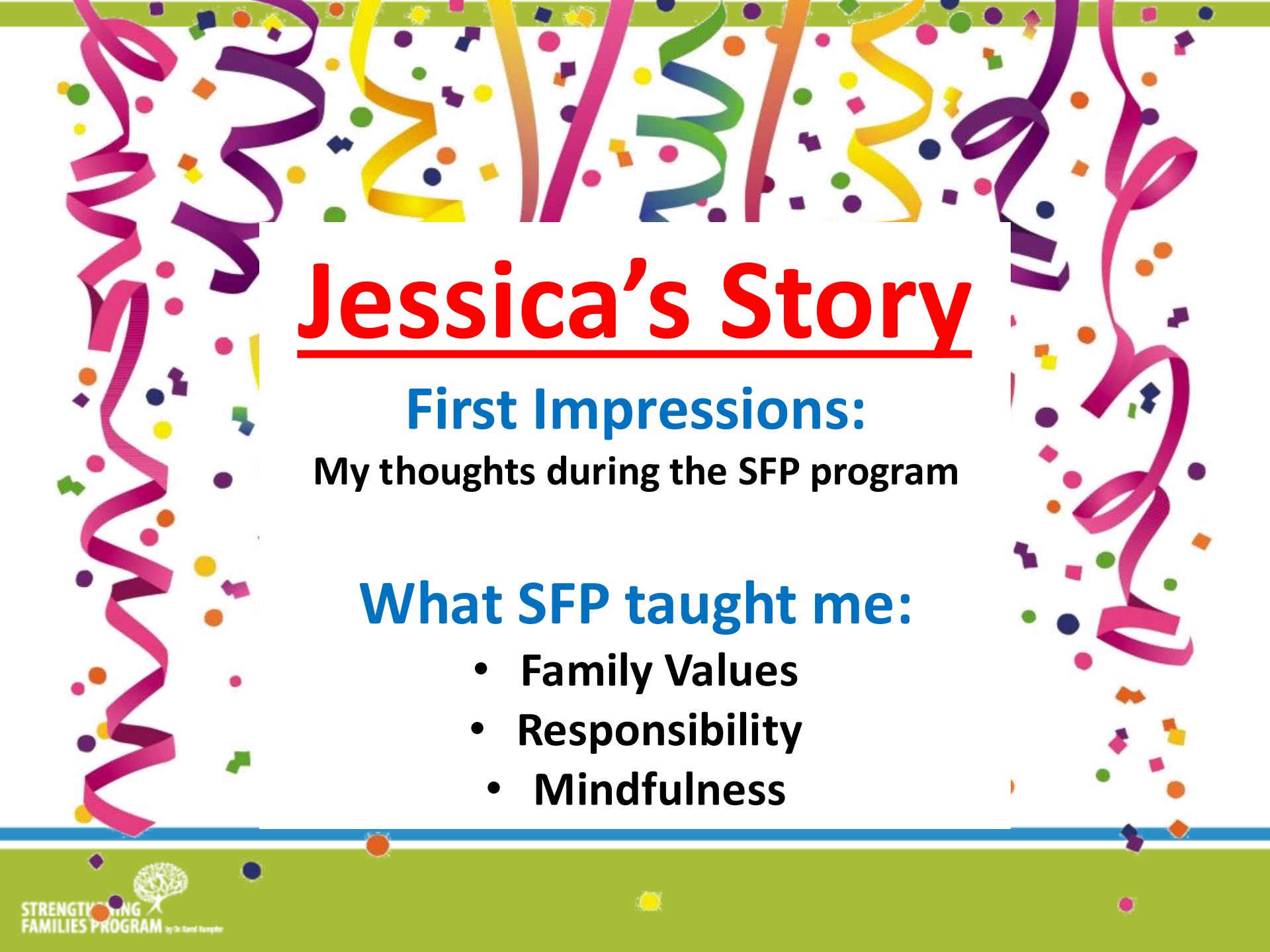
Strengthening Families Program
Finding Home
Ages 11+

Try SFP Finding Home, Free!

[Try the FREE Demo](#)

We offer a demonstration lesson and game free, so you can see an example of what you're going to get!

In the full version, you and your kids will each have your own lessons.



Jessica's Story

First Impressions:

My thoughts during the SFP program

What SFP taught me:

- Family Values
- Responsibility
- Mindfulness

Closing Circle & SFP Family Motto

**“We are a family,
a strong and loving family,
who takes time to BOND with each
other, set clear BOUNDARIES,
and MONITOR our actions,
so we can become...
our highest and best self!”**





Time for Questions 😊

THANK YOU!

How to contact us

Mrs. Jaynie Brown (385) 226-3396
strengtheningfamiliesprogram1@gmail.com
www.strengtheningfamiliesprogram.org

Amy Asher, Butte County Probation
aasher@buttecounty.net

